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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JULY 25, 2013

Soldier Show comes to Wiregrass

By Sara E. Martin
Army Flier Staff Writer

The stereotypical Soldier is a muscle head Captain America figure yelling “Hooah” as he runs into a gunfight, but the 2013 U.S. Army Soldier Show is determined to display the sensitive and creative side that many Soldiers have.

Army Entertainment, and Directorate of Family, Morale, Welfare and Recreation, along with Sprint are putting on a show that will remind attendees of how Soldiers and Families live daily in the Army, said Janice Erdlitz, DFMWR marketing director.

“Whether you’re civilian or military, you will be able to feel the energy of this show’s performance to what it means to be Army Strong,” she said. “We are very proud to be able to share with the entire Wiregrass community the experience of the U.S. Army Soldier Show.”

The show will be held at the Performing Arts Center located on the campus of Enterprise High School. The first show will be Aug. 2 at 7 p.m. and a second show will be Aug. 3 at 2:30 p.m.

“The U.S. Soldier Show is an Army Entertainment production whose cast consists of active duty, Army Reserve and

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PHOTO BY TIM HIPPS

The 2013 Army Soldier Show performs at the Fort Sam Houston Theatre April 21 to the theme of Merry Poppins. The show will come to the Wiregrass Aug. 2 at 7 p.m. and Aug. 3 at 2:30 p.m. at the Performing Arts Center at Enterprise High School.

NAF positions available to job hunters

By Sara E. Martin
Army Flier Staff Writer

The 10th annual Fort Rucker Area Job Fair is today, but there are other opportunities for people interested in obtaining work on the installation with non-appropriated fund jobs.

NAF positions are jobs with the Directorate of Family, Morale, Welfare and Recreation that provide specific services to Fort Rucker.

The difference between appropriated fund jobs, like GS jobs, and NAF jobs is that GS monies are set by Congress, whereas NAF is run like a business, said Pam SanMiguel, human resource officer.

Because income from the provided service is used to pay employees, not the military appropriated funds, NAF positions are not subject to furlough, according to the NAF management website.

NAF positions range from NF-1 through NF-6, and pay is determined by the employee’s performance and skill level, not how long they have remained with the company.

To apply for NAF jobs people can go to www.USAJobs.gov and select Fort Rucker as the location and NAF in the search, said SanMiguel.

She added that she is prepared to help those who are looking for a NAF position on post but are confused on how to secure a position.

Most of the NAF positions are with DFMWR activities on post that are civilian jobs that are not government contracted, but applicants still must go through a formal investigation, said SanMiguel.

“NAF provides jobs to those seeking one, but a background check must be passed, though most of the jobs do not need a security clearance like a GS position would,” she said.

The employment readiness program keeps up with what positions are open in NAF, but the departments don’t directly work together, according to SanMiguel.

“We send applicants, such as military spouses, up to ERP if they need help with resume construction ... and (ERP) keeps an eye on what we have open that may work for their appli-

SEE JOB, PAGE A5



PHOTO BY SARA E. MARTIN

In memoriam

A memorial service was held July 18 at Wings Chapel to honor Warrant Officer Candidate/ Sergeant First Class Darrell R. McNealy who passed away July 11. His awards include the Meritorious Service Medal, Army Commendation Medal (sixth award), Army Achievement Medal (fourth award), Good Conduct Medal (second award), National Defense Service Medal (second award), Iraq Campaign Medal (four campaign stars), Global War on Terrorism Expeditionary Medal and Global War on Terrorism Service Medal. WOC McNealy is survived by a wife and son.

Soldiers give back during food drive

By Nathan Pfauf
Army Flier Staff Writer

Thousands of Soldiers and Family members pass through the doors of the Fort Rucker Commissary every week, and one class of Soldiers took advantage of the high-traffic area to help take care of their own.

Soldiers of Class 13-018 of the Basic Officer Leaders Course stood in the humid Alabama heat Saturday to host a food drive in conjunction with the commissary to benefit the Fort Rucker Food Locker.

Close to 50 people from the class worked in shifts throughout the day to hand out flyers and collect different canned and non-perishable food items to benefit Soldiers and Family members in need.

“The Army is an organization that seeks to make sure that all the needs of (every Soldier and Family member) are being met,” said 2nd Lt. Matthew Udderman, D Company, 1st Battalion, 145th Aviation Regiment. “If a Soldier doesn’t have the basic items that they need to support their fami-



PHOTO BY NATHAN PFAUF

Pfc. Olivia Vincent, Pfc. Julianne Prevost and Pfc. Keshia Calhoun, all of A Company, 1st Battalion, 13th Aviation Regiment, donate bags of food items into carts outside of the Fort Rucker Commissary Saturday. Class 13-018 of the Basic Officer Leaders Course hosted the food drive to replenish the Fort Rucker Food Locker’s stock of holiday foods to benefit Soldiers and Families in need.

ly, 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).”

As people entered the commissary, they were greeted by Soldiers who volunteered their free time to let people know about the need to replenish the Fort Rucker Food Locker.

Any non-perishable foods were welcomed, but specifically the food drive hoped to replenish the food locker’s stock of holiday foods, such as yams, cranberry sauce, macaroni and cheese, mashed potatoes, canned vegetables, canned fruit and canned gravy, and according to 2nd Lt. Aaron Olson, D Co., 1st Bn., 145th Avn. Regt, who helped lead the charge, the food drive was a complete success.

Olson said preliminary estimates show that the food drive collected anywhere from 500-1,000 pounds of food and that the support from the community was overwhelmingly positive.

“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

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PERSPECTIVE

ACAP: Discovering your career potential

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program

When thinking about pursuing goals, whether it be going back to school, or finding a new job or career, one may have defeating thoughts such as, “I’m not capable of accomplishing this because I don’t have the necessary skills.”

For transitioning military members and their spouses, the Army Career and Alumni Program is available to help you recognize your potential skills and possibly help obtain your dream job.

At the ACAP Center, you have the opportunity to take skill and interest tests to help you pinpoint what you are good at and what you’d be happy doing in a new

career. Also, you can learn how to create resumes, interview, market your skills, and negotiate salary with potential employers.

These types of skills can be learned by attending our workshops and by using the state-of-the-art computers that are available at the center. However, the first step is to attend a mandatory pre-separation briefing where an ACAP counselor explains the benefits that you may be entitled to as a transitioning military member, as well as provide an overview of the transition process.

While beginning the transition process, military members and their spouses may be fearful of what civilian life will bring. Oftentimes, when transitioning members walk through the ACAP Center door for the first time, they

feel overwhelmed or anxious, but at the same time excited.

These feelings are normal for people in the transitioning process. Anxiety may actually be a productive stressor if people react to it as such.

The ACAP staff will greet you and try to alleviate much of this transition stress as you progress through the transition period. To further help, the ACAP Staff teaches stress reduction techniques as part of a workshop. While the job search process may seem overwhelming at first, with the help of the ACAP staff, clients learn skills that they will be able to use for the rest of their life.

Shortly after clients begin the transition process, they start to unwind, and become less fearful and more excited. By using the

resources available to them at the ACAP Center, they begin to discover that there are many possible opportunities that they were unaware of. By pursuing these opportunities, they begin to realize that they do, in fact, have the required skills needed for the job. Skills + opportunity = success.

ACAP clients continuously demonstrate they have what it takes to get the job they want and deserve. Even for clients who possess minimal skills, our career counselors can assist them with learning how to extensively develop them to maximize their potential for a new career.

During each visit to the ACAP Center, you will find information that will help you with your job search process.

If you utilize the available re-

sources at the ACAP Center, the possibilities of finding something that you would truly enjoying doing instead of something you have to do may be an obtainable goal.

Then, you too may be able to triumphantly relate to the following:

“I’ve gone through life believing in the strength and competence of others; never in my own. Now, dazzled, I discover that my capacities are real. It’s like finding a fortune in the lining of an old coat.”

– Joan Mills

If you are within 18 months of transitioning or within two years of retiring, visit or call the Fort Rucker ACAP Center at 255-2558 for an appointment.

This month in Army Aviation history

This month we’re spotlighting the July 1981 issue of the *U.S. Army Aviation Digest*. This issue features:

Air defense artillery

Army Aviation and air defense artillery are both vital members of the combined arms team. Successful cooperation between Aviation, air defense and the supported maneuver forces depends to a large extent on each member understanding the practices and techniques of the others.

Army Aviation in the AirLand Battle

The AirLand Battle is a broad body

of doctrine that can be broken down into the eight Training and Doctrine Command mission areas to analyze the potential battlefield. Aviation is integral to all of these functional areas and, as such, will be considered in all TRADOC studies and analyses.

Army Aviation’s Museum needs a new home

The Air Force Thunderbirds and the Army’s Golden Knights know that a new building is needed for the Army Aviation Museum at Fort Rucker – as do the thousands of people who attended the first Alabama Air Fair sponsored by

the Dothan/Houston County Chamber of Commerce.

Black Hawk around the world

The U.S. Army was the first to fly a helicopter non-stop coast to coast when an H-21 named Amblin’ Annie accomplished the feat in August 1956. Now there is a golden opportunity for the U.S. Army to be the first to fly a helicopter around the world.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-july81>



Rotor Wash

“From heat waves to thunderstorms and tornadoes, severe weather in the South takes many different forms in the summer months. Do you prefer a summer that is dry and hot, or wet and muggy?”



**Spc. Deandre Lewis,
58th AOB**

“I like a hot, dry summer. It is the summer, it is supposed to be hot, not rainy.”



**James Sanders,
Family member**

“I don’t like all the heavy rain like we have been getting, but I don’t like it especially hot either. I like a little rain in a warm summer.”



**Cassidy Keating,
Army spouse**

“I like hot, dry summers. I hate all this rain. I can’t go to the pool or enjoy the summer.”



**WO1 Andrew Owen,
B Co., 1st Bn., 145th
Avn. Regt.**

“Neither. I like a dry moderate temperature because it’s not too humid. Either extreme is bad. But I really don’t like the heat.”



**Lisa Sconiers,
DOTD liaison office**

“I like mild rain and mild heat, that way you can get out and do more. It gives you a chance to go outside and enjoy the weather with your Family.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

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

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

Sara E. Martin

STAFF WRITER..... 255-1240
smartin@armyflyer.com

Nathan Pfau

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

BUSINESS OFFICE

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

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

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

Mable Ruttlén
DISPLAY ADVERTISING..... 393-9713
mruttlén@eprisenow.com

Joan Ziglar

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

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

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ACE SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

- Remove any means that could be used for self-

injury.

