**Story on Page A4** 



Story on Page C1



Center offers creative opportunities for patrons



SWIM FOR LIFE Rucker swimmer reaches 1,000-mile milestone

Story on Page D1





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

**VOL. 63** ■ NO. 35

FORT RUCKER ★ ALABAMA

SEPTEMBER 5, 2013

### Sgt. Audie Murphy Club inducts members

By Sara E. Martin Army Flier Staff Writer

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

Staff Sgt. Armando Frias, 597th Maintenance Detachment, 164th Theater Airfield Operations Group, Sgt. 1st Class Lonnie Gilstrap, A Co., 1st Bn. 13th Avn. Regt., and Staff Sgt. Erica Stewart, C Co., 1st Bn. 13th Avn. Regt., were inducted into the club by Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Command Sgt. Maj. James H. Thomson Jr., command sergeant major of the Aviation Branch.

"Our NCO corps is the envy of the world. Our noncommissioned officers are the standard bearers," said Mangum during the ceremony. "These members are the standard bearers for the standard bearers. Others want to emulate them. We expect them to be the standard, know the standard and to live the standard every day no matter the circumstances.

"Because of them we have the most exceptional NCO corps across the planet," he continued. "Thanks for serving a cause higher than self, thanks for being willing to make a difference in our world and our Army that others are unwilling or unable to step up

Mangum fist bumped each inductee as he awarded them each with their medals, bringing a smile to each

The inductees had different reasons for striving to achieve this honor, but all agreed that it came down to leadership, responsibility and personal achieve-"I wanted to become the best NCO I could for

"This group knows how to train Soldiers and it will give me the experience I need to bring my Soldiers up to be the professionals I know they can be." "I want to be counted among the best NCOs in the world," said Gilstrap. "It will give me a place to im-

my Soldiers and this club emulates that," said Frias.

additional experience and guidance." The Soldiers had to endure a series of boards and evaluations to be inducted into the club. It was one of the most challenging things that they have accomplished with balancing studying, Family life and ev-

SEE CLUB, PAGE A5



PHOTO BY SARA E. MARTIN

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Command Sgt. Maj. James H. Thomson Jr., command sergeant major of the Aviation Branch, induct Sgt. First Class Lonnie Gilstrap, A Co., 1st Bn. 13th Avn. Regt., Staff Sgt. Erica Stewart, C Co., 1st Bn. 13th Avn. Regt, and Staff Sgt. Armando Frias, 597th Maintenance Detachment, 164th Theater Airfield Operations Group, into the Sergeant Audie Murphy Club during a ceremony at the U.S. Army Aviation Museum Friday.



eryday duty.

PHOTO BY SARA E. MARTIN

### **Tailgate Day**

Jim Thompson's college football helmet is passed around during Fort Rucker Primary School's Tailgate Day Friday. The event was the schools way to kick off football season with food, entertainment and guest speakers, along with a few other special activities. For more, see Page A3.

### Delaney to talk to Soldiers on PTS

By Nathan Pfau

Army Flier Staff Writer

A former undercover cop and current NBA referee will visit Fort Rucker to share his story and message to Soldiers, Families and civilians.

Bob Delaney will visit the installation Tuesday and Wednesday to speak to people on issues of post-traumatic stress in four different sessions at the post theater.

His visit is part of the U.S Army Training and Doctrine Command's Post Traumatic Stress Outreach Program and is mandatory for all U.S. Army Aviation Center of Excellence military personnel who are present for duty, according to USAACE G3 officials. Some exceptions will be made to limit the impact on the USAACE training mission.

The Tuesday sessions will be from 1:30-2:45 p.m. and 3:30-4:45 p.m., and the Wednesday sessions will be from 9:30-10:45 a.m. and 1-2:15 p.m.

Although the main target audience is military personnel, the event is open to all nonmilitary personnel, as well, according to officials. Specific seat allocations have been designated with various unit operations, but plenty of seating should be available for others who wish to attend.