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

Escort your buddy

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

Recycling bins add convenience

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker has many initiatives to promote sustainability and environmental wellness, but the installation has taken it one step further by trying to get its Soldiers, Families and civilians involved in the fight against waste.

The installation received 48 recycling bins last month through a grant provided by Keep America Beautiful and The Coca-Cola Foundation, according to Melissa Lowlavar, Directorate of Public Works Environmental Management Branch chief.

“We found the grant available online and we did some research and found that it was available to government entities,” said the EMB chief. “We got online, filled out the forms ... and we got the 48 bins that we can use to collect plastic, glass and aluminum.”

“These bins will allow Fort Rucker to move closer toward diverting 50 percent of the waste stream from disposal while developing a cost-effective recycling program,” said Al Townsend, DPW Environmental and Natural Resources Division chief, in a press release.

Due to recent budget constraints, DPW has been looking for ways to continue its sustainability efforts and promote recycling even under certain fiscal restraints.

“We’ve been trying to expand our recycling across the post,” said Lowlavar, “but with limited personnel to go out and pick up recyclables and limited funds to purchase bins that we could use, this was a great opportunity for us.

“This way, we can get bins for people to use and encourage them to bring the recyclables to the recycling center so that they would not have to be on our pickup route,” she continued.

The exact locations of where the bins will be placed have yet to be determined, but Lowlavar said they will more than likely be placed in high-traffic locations, such as Aviation training classrooms, Bldg. 5700 and the museum.

“We want to get the bins in areas where the most people can get use of them, but

also want to put them in locations that people are able to bring the bins back to the recycling center themselves,” she added.

The types of materials that will be able to be put in the bins are No. 1 plastics, such as soda and water bottles, aluminum cans and glass. The bins for glass containers will only be available in certain areas since not all organizations on post utilize as much glass as others, said Lowlavar. The glass containers will also be separated according to color – green and blue, brown and clear.

She also asks that people that put containers into the bins make sure they are rinsed out and have no food particles on or in them.

“One of the main barriers to recycling is convenience. Providing a recycling bin helps communities overcome that barrier,” said Matthew M. McKenna, president and CEO, Keep America Beautiful, in the press release.

“By increasing access to recycling today, we build sustainable communities for the future,” said Lori George Billingsley, vice president, community relations, Coca-Cola North America Group.

Fort Rucker was one of 156 local government, schools, colleges and other community groups nationwide to receive a grant, according to the press release. Recipients were chosen by Keep America Beautiful based on a number of criteria, including level of need, recycling experience and the ability of applicants to sustain their program in the future.

The Bin Grant program awards recycling bins directly to recipients and leverages volume buying discounts, the release read. In its seven years of operation, the Bin Grant program has placed more than 29,000 recycling bins in more than 500 communities in 48 states and the District of Columbia.

Lowlavar said that for those that won’t have access to the new recycling bins that the incentive program for recycling still exists, which earns people Directorate of Family, Morale, Welfare and Recreation credits for organizations to be used at many DFMWR facilities.

For more information, call 255-0484.



PHOTO BY NATHAN PFAU

Melissa Lowlavar, Directorate of Public Works Environmental Management Branch chief, drops an empty plastic bottle into one of the new recycling bins Monday. Fort Rucker received 48 recycling bins through a grant provided by Keep America Beautiful and The Coca-Cola Foundation to be placed at various locations throughout the installation.

Landing Zone keeps new design veiled

By Sara E. Martin
Army Flier Staff Writer

The Landing Zone is currently renovation innovation at its finest with all the new concepts and ideas that are going into its new construction layout and functionality, but a few surprises are in store.

The restaurant is estimated to be reopened by mid-September, but the details surrounding its new design and menu are being kept close to the chest, said Tim Carter, Landing Zone programs manager.

“We want to keep the details of the renovation a secret until we get closer to the reveal,” he said. “As we get closer to September we might decide to divulge more information. We just want to keep it a surprise for our customers.”

The menu, theme and general look of the restaurant is changing, and there will be an additional space for private parties.

“The bar will be in the same position, but that is the only thing not changing about the space,” said Carter. “Overall, everyone wanted to see some menu changes, so we took that to heart. We just want to better serve our customers so they have a better dining experience.”

“We are getting all new equipment, wall coverings, flooring and



PHOTO BY SARA E. MARTIN

Grey Steven Waltz, maintenance mechanic, and Patrick McKla, maintenance mechanic, place drywall inside The Landing Zone Friday during the restaurant’s renovation. The restaurant is estimated to reopen in mid-September.

furnishings. We wanted to update the space, and try to modernize and revamp the restaurant,” said Casey Smith, administrative assistant for business operations division.

There will be two atmospheres for lunch and dinner, and it is expected that there will be slightly less seating than before.

“Based on what we are planning to do, I am really excited and I think our customers will really like it, too,” said Smith. “It is going to be really different than what is already available on post.”

The renovation is being funded by private business money, non-

appropriated fund money, and the entire staff was placed at other installation positions during the renovation, said Carter, so no one lost their jobs.

While The Landing Zone is under construction, there are other Directorate of Family, Morale, Welfare and Recreation, and Army and Air Force Exchange Service dining facilities that offer top-notch service and some of the best food around.

“We are very proud of our ability to provide top-quality food and beverage facilities to our Fort Rucker community. Our chefs do an outstanding job to provide the

best culinary delights to suit any taste bud,” said Janice Erdlitz, DFMWR marketing director.

Whether grabbing a burger while bowling a game with friends, eating out on a date or stopping in at Divots after playing 18 holes of golf, DFMWR has several options for affordable and casual dining.

Divot’s Restaurant and Grille in Bldg. 20067 is open Mondays–Thursdays from 10 a.m. to 2 p.m., Fridays 10 a.m. to 4 p.m. and weekends from 6 a.m. to 4 p.m. It offers sandwiches, burgers, salads, wraps and wings.

“You don’t have to be a golfer to appreciate the beautiful views and delicious food that Divot’s has to offer. Patrons can experience an impressive lunch and drink menu, while enjoying a lovely, panoramic view of the blue course,” said Erdlitz.

Rucker Lanes Bowling Center in Bldg. 9227 offers a café inside, which is open Mondays–Thursdays from 10 a.m. to 10 p.m., and Fridays and Saturdays from 10 a.m. to midnight. The menu offers burgers, sandwiches and pizza.

“Unwinding at the bowling alley for the Lunch and Bowl lunch-time special is fun. All Lunch and Bowl options include two games of bowling and a shoe rental,” she said.

There is a Coffee Zone located in Lyster Army Health Clinic, Bldg. 5700, to help diminish the crave for caffeine and espresso that some people can’t live without. It is open Mondays through Fridays from 7 a.m. to 3 p.m.

Another choice for people to enjoy is Mother Rucker’s, which is now open for lunch for the duration of The Landing Zone’s renovation.

Mother Rucker’s is located in Bldg. 319 and is open seven days a week from 4-11 p.m. Its temporary lunch hours are Mondays–Fridays from 11 a.m. to 2 p.m. Children are allowed into the facility during lunch hours only. It is open to the public, ages 18 and older at 4 p.m.

“Mother Rucker’s has a road-house-type of feel with burgers, sandwiches, wings, pizza, nachos, soups and salads, fried pickles, crab bites, chicken tenders, onion rings and more,” said Carter. “We have added to their menu to make it larger for lunch while we are closed.”

There are other options on post provided by Army and Air Force Exchange Service. Those options are located inside the post exchange and at Burger King.

The food options inside the PX are Subway, Popeye’s, Anthony’s Pizza and Charley’s Grilled Subs.

News Briefs

Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Friday 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.

Troops to Teachers

Eligible veterans can receive up to \$10,000 through the Troops to Teachers program, and a free seminar on the program is scheduled for Aug. 15 at 9 a.m. at the Fort Rucker Education Center, Bldg. 4502, Rm. 112. Bill Kirkland, state program manager for Troops to Teachers, will conduct a 90-minute Transition to Teach-

ing Class on the federal government program that assists eligible veterans (active duty, reservists and retired military) who desire to become public school teachers. No reservations are required.

For more information, visit www.tttga.net or call (404) 413-8199.

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.

Corvias safety fair

Corvias Military Living sponsors a safety fair at the Bowden Terrace Event Field Aug. 16 from 4-6 p.m. Information at the fair will include pet and fire safety. Additionally, there will be games and activities for children, and free food and refreshments. This event is free and open to all Fort Rucker housing residents.

For more information, call 503-3800.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10

a.m. to 2 p.m. and also the first Saturday of the month from 8 a.m. to noon, unless it falls on a holiday weekend and then the shop will be open on the second Saturday.

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

For more information, call 255-9595.

ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, first-served basis. People may experience delays in service from 11 a.m. to 1 p.m.

Electronic retiree newsletter

The annual retiree newsletter is now available via email. To receive the newsletter electronically, people should send an email to retirees@conus.army.mil requesting the newsletter, and also include their name and U.S. Postal address.

Carter: DOD girds for more budget reductions

By Cheryl Pellerin
American Forces Press Service

WASHINGTON — Ten days after unpaid furloughs began nationwide for many DOD civilian employees as a measure to meet sequester cuts, Deputy Defense Secretary Ash Carter said July 18 the department is planning for similar budget cuts that may continue into fiscal year 2014 and perhaps beyond.

Carter spoke with David Sanger, the chief Washington correspondent for the “New York Times,” at the annual Aspen Institute Security Forum in Colorado.

“If a budget deal can’t be put together by Congress that can be approved by both houses of Congress ... [and] that the president can sign,” Carter said, “then we will drift into next year with some continuation of what we’ve had this year.”

Carter said the department began four months ago to prepare for that and other potential outcomes.

“The president’s budget has further cuts for us in it to meet the objective of deficit reduction but [the cuts] phase in gradually, which from a management point of view is the sensible way to do things,” he added. “But I don’t know that the president’s budget is going to be approved.”

The department is examining several scenarios, Carter said, “right up to the possibility that this does become the new normal and that our budget is simply cut and stays low for a period of time.”