Delaney is a well-known motivational speaker, and his life story has been told on networks like HBO, ESPN and ABC, as



Bob Delaney, NBA referee and former undercover police officer for the New Jersey State Police, speaks to Soldiers during last year's visit at the post theater. Delaney will visit again this year with sessions at the post theater Tuesday and Wednesday.

well as in dozens of newspaper and magazine articles throughout the world, according to his biography.

He travels across the country and

around the world to present leadership

and teamwork seminars before corporate, university and community organizations, and for the past 30 years has provided

SEE DELANEY, PAGE A5

### to celebrate Hispanic heritage

**Fort Rucker** 

By Nathan Pfau Army Flier Staff Writer

Diversity is a large part of not only the U.S. armed forces, but of the nation as well, and Fort Rucker is celebrating that diversity with a kickoff event that promises education with entertainment.

The Fort Rucker Equal Opportunity Office along with the Army and Air Force Exchange Service will host the Hispanic Heritage kickoff event Sept. 13 from 11:30 a.m. to 1:30 p.m. at the post exchange.

This year's theme is "Hispanics: Serving and Leading our Nation with Pride and Honor," and seeks to remind people that Soldiers are brothers in arms no matter their background or heritage, said Master Sgt. Thomas Reid, chief equal opportunity adviser.

"Our Army is made up of not just citizens of the United States, which itself is a melting pot, but of people around the world from different nations," he said. "By understanding the diverse nature of our Army and understanding the different heritages that are in our Army, you can understand the Soldier that is next to you to your left or right, and most of the time you find out that you are more alike than different."

The event will consist of Latin Jazz music performed by the 98th Army "Silver Wings" Band; a food sampling area with a variety of ethnic foods provided by local volunteers; cultural displays and vendors that people can visit and even purchase items from; and traditional and contemporary dancing for people to experience, said Susie Antonello, AAFES visual merchandising manager.

"The food sampling is sure to delight attendees and have their taste buds dancing with a variety of foods from Panama, Mexico and Puerto Rico, just to name a few," she said.

Their taste buds won't be the only things dancing, however. Fort Rucker's fitness facilities' Zumba instructors will be conducting their classes during the event as well.

Reid said that although it's important for people to have a good time at the kickoff event, it's more important that they take something away from it.

SEE HERITAGE, PAGE A5

# PERSPECTIVE

### ACAP: Job seekers need support during search

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program

When thinking of getting out of the military, some Soldiers say, "I can't wait!" They are excited about getting back into civilian life.

Those who have been in the military for more than 10 years may experience a dichotomy of feelings. They experience periods of intense excitement and extreme sadness. They anticipate the adventure ahead and fear not being able to find an adequate job. Some are not sure what kind of job they'd really like to look for, if they have adequate education or training, or even where they want to live.

military dread putting on the uniform for the last time, and the changes that will ensue in their lives. Most job seekers worry about finding a good job in the chosen location at a salary that will give their Families a comfortable lifestyle.

With all of these extremes of feelings, it's not hard to imagine the stress job seekers feel. Research shows that the stress during a job search is second only to that experienced when a spouse dies. Is it any wonder that job hunters need support and help during this stressful

Many clients at the ACAP Center work as a team with their spouses. The training of-

Sometimes those leaving the fered is beneficial to spouses the computer. The Family has who are looking for a job — and for those who just want to assist with the job search. Even if they are not seeking a job, spouses can help with writing, typing, and reproducing resumes and cover letters. They can help search employers and locate job openings. During the interview preparation, spouses can assist with rehearsals by asking tough interview questions and helping with good answers.

> One of our successful job hunters got his whole Family involved in the job search process. They subscribed to newspapers in the areas of interest, and the children went through the want ads, found likely sources for jobs and entered the data into

now located a job and is happily resettled in another state. When he landed a job, the entire Family celebrated because it was their success — they had all contributed.

It's always sad for us to learn that a few of our clients must carry the entire load of job hunting. It's a heavy load when the welfare of a Family is at stake. Sometimes the job seeker doesn't want to worry the Family. Sometimes the spouse is unsupportative.

Often the sources of the stress involve money, relocation or adjusting to a different lifestyle. For example, when the Family has to tighten the financial belt, it is a big help when spouses and

children cooperate on conserving money until the job search is successful. This all contributes to the positive attitude, which is so important while meeting prospective employers.

The most "together" job searchers are those who have the support of their spouses, Families and friends. An adage says, "Marriage doubles your happiness and halves your sorrows." A shared stressful situation is much the same — half as bad when the load is shared.

Visit or call the Fort Rucker ACAP Center at 255-2558, or log on to https://www.acap. army.mil to schedule an appointment or to register and take the ACAP pre-separation briefing on line.

# Rofor V



September is Suicide Prevention Month. What advice would you give to Families to stay resilient during tough times? ""



Sgt. Angel Garcia, 597th Ordnance **Maintenance Detachment** 

"Turn to God. Take it one day at a time and just pray for understanding."



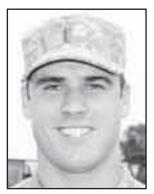
Staff Sgt. **Dwain Courtright**, **WOCC** 

"Reach out to someone. It won't hurt, you can't do everything by yourself. You need to reach out to Family, friends, a chaplain - anyone. Keeping that stuff in can do a lot more harm than good."



Helen Kosman, **Army spouse** 

"Seek out available services. See a chaplain or go to Army Community Service.



2nd Lt. Kyle Kilroy, D Co., 1st Bn., 145th Avn. Regt.

"Find a good hobby to keep your time occupied. Workout, do an outdoor sport, do something with your hands. Just stay busy.



2nd Lt. Joe Kogut, D Co., 1st Bn., 145th Avn. Regt.

"I find that exercise is a key for me to work through rough times. Get out and go have fun."

COMMAND

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

Col. Stuart J. McRae

FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes

COMMAND INFORMATION OFFICER

David C. Agan Jr. COMMAND INFORMATION OFFICER AS-

**EDITORIAL STAFF** 

Jim Hughes

**ACTING EDITOR** jhughes@armyflier.com

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

Sara E. Martin

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

Nathan Pfau

npfau@armyflier.com

**BUSINESS OFFICE** Robert T. Jesswein

PROJECT MANAGER. rjesswein@dothaneagle.com

**Brenda Crosby** 

SALES MANAGER bjcrosby@dothaneagle.com

Laren Allgood

lallgood@eprisenow.com

Mable Ruttlen DISPLAY ADVERTISING mruttlen@eprisenow.com Joan Ziglar

DISPLAY ADVERTISING.. jziglar@eprisenow.com

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

Statement of Publication authorization

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

ment of the Army. The editorial content of this publication is the responsibility of the Fort

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

The appearance of advertising in

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

**Business matters** 

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

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

Deadlines are Friday at 2 p.m. for the following week's edition. All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

**Equal Opportunity Statement** Everything advertised in this publication shall be made available for

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

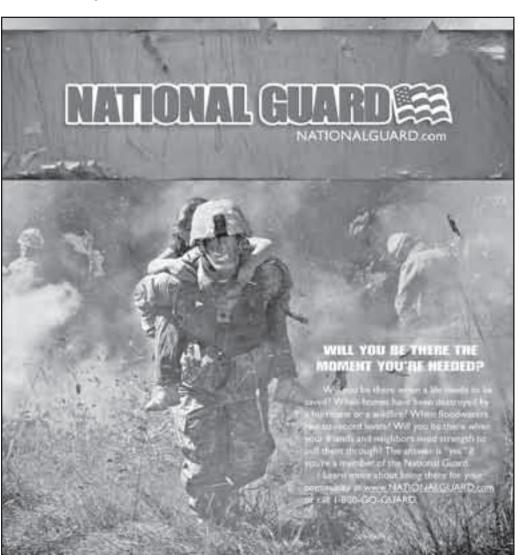
If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Editorial contacts

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

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





## Primary school hosts Tailgate Day

By Sara E. Martin Army Flier Staff Writer

Summer is officially over now that Labor Day weekend has passed, and for many that only means one thing - football season is here, and Fort Rucker Primary School welcomed the changing of the leaves and cooler weather with a Tailgate Day Friday during college football's opening weekend.