The department does its best every day to get a sensible result from the new budget constraints, Carter said, explaining why unexpected cuts do more harm than good.



PHOTO BY MARINE CORPS SGT. AARON HOSTUTLER

Deputy Defense Secretary Ash Carter speaks at the Aspen Security Forum in Colorado July 18.

The defense budget has three pieces — people, operations, and investment — and Carter said he has to take money out of those three pots.

“I can’t take money out of people just like that,” the deputy secretary said, “because I can involuntarily separate people in uniform, but it turns out that it costs me as much to put them on the path to involuntary separation over the course of a year as it costs to just pay them.”

That means cuts must come

from operations and investment.

Included in the operations pot are the war in Afghanistan, nuclear deterrence and other important items that are protected from cuts, he said.

“What happens as a result is that the cuts end up not spread out over our entire defense budget but bulged into a few areas, and the two areas that are most painful are training and readiness, and our civilian people, who are getting furloughed,” Carter said.

Under training and readiness,

he said, the department protects training for units that go to Afghanistan and for those that would be in what DOD calls “fight tonight” on the Korean Peninsula if a war were to occur there.

“We’re trying to protect training for the units that are most likely to find themselves in combat. But for other units, we can’t afford to train them and that’s risky because if something does happen those units won’t be fully ready,” the deputy secretary said.

Furloughs began recently for

many of the 800,000 civilians who work in a variety of jobs for DOD, Carter said.

“These folks have had their pay frozen for three years and they’ve had a hiring freeze, and now we’re taking a fifth of their paycheck in the last quarter of the year, which is causing many of them to have to change their Family plans and not do things that they had hoped to do for their kids,” Carter said. “It’s a miserable way to treat people.”

What the Defense Department really needs from Congress, Carter said, is time to reduce the department’s budget strategically and intelligently.

“You can’t just snap your fingers and reduce the size of the force,” he added. “Having yet another year next year like this year, where you suddenly have to take a large amount of money out, leads to the kind of twisted results that you see associated with sequester.”

Carter says he worries a great deal about the international perception of sequester and the U.S. budget situation.

“This is something that makes us look like we are senselessly enfeebling ourselves and therefore disheartens our partners and friends and allies. And it’s something that could potentially embolden those who might commit aggression,” he said.

But after the nation has had time to adjust, it will be fine, the deputy secretary added.

“This is not a cataclysm for American defense,” Carter said. “We’ll keep our eye on [our priorities] and we’ll eventually make this strategic transition It’ll be slower, it’ll be less graceful, but we’ll do it anyway and nobody should have any doubt about that.”

Our patients say it best...



“Debilitating pain was preventing me from enjoying even the simplest day to day activities. Having hip replacement surgery has improved the quality of my life beyond measure. I am grateful to the Lord for my surgeon and his colleagues at Southern Bone & Joint. Their knowledge, skill, and expertise as well their care and compassion have truly been a blessing.”

Emily Kay McDurmont
Emily Kay McDurmont

Southern Bone & Joint Specialists

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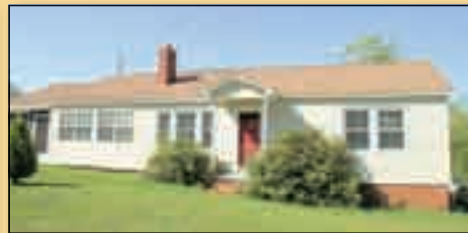
LET ME HELP YOU FIND YOUR DREAM HOME!



203 HUNTINGTON ~ POOL
\$229,000: One owner, 3BR/2BA with salt water pool with new liner & new sand. Large grandroom open to kitchen & breakfast area. Large separate dining area with lovely trey ceiling also a library/living room off foyer & fireplace with no vent logs. Split bedrooms, Jack & Jill BA, level lot, great home. Off Shell Field Road, on the way to Fort Rucker through Faulkner Gate.



115 COUNTY ROAD 166 ~ HUNTER RIDGE
\$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.



511 N RAWLS
\$98,000: Great price! Enjoy the summer with a pool. Neat 3BR/2BA with sunroom/study. Ready to occupy. Gas & electricity, double pane windows, convenient to town, living room with fireplace.

LAND - RESIDENTIAL

- **Lot 31 Bridlewood**
3.5± acres ~ \$35,600
- **CR 257**
5± acres ~ \$40,000

LAND - COMMERCIAL

- **Ouida Street**
3+/- acres ~ \$500,000
- **Daleville/Ouida**
11+/- acres ~ \$1,250,000

BUSINESS

- **303 Plaza**
High Traffic ~ \$98,000

INVESTMENTS

- **120 CR 744**
3BR/2BA ~ \$155,000
- **304 Jasmine**
2BR/2.5BA ~ \$135,900
- **306 Jasmine**
2BR/2BA ~ \$125,900



103 SUN
\$105,000: 3BR/2 BA, 2-car garage, convenient to college and town. Priced to sell!



134 CREEKE
\$108,000: 2BR/2BA townhouse, 1 level, good floor plan, living/dining combo, sprinkler system, end unit, very nice. Well maintained & good location.



126 CREEKE
\$108,000:
 2BR/2BA townhouse, very convenient to bypass, shopping, school, churches & Ft Rucker. One story, all appliances including washer/dryer & sprinkler system.



105 MADISON
\$118,000: Like new - roof & septic tank/field lines, cabinets, toilets, paint & some light fixtures. Nice yard. On the way to Ft Rucker. Priced to sell. 3BR/2BA with living & dining rooms. Large den.



900 COUNTY ROAD 546 ~ PONDS
\$115,000: There is a second 1989 single wide with approx. 1120 sq ft with 2BR/2BA, 2 water meters, 2 septic tanks, 2 power poles, 3 driveways. 2 ponds fed by underground spring (1 stocked with specks, bass & catfish), wooded land, garden plot, pen for dogs with concrete bottom. Single wide does not have a fireplace, but has a 1-car carport. Property is located approx. 7 miles from bypass.



509 DIXIE
\$130,000: 3BR/2BA, living room, dining room separate or can be den. Covered deck, fenced yard. New windows, flooring, counter tops in kitchen, very clean & 2-car garage. Owner ready to sell. Must see.

SOLD

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NEW PRICE ~ \$284,000



58 COUNTY ROAD 171: Beautiful home in Hunter Ridge. Hardwood floors throughout, custom cabinets, granite counter tops, stainless appliances, pretty custom trim package & custom built mantel. Claw foot tub & tiled shower in MBA. Custom cabinets & sink in laundry room, huge lot, over an acre with mature hardwood trees, plenty of room for a pool. **Bob Kuykendall 369-8534**

NEW LISTING ~ \$224,900



104 EDINBURG: Don't miss this spectacular 4BR/3.5BA beauty. Ideal for the large family with a master bedroom on each floor. Shady front porch, landscaped yard, 2 living areas & 2 dining areas. Low maintenance exterior with windows & roof replaced within the last 5 years, many of the rooms have been freshly painted. Perfect for the handyman is a large workshop/garage with roll up door & entry door - great for storage or tinkering on your classic car or storing your "toys". **Pat Leggett 406-7653**

FOXHILL SUBDIVISION



111 CRESTVIEW \$125,000: Cape Cod, 3BR/2BA, wood ceiling in grandroom & space under the stairs for a place a desk & computer. Fireplace in grandroom. Choice of master bedroom up or downstairs, both have walk-in closets but upstairs also has a fireplace. Beautiful covered deck on back with sunken hot tub. Finished garage makes for a man cave with wet bar, extra lighting, heat pump, stackable front load washer & dryer (negotiable) & carpet but you can still park your car if you want to. **Evelyn Hitch 406-3436**

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- Some are pets negotiable

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



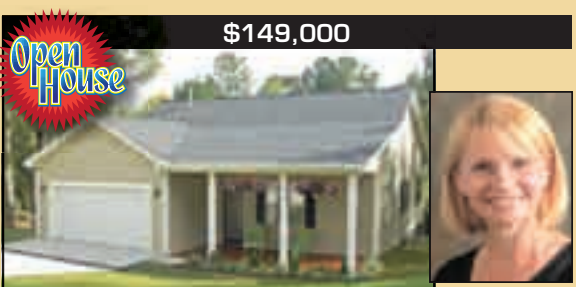
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207 WEST SOMMER OAK: Price includes refrigerator, blinds, newly installed seamless gutters & a newly tiled covered back patio that is plumbed for a gas grill. Floor plan includes large formal dining room plus a breakfast room & seating at the raised bar. Front yard has a small slope but the backyard is virtually flat & a great place for children or grandchildren to play. Beautiful kitchen features custom cabinets & an upgraded slide in stove. All of the above & zoned for Holly Hill Elementary. **JAN SAWYER 406-2393**
DIRECTIONS: From Boll Weevil Circle take 27 N towards Ozark. Right at light on Porter Lunsford Rd. Left into Sommer Brooke S/D. Left on W. Sommer Oak Drive. House on left.



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

\$92,500



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

\$129,900



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

\$121,500



109 PRATT: Off Rucker Blvd: 3BR/2BA home on fenced wooded lot, convenient to Fort Rucker & to schools. **JACKIE THOMPSON 406-1231**

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NEW LISTING ~ \$249,900



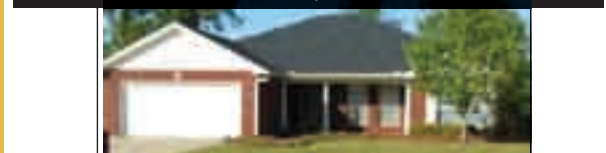
209 SOUTH OAKRIDGE: Upon entering the raised foyer, off to the left is a formal living room, to the right a formal dining room & straight ahead the grandroom with cathedral ceiling, gas log fireplace, crown molding & French doors leading to the deck which overlooks the pier & dock for fishing. Split bedrooms give you the ability to have your own private area & guest quarters for the visitors. Entertaining is easy here as you can walk from room to room. Breakfast area looks on to deck. Partially finished basement. **MLS# 20131512**

NEW PRICE ~ \$117,000



104 AUBURN: 3BR/2BA convenient to community college. HUD owned, buyer could qualify for \$100 FHA down payment for owner occupant. Walk-in entry foyer with 1/2 wall overlooking grandroom with gas log fireplace. Glassed in Florida room with deck leading to master bedroom. Fenced yard with storage shed. 2-car side-entry garage with storage room & pull down stairs to attic. **MLS# 20131193**

\$181,500



107 SIOUX: 3BR/2BA with sitting area or nursery off master suite. Doors from master bedroom & grandroom to the covered back porch. Enjoy eating at the bar or in the dining area. 2 large pantries in kitchen & laundry area. Laundry sink in garage for gardener or artist. Extra driveway pad for third car. **MLS# 20130927**

\$109,900



501 PROVIDENCE: Pre-1900, this country home could be a showcase with just a little imagination. Wide entry foyer off the front porch enables you to go to living room or bedrooms. High ceilings, wood walls & floors. Situated on approx. 6 acres, the house is surrounded by shrubs & trees with 2 detached buildings. Come take a look. You will be glad you did. **MLS# 20131278**

2 PARCELS ON COUNTY ROAD 660

MLS# 20131035 ~ \$25,500: Great parcel, 3.61± acres. Property is presently leased until crop is reaped unless otherwise agreed upon. No manufactured homes. Beautiful, open piece of land.
MLS# 20131034 ~ \$26,500: Great parcel 3.42±, no manufactured homes, build with access to water & electric. Pick your site among the trees

\$69,000



967 STEWART: Additional 200' added to field lines in 2010. New fiberglass steps w/handrails, 2011 ceiling fan on screened porch, lifetime metal roof, new A/C in 2010, start of 200 amp service on end of house set up but service not to box yet. Gas logs in fireplace, 70" remote control fan in LR. Upgraded light fixture in DR. Ceramic tile from foyer thru kitchen, BA's, so it addition on back of house not completed. 14x16 connecting room, appliances newer than home. Laminate floors installed 2010. One owner. "AS IS." **MLS# 20112578**

JULY 25, 2013

Composite materials more common

By Heather R. Smith

Aviation and Missile Research Development and Engineering Center
Public Affairs

REDSTONE ARSENAL, Ala. — In the future, Army aircraft may be made of all composite materials, and the Prototype Integration Facility Advanced Composites Laboratory is ready.

Part of the Aviation and Missile Research Development and Engineering Center's Engineering Directorate, the Prototype Integration Facility's Advanced Composites Lab has successfully designed and made repairs on damaged composite aircraft components for several years now.

From research and development to implementation and rapid prototyping, advancing composites technology is one of AMRDEC's core competencies that enable the current and future force.

The PIF Advanced Composites Lab is one of several teams at the AMRDEC working with composites.

Composite materials are a combination

of materials that, when combined, produce a new material with characteristics different from the individual components. Examples of composite materials are fiberglass, Kevlar and carbon fiber. Composite materials may be preferred for many reasons, including increased strength, reduced weight, and reduced production and sustainment cost.

"We have gotten as strong and as light as we can get with metals, and we're at the end of what metals can economically do," Kimberly Cockrell, PIF Advanced Composites Lab lead, said. "The only way to get stronger and lighter and more capable for the fight is to go to composites."

PIF leadership recognized a need for advanced composites repair and began developing a composites capability within the PIF mission to provide rapid response solutions to the warfighter. The program includes repair design and engineering substantiation to show that repaired components are returned to original strength.

SEE COMPONENTS, PAGE B4



U.S. ARMY PHOTO ILLUSTRATION

The U.S. Army Research, Development and Engineering Command's Aviation and Missile Prototype Integration Facility's Advanced Composites Lab is at the forefront of composite repair in Army Aviation.



PHOTO BY SGT. SAMANTHA PARKS

MULTINATIONAL SLING LOAD

Turkish soldiers wait as a UH-60 Black Hawk helicopter approaches during sling load training at Camp Novo Selo, Kosovo, July 13. French, Moroccan, Turkish and U.S. soldiers with Multinational Battle Group-East all participated in the training to certify in sling load operations.

Early tests indicate 'safe' levels of radiation

By David Vergun

Army News Service

WASHINGTON — Test results of possible low-level radiation contamination of a weapons storage bunker at Fort Bliss, Texas, were normal, said an installation spokesman.

No harmful levels of radiation were found inside the bunker, with the exception of low levels of alpha and beta particles that are safely contained within the paint used in the bunker's interior, said Maj. Joe Buccino, Fort Bliss public affairs officer, during a press conference on the installation Friday.

The epoxy used in the paint effectively sealed the particles, preventing their release, he explained. No gamma particles, a more dangerous form of radiation, were detected in the paint or elsewhere.

It was initially feared that low levels of radiation had escaped and made contact with some 100 rifles and machine guns that were being stored there for a number of years and used for training purposes.

However, after 96 hours of testing, that was determined not to be the case, Buccino said, adding

SEE TESTS, PAGE B4



PHOTO BY STEPHEN BAACK

Soldiers from the 501st Aviation Regiment, 1st Armored Division, train with their AH-64 Apache Longbow helicopters recently at Biggs Army Airfield at Fort Bliss, Texas. The bunker where low-level radiological contamination was found is located near the airfield.

ROTC nursing cadets train with medevac crew

By Staff Sgt. April Campbell

82nd Combat Aviation Brigade Public Affairs

FORT BRAGG, N.C. — U.S. Army Reserve Officer Training Corps cadets enrolled in the Nursing Summer Training Program at Womack Army Medical Center learned about HH-60M Medical Evacuation Black Hawk helicopter operations during a training session with Aviators from the 82nd Combat Aviation Brigade July 18.

The medevac crew from C Company, 3rd-82nd General Support Aviation Battalion, showed the cadets, from colleges around the country, the many medical features inside the cabin of the medevac aircraft and how to load patients onto the helicopter safely.

Maj. Mitzi Fields, the deputy chief of education and staff development at WAMC, helped organize the training for the upcoming nurses.

"As an Army nurse, you don't always get to learn about medical evacuation procedures," Fields said. "For some nurses this is a once-in-a-lifetime experience designed to show them what they might have to or even want to do."

While the exposure may be a once-in-a-lifetime experience for some of the nurses, Staff Sgt. Erin Gibson, the flight medic who instructed the cadets, understands that any one of the nurses could be called on to help evacuate a patient.

"During our last deployment to Afghanistan, we started using critical-care nurses as flight nurses when we were transferring patients to a higher level of medical care," Gibson said.

"Many of them had never worked in a medical capacity on an aircraft before."

Gibson began her instruction showing the medical features of the aircraft and how to perform a patient cold load, when the aircraft is shutdown, and a patient hot load, when the aircraft is on with the rotary blades spinning.

During the cold load training, cadets were able to practice loading litter patients and carrying the litter away from the helicopter while the blades were not turning.

For Cadet Emily Lewins,

SEE MEDEVAC, PAGE B4

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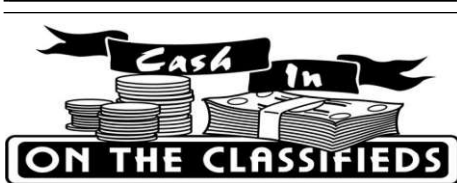
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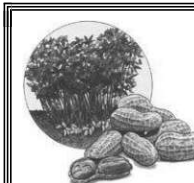


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bama. Sealed bids must be sent to Wiregrass
Rehabilitation Center, 795 Ross Clark Circle,
Dothan, Alabama, by August 30, 2013, by 4:00
p.m. If you have questions, contact Mona
Meadows (334) 792-0022, Ext. 283.

Ford 2006 F350: power stroke, 6.0 Turbo deisel,
very short wheel base, 48k miles, 7,800 hours
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Ford '97 Ford Pacer Bus: for sale to the highest
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Adult Care Center, 106 Douglas Brown Circle,
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to Wiregrass Rehabilitation Center, 795 Ross
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2013, by 4:00 p.m. If you have questions, con-
tact Mona Meadows (334) 792-0022, Ext. 283.

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Components: New concepts improve efficiency

Continued from Page B1

Personnel in the PIF Advanced Composites Lab designed and developed repairs for damaged composite stabilators on the UH-60M Black Hawk and the AH-64E Apache. Prior to their repair method, the only way to repair an aircraft with a damaged stabilator was to pull off the broken stabilator and replace it with a new one.

Cockrell said the “pull-and-replace” approach was costing the Army up to six figures per stabilator replacement.

While the first repair procedures were designed for Black Hawk stabilators, the repair method applies to any solid laminate or sandwich core composite structure, so the procedures and training can be leveraged to other Army aircraft.

Cockrell is proud of the lab’s achievements. Its repair procedures are the first approved repair for primary composite structure on Army aircraft.

With integral support from the AMRDEC’s Aviation Engineering Directorate, the procedures for the composite stabilator repairs have been written and are undergoing approval for release by the U.S. Army Aviation and Missile Life Cycle Management Command Logistics Center.

An important aspect of developing repair methods is working with the repair personnel who will make the re-

pairs. Members of the PIF Advanced Composites Lab have been training Soldiers on the new stabilator repair procedures prior to deployment so that they can request approval to use them, on a case-by-case basis, through the Aviation Engineering Directorate.

The lab has also trained the instructors at the 128th Aviation Brigade, as well as the AMCOM logistics assistance representatives.

In addition to training, the PIF Advanced Composites Lab, in partnership with the Aviation Engineering Directorate, played a lead role in developing the Army Technical Manual 1-1500-204-23-11 “Advanced Composite Material General Maintenance and Practices,” as well as in defining the tooling and material load for the new AVIM composites shop set.

The lab is currently working repairs for blades too, as well as just-in-time tooling for parts with complex curves or topography.

And in addition to repair solutions, the lab is using composite materials to create solutions for other issues. For example, it has designed and built a composite doubler to strengthen the hat channels that extend from the hinges of the UH-60 engine cowl.

“When the aircraft is on the ground being maintained, the engine cowl folds out to become a maintenance stand,”

Cockrell explained. “Two Soldiers can stand up there with a tool box and work on the engine. Unfortunately, minor damage to those hat channels can cause these (cowlings) to catastrophically fail and seriously injure the Soldiers.

“We designed this piece so that — if the hat channel shows any kind of damage whatsoever — you can simply install this doubler over the damaged area; it will restore the cowl- ing to its original strength or better, and two doublers — one on each side of the cowl — adds less than a pound to the overall aircraft weight,” Cockrell continued. “So the pound that you add is well-worth the safety margin you gain.”