Tailgate Day was held Friday for kindergarten and first grade, and was the school's way to kick off football season with food, entertainment and guest speakers along with a few other special activities.

Jim Thompson, local former professional football player, was a special guest and spoke to first graders during the day, and the Daleville High School and Enterprise High School pep bands, along with cheerleaders, mascots and football players put on two pep rallies for the entire first grade and all of the school's kindergartners.

Lynn Irwin, a first grade teacher and organizer of the event, said that she hopes the message of the importance of teamwork, education and setting goals will sink in for the children.

"The older kids and community leaders can get this message across in a different way than we can in school sometimes," she said. "The message seems to be coming in crystal clear to many of them."

The high school students encouraged the children to work hard in school and about how important it is to be responsible. They also showed and told the children what kinds of things they can get involved in in high school if they make good grades.

Samantha Seibold, a Daleville cheerleader and older sister to



Students from the Daleville High School football team talk to primary school students Friday about the importance of doing well in school during Tailgate Day.

Steven Landa, a first grader, said that she loved performing for the primary school because she volunteers at the school and it was just another way for her to give back. Seeing her little brother at school was exciting as well.

"I hope that I showed them that it is OK to get out of your shell and try new things," she said. "If they want to do something they should go for it. I used to be shy and I just wanted to tell them that they miss out on a lot of fun things if they are afraid to try."

Landa said that seeing his big sister cheer with her friends was his favorite part.

"I am happy she cheers, it makes me proud she is my sister," he said. "Maybe I will be a football player one day."

Thompson spoke to the children about perseverance through hard times, the importance of an education and friends, and what it means to strive for goals.

"Have as many friends as possible – boys, girls, black, white, Hispanic, it doesn't matter because friends are the people that help you through hard times your entire life. They help you make good choices," he said.

After playing for Auburn University for four years (1984-1988), Thompson was drafted by the Indianapolis Colts in the National Football League and he told children about the experi-

"I hurt my shoulder, and I

couldn't play professional football anymore and I got fired," he said with a smile to the children. "I then tried to get picked up by the San Francisco 49ers, but I couldn't pass a physical because of my shoulder, so I knew I had to get a real job. That is why it is important to get an education. One minute you are a national football player and the next you have to figure out how to sell insurance."

He encouraged all the children to get a high school education and to strive to go to college.

"School can be hard, and sometimes it's not going to be fun, but it is important, more important than anything else," he told them.

Thompson said that he wanted to teach the children that "Yes, it is exciting to see people on television who make lots of money and are local celebrities," but that those people are few and far inbetween and that getting an education should be the most important thing in their young lives.

"I wanted to make an impression on them that it is important to listen to their teachers and their parents, and that they need to give them the respect they deserve," he said. "I enjoy talking to the small kids. I remember when I was their age people making an impression on me and this was just my way of giving back to the community that gave so much to me."

## Army Safe Autumn Campaign now available

By Julie Shelley

Directorate of Communication and Public Affairs U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. – With the passlazy days of summer to thoughts of football parties, hunting season and exercise in the great outdoors. Just like any other season, however, autumn can be a risky time of year.

To help Soldiers counter the hazards, the U.S. Army Combat Readiness/Safety

Center recently released the annual Army Safe Autumn Campaign, a resource leaders and safety professionals may use to augment their existing risk management

"This is many Soldiers' favorite time of year," said Brig. Gen. Timothy J. Edens, ing of Labor Day, minds turn from the director of Army Safety and commanding general, USACR/Safety Center. "The kickoff of football and hunting seasons, combined with cooler weather, has a way of getting people outside."

Autumn is historically one of the Army's safer seasons, but of the accidents that do happen, most involve private motor vehicles.

"During the last several years, our Soldiers have shown they know how to stay safe," Edens said. "That's translated to fiscal 2013's double-digit reduction in PMV fatalities. As long as we're still losing Soldiers to these accidents, though, our work isn't done."

As of Aug. 22, Armywide fatalities in all PMVs, including sedans and motorcycles, were down 24 percent from fiscal 2012.

The Army Safe Autumn Campaign contains posters, feature articles, public service videos and resource documents

leaders and safety professionals can use to populate their safety boards, build safety briefs and start a conversation with their Soldiers on risk management.

"We can't let our guard down just because the Army's doing well regarding accidents," said USACR/Safety Center Command Sgt. Maj. Richard D. Stidley. "We can all use a refresher on risk management basics. That's what these seasonally targeted campaigns do."

For more information on the Army Safe Autumn Campaign, visit https:// safety.army.mil. The campaign will run now through Dec. 1.

### **News Briefs**

### Neighborhood road work

Residents in Munson Heights can expect delays Monday through Sept. 20 as Red Cloud Road is scheduled to be repaved. A section of Ames Lane in Bowden Terrace will also be repaved during this time. The daily hours of operation will be from 8 a.m. to 4 p.m. The roads will be open during the process, but people should allow for extra travel time.

For more, call 503-3651.

### **PTS Outreach Program**

The Army Training and Doctrine Command Post-Traumatic Stress Outreach Program returns to Fort Rucker Tuesday and Wednesday. The program brings Bob Delaney, a motivational speaker, post-traumatic stress expert, retired NBA referee and former undercover New Jersey State Trooper who infiltrated organized crime, to the post

to help increase PTS awareness. Delaney will speak Tuesday at 1:30 and 3:30 p.m., and Wednesday at 9:30 a.m. and 1 p.m., all at the post theater. The event is open to all U.S. Army Aviation Center of Excellence and Fort Rucker Soldiers, civilians and Family members.

### Dental benefits adviser

A MetLife Dental Benefit adviser will be visit Fort Rucker Sept. 12 from 11 a.m. to 1 p.m. at the post exchange to discuss TRICARE Dental Program benefits, answer any TDP questions and help with enrollment. TRICARE dental coverage requires TDP enrollment and TRICARE medical program options do not include TRI-CARE dental coverage.

For more, call 1 (855) 638-8371 or visit www.metlife. com/tricare.

### Road closures

Several roads will be closed on post Sept. 27 from 1:30-11 p.m. in support of Fort Rucker Oktoberfest. Traffic will be closed on Andrews Avenue, from Cowboy Street to Dean Street, and again on Division Road from Ruf Avenue to Andrews Avenue, and Crusader Street.

For more information, call 255-1749.

Roads will also be closed during the Gate- to-Gate Run Sept. 28 from 8:30-10:30 a.m. Traffic will be closed on Andrews Avenue from the Ozark Gate, to Third Avenue, and Third Avenue to the Daleville Gate in support of the

For more information, call 255-2296.

### POW/MIA ceremony

Fort Rucker hosts its POW/MIA ceremony Sept. 20 at 8:30 a.m. at Veterans Park in front of the U.S. Army Aviation Museum.

### AAFES seeks shoppers' support

The Army and Air Force Exchange Service regularly seeks authorized shoppers' feedback on how the organization is doing in supporting their needs. As part of this effort, the Fort Rucker Exchange Mystery Shopper program identifies a select group of people to go about their normal day-to-day shopping for a period of six months and detail their experience in a series of three survey sets.

Mystery Shoppers are rewarded for their participation with a \$30 exchange gift card. If three sets of surveys are completed within a six-month period, mystery shoppers receive \$90 in gift cards.

"Not only is the Exchange Mystery Shopper program a great way to improve the shopping experience, but it allows shoppers to take ownership of military shopping all over the world," Larry Salgado, Fort Rucker Exchange general manager. "It's only through the input of shoppers that we can offer the level of service our nation's finest, and their Families, have come to expect at the Fort Rucker Exchange."