It’s concepts like that, Cockrell said, that the lab is intro- ducing to program managers to show how the lab can help with more than just repairing stabilators.

“Our goal is to transition the stabilator repair business to other sources of supply, because we know that as soon as we get these repairs fully fielded, there will be new structures and composites issues for us to work,” Cockrell said. “The Apache composite tailboom, new composite cabin frames, new composite cabin floors and new composite blades are all coming down the pike.

“In five to 10 years, it’s all composite,” he said. “So whether it’s fiberglass or carbon fiber or Kevlar or a hybrid, it’s going all composite quickly. And it’s important for the Army to be ready.”

Medevac: Cadets learn proper hoist, loading procedures

Continued from Page B1

an upcoming senior at Bowling Green State University in Ohio, the exercise emphasized the teamwork necessary when time is of essence.

“The training gives me more confidence,” said Lewins. “Knowing you can save people’s lives if you work faster as a team is really motivating.”

After loading the patients on to the HH-60’s, the nursing teams were taught how to exit the heli-

copter when the blades are turn- ing.

“Holding on to each others’ back is the best and safest way to exit the aircraft,” Gibson said. “That way we know how many Soldiers came into the roto disk and we can make sure that num- ber get away from the aircraft safely before taking off.”

The nurses also learned that they must be as careful with the litter when they exit the heli- copter as they are when they ap- proach the helicopter.

“I wouldn’t have thought about how important it is to carry the litter horizontal to the ground when leaving the helicopter to avoid hitting the rotary blades,” said Cadet Colleen Vinnett, an upcoming senior at Longwood University in Farmville, Va.

After the cadets practiced both cold and hot load procedures, the medevac crew demonstrated how the hoist system on the heli- copter works.

“It was great to see how they would extract a patient while the

aircraft was still in the air,” Vin- nett said.

Of course, any helicopter train- ing would not be complete unless the Soldiers actually make it off the ground. The pilots wrapped up the morning by taking all of the upcoming officers for a quick spin in the helicopter.

The flight was the highlight of the day for Cadet Ashley Olivieri. The upcoming senior at Pennsyl- vania State University spent the flight with a smile on her face staring out the open door of the

helicopter.

“That was awesome,” Olivieri said. “I’ve never flown in a heli- copter before.”

Perhaps, one day these nurses will need to recall their medevac training with the 82nd CAB, per- forming these critical missions in life and death situations.

“Once you walk away after evacuating a patient, you have an amazing sense of relief that the patient has made it to the next level of medical care,” Gibson said.

Tests: Officials seek to complete work within a few weeks, months

Continued from Page B1

that testing will continue.

The bunker, Bldg. B11507 near the instal- lation’s Biggs Army Airfield, was always off- limits to the general public, he said.

Just to be on the safe side, Buccino said, the water in the water table and in the water supply on post and in nearby El Paso was also tested for contamination, the latter by the city’s water utility company.

All of the water was found to be safe, he said, and that “should put the community at ease.”

Testing of the bunker, below the ground and the nearby area is being conducted by scien- tists from the Army Environmental Command and Army Public Health Command.

The entire investigation is being done in a thorough and methodical manner and will probably be concluded within a few weeks or a few months, Buccino said.

“At this time, we do not have information that would indicate any risk to the general pub- lic and there’s no indication anyone has been impacted by exposure,” he said.

The area is considered safe enough that a media tour of the area was conducted Friday,

following the press conference. Media were allowed to see inside the bunker. They were not, however, allowed inside the bunker so as not to inadvertently disturb the paint, he said.

The investigation of the bunker began July 12, soon after a retired Airman brought his concerns to the Air Force Safety Office, Buc- cino said. The Airman had feared an expansion of Family housing to the area around Biggs Airfield. His identity has been withheld for reasons of privacy.

During an earlier press conference July 16, Buccino said that no expansion of Family housing was ever considered for that area.

The Airman worked at Biggs Airfield from 1953 to 1959, when the field was an Air Force installation. Nuclear weapons were stored and maintained there at the time, and into the 1960s. Radioactive materials were buried in sealed containers 12 to 18 inches below ground, but well above the water table, the Airman reported.

The Airman thinks the radiation may have entered the bunker from towels used to wipe down those containers. There is no indication that the Airman, now in his 70s, or anyone else has experienced any adverse health issues as a result of working there, Buccino said.

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JULY 25, 2013

GEMS

Students climb mountains

By Nathan Pfau
Army Flier Staff Writer

Although school has been out of session for quite some time, some children are continuing their education by learning through the Gains in the Education of Mathematics and Science program, and this time they're conquering mountains.

This week's GEMS program, which is offered at Fort Rucker's U.S. Army Aeromedical Research Laboratory, taught students about robotics and the different uses and benefits of robotics, according to Kelly Stupfel, lead resource teacher for the GEMS program.

"(The children) had to use their imagination to build and program (robots) using different gears, mechanisms and equipment," said Stupfel. "They are programming the robots to climb a 'mountain.'"

Throughout the classroom, various obstacles were set up with steep slopes and humps that the children's robots had to overcome. The students were able to work together in groups and figure out ways to make their particular robot able to climb the slopes. The children had to consider different variables such as the angle of the slope, weight of their robot and the amount of torque needed to propel their robots up the 'mountains.'

"They started off with the basics of learning how to program, and that in itself is very complex and can be challenging," said Stupfel. "You have to be able to move each different piece of the robot."

Heather Strickland, GEMS student, participated in last year's GEMS program, which



PHOTO BY NATHAN PFAU

Aura Sutherland and Jordan Edmond, GEMS students, work together to build and program their robot during the GEMS program at the U.S. Army Aeromedical Research Laboratory Tuesday.

encompassed a lot of learning about the human body. This year piqued her interest because of the robotics, and she said she couldn't wait to participate.

"Last year I participated and I enjoyed it a lot, so I thought to myself that I wanted to try something different because I've never done anything with robotics before," she said. "Since I've never done anything like this before, I'm trying to better understand it and it's slowly all coming together for me."

"We've learned how to get these robots to climb these steep hills and make them go faster or slower through the input or out-

put," she explained. "It's a lot of fun, but you have to learn a lot first and break it down step-by-step."

Stupfel said one of the reasons the students are learning about robotics is because the use of robotics is becoming more common in many professions.

"We now use robots a lot to rescue people, send supplies and even (explore) different planets," she said. "They even had the opportunity to travel to the far side of the moon and see how that was done."

"They also learned about how the Army uses (unmanned

aerial systems) and different equipment that utilizes robotics (to complete the mission)," she continued, adding that the children also learned about mechanics that were used in medieval times in vehicles, such as catapults.

Although during this particular part of the GEMS program has taught students about robotics, the entire program encompasses a wide array of different subject matter to expand the mind of children and expose them to different ways of learning.

"GEMS is an extracurricular science, technology engineer-

ing and math education program designed to help promote students' development and interest in STEM subjects," said Loraine St. Onge, GEMS program coordinator. "The goal is to show them that science and math are fun."

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

"And it gives them goals of what they want to be when they grow up," she said.

Lemon Lot offers sweet deals

By Sara E. Martin
Army Flier Staff Writer

The hassle and stress of buying and selling big-ticket items can be overwhelming for Soldiers and Families, but Fort Rucker's Lemon Lot helps to alleviate that strain, and may leave patrons with a feeling that is more sweet than sour.

The Lemon Lot on Andrews Avenue is an area where Soldiers can sell boats, cars, RVs, motorcycles, trucks, ATVs, tow trailers and other recreational vehicles to anyone who has access to Fort Rucker.

The secure gates of the paved space currently protect more than 35 used vehicles and trailers day and night, said Joan Varner, program manager at the arts and crafts center.

"This lot sells the car for them. It couldn't get any simpler. The vehicles basically walk off the lot," she said, adding that even a plane was once sold on the lot.

The price to place an item in the lot varies depending on how large the item is, and spaces are available for rent by the month.

"Large travel trailers and boats are \$30 a month, while motorcycles, cars, trucks and smaller spaces are \$20 a month," Varner said.

Customers seeking a new vehicle but who can't make it out to the lot can find many of the vehicles on the Lemon Lot website at www.ftrucker.mwr.com/lemon-lot-2/.

"An additional \$5 charge is added for those who want to be on the site as well as on the lot. If they just want to be on the website and not place their vehicle in the lot, then the charge is \$15 a month," she said.

Proof of ownership of the vehicle is required either to place it on the lot or on the website.

"They need their registration, a title or a bill of sale to show ownership," she said. Clients also need to have a matching I.D.



PHOTO BY SARA E. MARTIN

Carl Martin, retired Army veteran, looks at motorcycles for sale at the Fort Rucker Lemon Lot Saturday.

The benefits of selling a vehicle on the Lemon Lot are notable and Varner said that clients usually walk away happy.

"There is a lot of foot traffic here," said Varner. "The fact that it's on base and super accessible is great. Plus, Soldiers and veterans trust each other."

Bob O'Brien, retired Army veteran from Wisconsin, said as he travels around he tries to stop at Lemon Lots at as many installations as he can to get a look at what each post has to offer.

"I always try to swing by the Lemon Lot to see what's here, and it is always really nice vehicles. I would rather shop here first than anywhere else," he said.

Buying and selling at the Lemon Lot can be a speedy process with vehicles coming and going every day.

"Soldiers price it themselves and sell it themselves by

putting their contact numbers on the vehicle," said Varner. "People buy every day. I had a man who sold his vehicle after two days on the lot. If you price it right it will definitely sell."

Another bonus to buying from the lot, according to Carl Martin, retired Army, is that Soldiers can help other Soldiers who may be in a bind.

"Soldiers who usually sell are selling because they can't take what they have wherever they are going," he said. "Buying here can really help them financially and emotionally by getting rid of something that is holding them back."

Varner added that since Soldiers are always coming and going, there is always someone wanting to buy or sell, and that two trips to the lot are never the same.

Dwight Nash, retired Army who was looking for a second vehicle, said that he has bought from the lot before and that he will continue to shop there because of the excellent service.

"I feel the Soldiers take excellent care of their vehicles. A lot of the vehicles still have warranties on them, and the Soldier has all of the maintenance records," he said as he inspected a car that he was sure had brand new tires on it.

"They take pride in their pieces of equipment," he continued. "Sometimes you can negotiate, too, and it works out for both individuals. I come here a lot to look; I have never had a problem."

Things turn over quickly on the lot, according to Varner, because they are priced to sell, so "if you have anything you want to sell and sell now, come place it on the Lemon Lot."

The Lemon Lot is located on Ruf Avenue between the Soldier Service Center and AAFES towards Enterprise on the left.

To register a vehicle, visit the arts and crafts center located in Bldg. 9205 on Ruf Avenue.

ON POST

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

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.

Lending Hangar closures

Army Community Service’s Lending Hangar will be closed on Tuesdays and Thursdays through Sept. 26 because of the furlough. For more information, call 255-3735.

Financial readiness training

Army Community Service offers its financial readiness training Aug. 2 from 7:30 a.m. to 4 p.m. at the Soldier Service Center, Rm. 284. This free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial readiness training is required for all first-term junior enlisted Soldiers (E-1 through E-4). For more information, call 255-2594 or 255-9631.

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.

Auto Center Back to School special

The Fort Rucker Automotive Skills Center offers a Back to School automotive class special throughout August. With the special, youth ages 14–17 may attend an oil change or tire maintenance class free of charge with a paid adult. For more information, call 255-9725.

Family Member Resilience Training

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

EFMP Lunch and Learn

The Exceptional Family Member Program hosts a free lunch and learn session Aug. 27



PHOTO BY SARA E. MARTIN

Illusionist show

Illusionist Wayne Hoffman performs at Fort Rucker last year. Hoffman, illusionist and hypnotist, returns this year to put on what he describes as a “high-energy shock to the brain” interactive, 90-minute show Aug. 23 during two performances at The Landing. The first show will be from 7–8:30 p.m. and the second from 9–10:30 p.m. The show is further described as providing “displays of mind reading, mind control, predictions and even time travel. Not to mention visual illusions that will leave you questioning your senses.” Tickets will be on sale at The Landing 5-Star Catering office. Costs are \$10 in advance and \$15 the day of the shows – beginning at 2 p.m. Cost for main VIP tables is \$150 per table with a limit of 13 at the VIP tables. For more information, call 255-9810.

from 11:30 a.m. to 12:30 p.m. at The Commons in Bldg. 8950 on Seventh Avenue. Registration deadline is Aug. 23. 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.

Children’s craft making

Center Library will host a craft-making activity for children ages 3–11 Aug. 20 from 3:30–4:30 p.m. Space is limited to the first 65 children to register. Light refreshments will be served. For more information or to register, call 255-3885.

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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Knowing your headache provides relief options

By Arbesa Hyseni
U.S. Army Public Health Command

Headaches can be burdensome.

According to the World Health Organization, headaches are among the most common disorders of the nervous system — 85-90 percent of the world's population experiences them throughout their lifetime.

The pain can be throbbing, shooting or pulsing, and can show up around your temples, neck and head anytime — day or night. Headaches can be extremely disruptive, especially for the 10-15 percent of individuals with chronic and severe headaches.

Scientists have yet to find a cure for all of the 200 kinds of headaches, but until they do, proper knowledge of the types of headaches out there and how to manage them will make coping easier.

Headaches are divided into two types, primary and secondary headaches. Primary headaches are by far the most common type of headaches. In fact more than 90 percent of all headaches are considered primary headache. Primary headaches are further classified as tension, cluster or migraine headaches.

Secondary headaches come from underlying diseases or other conditions that can derive from brain tumors to aneurysms and even lead up to abnormalities of the spinal fluid.

Tension headaches are the most common headaches among adults. Tension headaches can be episodic (less than 15 days per month), or they can occur daily, lasting from 30 minutes to several days. These headaches are described as mild to moderate, constant pain, tightness or pressure around the forehead or back of the head and neck.

Cluster headaches affect 500,000 or more Americans. This name refers to the fact that they happen in clusters where the individual will experience one to four headaches every day or every other day, often in the early hours of morning or within a few hours of falling asleep. This type of headache usually targets teens and middle-aged people and is often described as a burning, piercing or throbbing sensation and targets one side of the head surrounding the eye. People with cluster headaches feel agitated and it is extremely difficult for them to sit still.

Another type of headache is known as a migraine — a very intense type of headache that can be chronic. Statistics show that more than 29.5 million Americans suffer from migraines, with three times as many women affected as men. Migraines are associated with sharp shooting pain predominately on one side of the head and lasting from two to 72 hours.

Migraines also have other symptoms, including nausea, vomiting and high sensitivity to light and sound. Migraines make it extremely difficult to get tasks accomplished because of the constant pain and the sensitivity to noise and light.

There is no one cause of primary headaches. These headaches are often caused by a complex interplay of genetic, hormonal, developmental, behavioral and environmental factors. For example, behaviors such as a stressful lifestyle, staring at the computer screen or high consumption of alcohol as well as tobacco can trigger primary headaches. Lack of sleep paired with poor nutrition can lead to headaches, but these same behaviors may not cause headaches in everyone.

If you experience headaches, knowing the type of headache you have may help you determine how to manage it. Tension headaches are typically treated with over-the-counter medications such as acetaminophen or ibuprofen and may be preventable through stress management practices.

Stress management practices include massage, listening to relaxing music, finding your comfort zone (for example, taking a walk), eating a balanced diet, drinking enough water and getting enough exercise and sleep. Active-duty, National Guard and Reserve Soldiers, Army civilians, Family members and retirees may use the stress management services offered at the growing number of installation Army Wellness Centers the U.S. Army Public Health Command is launching across the Army.

Some headaches require medical attention. Secondary headaches are often a sign of something more serious.

If you or someone you know experiences a sudden, new severe headache; a headache accompanied by dizziness, weakness, paralysis, speech difficulty, personality change, fever or rash; headache pain that awakens you at night; or a headache associated with a

head injury, seek medical care immediately. It is especially important to seek emergency medical attention or reach out to your primary-care provider when headaches are associated with fever or stiff neck. A stiff neck may be due to meningitis or blood from a ruptured aneurysm, which can be life-threatening.

Altogether, because they range in type and treatment, headaches can be anything from inconvenient to dangerous. But if you know your type of headache, you can take steps to bring relief from your discomfort.

For more information about headaches, visit:

- Migraine Research Foundation, <http://www.migraineresearchfoundation.org/about-migraine.html>;
- Johns Hopkins Medicine, http://www.hopkinsmedicine.org/neurology_neurosurgery/specialty_areas/headache/conditions/primary_vs_secondary_headaches.html;
- Web MD, <http://www.webmd.com/migraines-headaches/guide/relaxation-techniques>; and
- Web MD on when to call a doctor, <http://www.webmd.com/migraines-headaches/guide/when-call-doctor-migraines-headaches>.



PHOTO BY JAN CAROLAN

EMS ribbon cutting

David Hataway, paramedic; Lt. Col. Michelle Stewmon, deputy commander for nursing; Maj. Thomas Rountree, deputy commander for administration; Robert Crosby, paramedic; and Col. James Laterza, commander of Lyster Army Health Clinic, cut the ribbon on the new emergency medical service facility on Fort Rucker July 16. Originally located in an old WWII barracks, Fort Rucker's ambulance service now has an energy-efficient building with classrooms, enclosed vehicle bays and a kitchen. The 10 full-time employees and nine on-call personnel respond to an average of 50 calls per month.

Wiregrass Cheer & Dance Academy

NATIONAL DANCE DAY July 27th

Join us for the National Dance Day as made popular by "So You Think You Can Dance" Saturday, July 27th from 2-4PM at the Wiregrass Cheer & Dance Academy.

Learn the SYTYCD National Dance Day Dance

Door Prizes

Water Slide & Inflatable

Reduced Registration

Fun For All Ages

Meet Our Teachers Old & New

Summer Camps
We still have Summer Camps scheduled. Check out our website for information.

Fall Registration
Time to register for Fall. Classes start August 19th.

Tap is Back along with Musical Theatre.

We also have Beginning Baton and Clogging. All the other classes from last year are back again as well.

www.wiregrasskidsactivities.com
(334) 39 DANCE • (334) 393-2623
1112 Boll Weevil Circle, Suite D • Enterprise • Alabama

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1 Corinthians 11:1

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efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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

Family fun found at the beach

By Edith Parten
Alabama Tourism Department

Pack the car and head down I-65, U.S. Hwy. 231 or across I-10 and down to Alabama’s beautiful white sand beaches. You can soak up the sun on 32 miles of sugar-white sand beaches, see exotic animals at the world famous “Little Zoo That Could” or hop on an eco-cruise to watch dolphins play.

The beach communities of Gulf Shores and Orange Beach offer visitors a wide variety of fun, and this road trip is sure to be a vacation that will leave you coming back for more. It’s the perfect getaway for spring break or a Family-friendly vacation.

Kick back at The Hangout

As you drive south on Gulf Shores Parkway (Alabama Hwy. 59) and arrive at Alabama Hwy. 182, the scenery of the beaches and the smell of the ocean breeze will leave you wanting to hop out of your car and run to the white sand beaches. There is public beach access here, so you can do just that at one of the hottest places on the beach, The Hangout, 101 E. Beach Blvd., Gulf Shores; (251) 948-3030. Here, you can grab a bite to eat and the children can play at The Hangout by building sand castles in the play area and getting lost in the suds with a bubble machine. The casual dining area is open so that you can feel the Gulf breeze, and the outdoor bar features live music. The restaurant is open for lunch and dinner and offers seafood, burgers, sandwiches and salads. It’s a great place to take the Family and a great place to relax, play, have a bite to eat or just hang out.

See Flipper and his friends

For a special experience you won’t soon forgot, you’ll want to take a dolphin cruise. A variety of outfitters offer tours of the Intracoastal Waterway.

Adventures Aquatic by Dolphins Down Under, 27264 Perdido Beach Blvd., Orange Beach; (251) 968-4386, offers glass-bottom boat dolphin tours. They also offer a variety of activities like snorkeling aboard a 45-foot glass-bottom catamaran, and glass-bottom kayaks are available.

Alabama Dolphin Cruise (Southern Rose), 27212 Marina Rd., Orange Beach; (251) 981-7673, offers daily cruises aboard a 64-foot boat with a comfortable double-deck and air conditioning. Sunset dolphin cruises are available for private parties.

Blue Dolphin Cruises, 29603 Perdido Beach Blvd., Orange Beach; (251) 981-2774, offers dolphin sightseeing tours on a 51-foot, seaworthy, heated/air-conditioned bi-hull boat with inside and outside seating, gift shop and snack bar.

Off-the-beach Family fun

A must-visit is the Alabama Gulf Coast Zoo, 1204 Gulf Shores Pkwy., Gulf Shores; (251) 968-5732. It became known as “The Little Zoo That Could” on the Animal Planet channel. See more than 300 animals at the zoo, including red kangaroos, camels, monkeys, wolves, tigers and lions. It’s a day of fun for the entire Family. The zoo is building a new home on AL Hwy. 59 in 2012, so check their website before visiting.

Visit the Bon Secour National Wildlife Refuge, 12295 AL Hwy. 180, Gulf Shores; (251) 540-7720, a short drive from the beaches down Fort Morgan Road. The refuge consists of nearly 7,000 acres of coastal lands with plants, flowers and animals native to the area. It’s open during the day for hiking, fishing, bird watching and enjoying nature. You can walk along a variety of trails such as Gator Lake Trail, Centennial Trail, Jeff Friend and Pine Beach. The trails range from one to four miles.

For a little speed, fun and adventure head to the Waterville USA Park, 906 Gulf Shores Pkwy./AL 59, Gulf Shores; (251) 948-2106. Experience daring water slides, enjoy mini golf and race around a small track in go-carts. All ages are welcome at this 20-acre water park.

Take a ride or walk along the Hugh S. Branyon Backcountry Trail, 4009 Orange Beach Blvd., Gulf Shores; (251) 981-1063, in Orange Beach. Tour guides will take you along the paved trail that winds through moss-lined trees, flora and fauna native to Alabama’s Gulf Coast. You might even run into the Cat-Man, a legendary wild man that is purportedly half cat and half man.

Visit the Orange Beach Arts Center Hot Shop, 26389 Canal Rd., Orange Beach; (251) 981-2787, to take home a great souvenir from the beach. You’ll find jewelry, paintings or a variety of other crafts in the shop. You can even make your own piece of glass art in the shop by signing up for an art class or purchase a piece of glass art in the gallery. The Hot Shop is the only public access glass studio in the state of Alabama.

Drive a short distance inland to hop on the Southeast’s tallest Ferris Wheel at The Wharf, 4985 Wharf Pkwy., Orange Beach; (251) 224-1000, for a ride with a view. You’ll be 120

feet high above the Intracoastal Waterway in Gulf Shores with views of scenic wetlands and a marina. The Wharf is an entertainment area with a 9,500-capacity amphitheater, boutique shops, restaurants and accommodations.

Where to eat

You’ve probably heard the Jimmy Buffet song “Cheeseburger in Paradise,” but have you actually tried one? It’s on the menu at his sister’s restaurant in Gulf Shores, LuLu’s at Homeport Marina, 200 E. 25th Ave., Gulf Shores; (251) 967-5858, located on the Intracoastal Waterway. Also try the wild shrimp and L.A. Caviar on the menu. The main ingredient is black-eyed peas. The Family atmosphere provides loads of fun activities for children and there’s live music nightly. Small kids will love playing in the sandy beach area while the Mountain of Youth ropes course is geared toward older children. The ropes course sits high above LuLu’s and is a three-story climbing tightrope apparatus.

Have a doggone good dinner at the pet-friendly Cosmo’s Restaurant and Bar at Fish Camp Landing in Orange Beach, 25753 Canal Rd., Orange Beach; (251) 948-9663, where the Banana Leaf Wrapped Fish is divine and listed in the “100 Dishes To Eat In Alabama Before You Die” brochure. The owners named their restaurant after a shelter dog they rescued. The eatery is decorated with paintings and artwork of four-legged friends.

King Neptune’s, 1137 Gulf Shores Pkwy., Gulf Shores; (251) 968-5464, seafood restaurant is known as the place to go in Gulf Shores when you want royal reds. These delectable treats are deep-water shrimp from the Gulf of Mexico that are a gorgeous ruby red with a sweet taste. They are special treats for those who love shrimp – sweet and salty, moist and tender, and in a class by themselves. They are served with their shells and heads still attached.

At the end of the Alabama portion of Hwy. 182, stop at Flora-Bama, located right on the Alabama and Florida line on Hwy. 182 and Hwy. 292 at 17401 Perdido Key Dr.; (251) 980-5118, for lunch during the day or enjoy live music at night. A roadside icon since the 1970s, it sits on the Alabama/Florida state line. It’s considered one of the last great roadhouses. Nightly entertainment includes live bands offering country, blues, rock and beach-style music. They are open for lunch, dinner and nightly entertainment. They welcome Families during the day, but after 6:30 p.m. you must be over 18 to enter.

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.

AUG. 6 — The Daleville Police Department is hosting National Night Out at Culpepper Park from 4-8 p.m. The event is open to the public. At this meet-your-neighbor and crime-prevention event, there will be child identification kits, where children will have their fingerprints and photos taken for use in case of a Family emergency. A bounce house and a wet slide will be available for entertainment while Fort Rucker police will have a military working dog demonstration and display its hazmat trailer as well as a fire truck. A local National Guard unit will have an EOD bomb robot demonstration. Free

drinks and snow cones will be available. Children should wear swimsuits under clothes and Families should bring towels. For more information, call 447-6140.

DOTHAN

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

SATURDAY — The Tasty Tiger Trot 5K will be held at 7 a.m. at Westgate Park. Registration is \$15 per person at the concrete benches on the trail in front of Water World. Unique start and finish. Proceeds benefit Dothan High Cross Country team. For more information, call 797-3668 or 797-5641.

TUESDAY 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.

MONDAY-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 be an 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 Center is offering free art lessons for children ages 5 and over. The young student class will be Saturdays from 10 a.m. to noon, and the 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.

SATURDAY — 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 Saturday. 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.

Beyond Briefs

Fight Against Cancer

Making Strides Against Breast Cancer’s kickoff featuring the third annual “Battle of the Bras” will be held Aug. 11 at 6-8 p.m. at FSU-Panama City Holley Academic Center. Bring a decorated bra to enter the “Battle of the Bras” 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.baypointw-yndham.com

Paddling Trips

The Apalachicola Riverkeepers will go on a paddling trip in the Apalachicola watershed Saturday. The trip is free to Riverkeeper members and \$30 for non-members. Local expert guides accompany paddlers to educate about the Apalachicola ecosystem, its floodplain, creeks, sloughs and tributaries. For more information, visit www.saltyflorida.com.

Fishing Tournament

The 12th annual Mobile Big Game Fishing Club Billfish Limited Tournament will begin Friday and end Sunday at the Orange Beach Marina.

This catch and release billfish, tuna, dolphin and wahoo tournament will feature inboards 32’ and under and outboards of any size. Registration is \$250 per angler on Friday. There is a minimum of three anglers per boat. The MBGFC weigh dock is open from 4-8 p.m. A champion breakfast will take place on Sunday.

For more information, visit www.mbgfc.org.

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 Wor-
ship 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, Head-
quarters Chapel, Tuesday

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

MOTHERS OF PRESCHOOLERS

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

PROTESTANT MEN OF THE CHAPEL

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

Free breakfast is provided.

Protestant Women of the Chapel

PWOC meets every Tuesday at 9 a.m. and 6
p.m. at Wings Chapel, Bldg 6036. Childcare is
provided.
For more information, call 255-9894.

Military Council of Catholic Women

MCCW meets every Tuesday from 5:30-7:30
p.m. at the Spiritual Life Center. Childcare is
provided.
For more information, call 255-9894.

Catholic Adult Fellowship

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



COURTESY PHOTO

Pick-of-the-litter

Meet Bug, an eight-week-old female, black and white kitten available for adoption at the Fort Rucker stray facility. She is very social, playful and spunky. It costs \$80 to adopt Bug 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 six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility, 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.

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- MATINEES EVERYDAY -

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PACIFIC RIM - PG13

4:00 & 9:00

IV RED 2 - PG13

2:00, 4:15, 7:00 & 9:20

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III THE CONJURING - R

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COURTESY PHOTO

A single casket representing the remains of 1st Lt. Richard Dyer, Sgt. 1st Class Juan Colon-Diaz and Spc. 5 John L. Burgess is interred in Arlington National Cemetery, Va., July 2. On June 30, 1970, in Binh Phuoc Province, South Vietnam, the three Soldiers, along with 1st Lt. Leslie F. Douglas Jr., were killed in a UH-1H “Huey” Iroquois helicopter crash during a command and control mission. Pfc. John Goosman survived the crash and was rescued.

Arlington National Cemetery service draws attention back to Vietnam-era MIAs

By Jim Dresbach
Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. – Days have transformed into months, and months have changed to years, but four decades have not blurred the specter of the Vietnam War.

Over the last 40 years, more than 900 deceased American missing-in-action service members, who were deployed to Southeast Asia, have been identified. On July 2, three former MIA Vietnam vets were laid to rest in Arlington National Cemetery, Va.

In June 1970, John L. Burgess of Michigan was the crew chief of a UH-1H “Huey” Iroquois helicopter that crashed in Binh Phuoc Province, South Vietnam. He and 1st Lt. Leslie F. Douglas Jr. of Mississippi, 1st Lt. Richard Dyer of Rhode Island and Sgt. 1st Class Juan Colon-Diaz of Puerto Rico, were killed during a command and control mission.

After the crash, the bodies of Douglas, Colon-Diaz and Dyer were recov-

ered, and the three men were identified and buried with full military honors, but at the time, Burgess remained missing in action.

The Army announced in late June that Burgess’ remains had been accounted for and he would be buried, along with the remains and personal effects of two of his crew members.

The single casket representing the three Vietnam War Soldiers was accompanied to ANC’s Section 60 by the Army’s 3d U.S. Infantry Regiment (The Old Guard) and The U.S. Army Band, “Pershing’s Own.”

Representing the Families were Edward Dyer, a brother of the late first lieutenant; Linda Oliver, Colon-Diaz’s daughter and Richard L. Van Weezel, Burgess’ son, who accepted the ceremonial American flag.

Even though 900 military members have been accounted for, more than 1,600 Vietnam vets are still considered missing in action.

Colon-Diaz was buried at Arlington in 1970, in Section 51, grave 3327.

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- **Discuss** your urge with a friend or family member.
- **Delay** — Don’t reach for tobacco right away. The urge to smoke passes in 3 to 5 minutes whether a person smokes or not.



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JULY 25, 2013

The pro

New SWGC manager looks to make impact

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's Silver Wings Golf Course offers Soldiers and civilians a means to escape the drudgery of everyday life, and one man hopes to improve one of the installations most leisurely activities.

Chet Hallman, the new SWGC business manager, comes to Fort Rucker from Guntersville, Ala., and brings with him his years of experience and knowledge that he hopes will improve an already outstanding establishment.

"I'm excited to be here and be a part of the Army Family," said Hallman. "My goal is for us to take baby steps and slowly improve our product."

He hopes to do this by observing the course and seeing what can be improved upon, and making sure that "what we have to offer is right for who we have playing," he said.

"You have to break it up into segments," said Hallman. "You look at what it is we need on the golf course and you have to ask, 'Is it set up for the average player?' We see some things that are not, so we're trying to make it accessible and pleasurable for a broad range of handicaps."

He added that the challenge is creating a course that isn't too easy at the same time.

Hallman also hopes to improve SWGC through its golf shop.

"From a merchandising standpoint, you've got to look at what (product) mix we are carrying and how our presentation is in the golf shop, which is something we will be changing up in the fall," he said.

In 2009, Hallman was awarded the Merchandiser of the Year Award for the Dixie-Section, so he comes to Fort Rucker with a wealth of information to better serve the installation.

"I didn't want to jump in and change everything right away because this is a different demographic than where I came from," he said. "We (here at the golf course) are taking our time to gather information and see how to handle it."

Hallman grew up a Navy brat and is a Dixie-Section professional – Alabama and Florida panhandle – who was first introduced to the game while his Family was stationed in Morocco.

"There was a skeet range there that doubled as a driving range, and my buddy's dad use to take us and hit balls every now and then," he said. "It wasn't until we moved to Tuscaloosa, when we moved to a neighborhood that had a golf course, that I played my first round."

Hallman said the game piqued his interest because a lot of the responsibility and outcome of the game depended solely on him and his own performance.

"Like a lot of kids back then involved in all the team sports – football in the fall, basketball in the winter and baseball in the spring – the individual side of golf just appealed to me," he said. "You weren't relying on anybody else – it was just you against the golf course."

Growing up, Hallman played in his junior golf league, his high school team and one year at the University of Montevallo. Like most players, he said he loved to play, but hated to practice, but continued to improve on his game.

"I would never say that I was a tour-quality player, but I was good enough to compete and I just enjoyed being around the game," he said. "In the business (that I'm in now), I don't get to play a whole lot, but it's about getting to be around the game and people – that's the big appeal to me now."

Hallman was introduced to the business side of golf at the age of 22 when he was finishing up his final year at the



PHOTO BY NATHAN PFAU

Chet Hallman, SWGC's new business manager, putts at one of the practice greens located in front of the SWGC clubhouse Friday.

University of Alabama. Luck would have it that the golf professional at the golf club he was bartending for was in need of a new assistant, and he was offered the job.

"I was in my last semester in college and I had just gotten married, so I said, 'sure,' and I haven't been able to escape it since," he said.

Since then, Hallman has served on boards of directors with countless professionals and developed life-long friendships, but the highlight of his career came in 2011

when he was voted Golf Professional of the Year for the Dixie-Section.

But throughout all of his success, the biggest lesson he said he's learned is patience.

"Golf has taught me that every shot is going to be unique and there's nothing you can do about that last shot – good or bad," he said. "It's about patience, and understanding where you are in the moment, and just enjoying the game."



PHOTO BY NATHAN PFAU

Ready for some football?

Capt. Dan Bair, B Co., 1st Bn., 13th Avn. Regt. and player for the A Co. team, runs the ball downfield during an intramural football game last year. The Fort Rucker Physical Fitness Center will host a flag football coaches meetings Aug. 6 at 9:30 a.m. and 5:30 p.m. to start off the new year. All coaches need to attend one of the meetings. 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.

Born together, trained together

By Staff Sgt. Mary Katzenberger
82nd Airborne Division
Public Affairs

FORT BRAGG, N.C. — Summer training for West Point cadets consists of many military, academic and physical training opportunities that serve to enrich the academy’s comprehensive 47-month leadership experience.

One of the cornerstone events for rising junior and senior cadets is cadet troop leader training, a three-week event in which cadets have the opportunity to observe active-duty lieutenants leading their platoons and sections through rigorous and realistic training.

Twin brothers Julian Crockett and Jordan Crockett, cadets and members of the Army football team, experienced CTLT at Fort Bragg, N.C., June 16 through July 3.

Julian, a kick returner and foreign area studies major, was attached to 1st Lt. Robert Sherry of Battery A, 3rd Battalion, 319th Airborne Field Artillery Regiment, 1st Brigade Combat Team, 82nd Airborne Division.

During his CTLT rotation Julian observed a heavy drop consisting of four Humvees and an M119A2 howitzer over Sicily Drop Zone on June 20. He also helped de-rig, emplace and lay the howitzer, as well as compute safety data alongside 2nd Lt. Christopher Dixon and his fire direction center.

Hopeful to branch field artillery upon graduating from West Point, Julian reveled in the opportunity to see an artillery unit in action. “Watching the platoon operate



PHOTO BY STAFF SGT. JONATHAN SHAW

Cadet Julian Crockett leads the paratroopers of Battery A, 3rd Battalion, 319th Airborne Field Artillery Regiment in morning physical training, incorporating football drills and plyometrics into the session. Crockett and his twin brother, Jordan, are both West Point cadets and members of the Army football team.

was eye-opening, and it was neat to see the leadership problem-solving and working together on the drop zone,” Julian said.

The paratroopers of first platoon, Battery A, were also able to learn from Julian when he led physical training, June 26, incorporating football drills and plyo-

metrics into the session.

Jordan, a cornerback and engineering management major within the systems engineering department, was attached to the 82nd Combat Aviation Brigade. An aspiring Army Aviator, Jordan’s CTLT gave him tremendous insight into the daily operations

of a professional, lethal and effective Aviation company.

“I’ve learned a lot about what it takes to operate one of the UH-60 Black Hawk or OH-58 Kiowa Warrior helicopters on a daily basis, and I’m really looking forward to having the chance to ride in a Black Hawk while I’m here

on Fort Bragg,” Jordan said.

Though West Point cadets spend countless hours during their 47-month experience discussing leadership in today’s Army and the many challenges therein, CTLT gives them an authentic understanding of what’s expected of them as platoon leaders.

BRIEFS

Youth sports registration

Fort Rucker Youth Sports holds youth 7-on-7 tackle football (intramural), cheerleading, tennis and fall soccer registration now 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.

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 NFLPPK.com, or from the youth center or school age center on Seventh Avenue.

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

Family bowling

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

For more information or to register, call 255-9277 or 255-3735.

Swim Season at West Beach

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

and leisure travel services. For more, call 255-9162.

Disc Golf

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

For more information, call 255-2296.

Volleyball coaches meeting

The Fort Rucker Physical Fitness Center will hold a men’s and women’s volleyball coaches meeting Aug. 20 at 9:30 a.m. and 5:30 p.m. All coaches need to attend. Pre-season begins on Sept. 16 and the deadline to sign up is Sept. 23.

For more information, call 255-2393.

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.

Riding Stables rules

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

Weekly SUDOKU
Answer

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

TRIVIA

- Answers
1. Perimeter
 2. Saturn
 3. Venice, Italy
 4. 60 feet
 5. Johnny Mathis
 6. Acharlatan
 7. Rachel Donelson Reynolds Jackson
 8. India
 9. George Bernard Shaw
 10. The Mamas and The Papas

PUZZLE ANSWERS

Super Crossword
Answers

CHICO	ETCH	OSAGE	TSOS
ROMAN	CHAI	SWIRL	HAIL
ALAND	CARL	CAROL	UGLY
BECAUSE	ETALWAYS	WINDUP	
ARTE	FEER	TOO	AUR
STUDYING	GALLNIGHT	FORMY	
PAR	MOS	TONES	ELOPE
EXAMS	RIGHT	DJS	GEE
DILATE	AEON	UTAH	NEO
ZELIG	DOOR	NEWPORT	
AFTER	ISATISFY	MYTHIR	ST
BROS	NAN	REIN	CATIN
SOY	NOLT	ROTC	OCTOP
ZIT	IPO	WHAT	SHOULD
FLIER	SLUNG	RIO	SOD
IUSE	ASMY	PERSONAL	MOTTO
RCA	QUO	PRE	ION
IDRINK	THEREFORE	ICRAM	
UFOS	DETON	DIVE	NATIVE
MERV	AYARN	EVES	ELFIN
PREP	ESSAY	DENT	SLEDS

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COURTESY SCREENSHOT

Video Game Spotlight >>

Latest NCAA installment adds depth

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.)

Don't feel bad if you were disappointed by "NCAA Football 13." It wasn't terrible, but it shipped without all the physics upgrades that Madden got in 2012, so it felt — again — like the forgotten younger brother who can't even get his older brother's hand-me-downs.

"NCAA Football 14" fixes that and even takes care of the flaws that Madden was cursed with — such as players on the same team constantly getting in each other's way. This year, "NCAA Football 14" has better real-time physics and an impact system that creates a more realistic game on the virtual

college football field. There are other improvements as well, with 30 new option pitches and stiff-arms that take into account a player's size and strength instead of treating everybody the same. Players begin in each play with a certain amount of stamina that drains as the game progresses. Using the sprint button as well as spins and jukes burns that meter down quickly, something that will come into play late in games.

The wonderful pageantry of college football games is alive and well in "NCAA Football 14." The always-fun dynasty mode is back, although some of the recruiting process has been simplified. Instead of having to use phone calls and visits to attract a recruit to your program, gamers can just spend from a pool of points on the player they are targeting.

The running and blocking portions of football got the biggest tweak in "NCAA



Football 14," but that's because that's where the biggest improvement needed to happen. Fans of college football will love the depth that's pervasive throughout this year's game, and there's absolutely no reason why

Publisher
Electronic Arts
Rated
Everyone
Systems
PS3, Xbox360
Cost
\$60
Overall
3.5 out of 4

"NCAA Football 14" shouldn't be a part of every college football video game lover's library.

Reviewed on the Xbox 360



COURTESY SCREENSHOT

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