Authorized patrons can apply to become Mystery Shoppers by registering at www.shopmyexchange.com; from this pool of applicants a new crop of participants are selected every six months. There are currently about 350 active Mystery Shoppers at 130 Army and Air Force installations worldwide.

Exchange shoppers can also offer feedback by visit-

ing www.shopmyexchange.com/CustomerService and clicking the "Catalog / Internet Feedback" and "Exchange Store Feedback" links on the right-hand side of the screen.

### **Opportunity knocks**

The following internal positions are available on Fort Rucker: Management Analyst, SCEG13675543908272, GS-0343-07/11, closes Wednesday; Helicopter Flight Instructor, SCEG13683798940674, GS-2181-13, closes Wednesday; Supervisory Contract Performance Evaluator, SCEG13626229951447R, GS-1101-12, closes Sept. 12; and Security Guard, SCEGKB164517746046, GS-0085-04, closes Sept. 13.

For more, check out www.usajobs.gov.

### Volunteer drivers

Lyster is looking for volunteers to drive the golf cart, which runs from the parking lot to the front entrance of the clinic and temporary pharmacy. The clinic is in need of volunteers who can work on rotating shifts until 4 p.m. during the week -- even one hour of helping patients to and from the clinic is helpful.

For more information or to sign up, call 255-7358.

### **Honoring patients**

Lyster wants to share what makes you a great American hero, according to the clinic's public affairs representative. Each month Lyster will honor a patient on the clinic TVs, Lyster's Facebook page and in the post newspaper. Honorees' name, a brief description of their military contributions and a photo will be included. Soldiers, retirees, spouses and children can all participate.

To sign up or nominate a friend or Family member, send an e-mail to katherine.i.rosario.civ@mail.mil.

### **CIF** closure

The Fort Rucker Central Issue Facility will close for inventory Sept. 23-27. The facility will resume normal operating hours Sept. 30.

For more information, call 255-1095.

### Vice chief: Suicide prevention a 365-day mission

By C. Todd Lopez Army News Service

WASHINGTON - September is suicide awareness month and while the Army will highlight suicide prevention this month, the service's vice chief said the effort is year-round.

"This is something we can't just look at in one month," said Vice Chief of Staff of the Army Gen. John F. Campbell. "It has to be a 365-day mission to make sure we can provide our Soldiers with the tools they need to deal with the stressors of everyday life, and help them understand that seeking help is a sign of strength, not weakness."

Comparing the March through July 2013 time period to the March through July 2012 time period, Army suicides have gone down slightly - by about 17. But if January and February are included in those numbers, the Army has so far had the same number of suicides this year as it had last year during the same period: 184. In 2012, the Army had a total of 325 suicides.

Campbell said he's kept abreast of every suicide in the Army; he knows the numbers, and the Army researches every suicide to try to determine what might be the cause. He said that the trends show that most suicides are the result of financial or relationship issues, often exacerbated by drug and alcohol use.

The general said as a way to prevent suicides in the Army, it is critical that commanders and noncommissioned officers know their Soldiers that work for them. And it's important Soldiers know their fellow Soldiers, as well.

"Much of it is just about knowing your Soldier, knowing if they have a financial issue, if they have gone through a breakup with a girlfriend, or if they have a problem in their marriage," Campbell said. "It's as simple a thing as sitting down and talking to a Soldier. A lot of time a Soldier is going to keep that to himself. The more you can figure out whether a Soldier is higher risk, you will watch them a little bit more closely and make sure they have the resources to get help."

Campbell said he experienced a Soldier suicide for the first time in the early 1980s, while serving in Germany. He was a lieutenant then. Later, as a brigade commander within the 82d Airborne Division, and then later still as commander of the 101st Airborne Division (Air Assault), there were more suicides among Soldiers in his units.

"Not only in garrison, but deployed. I've also been in units that had Family mem-



Vice Chief of Staff of the Army Gen. John Campbell speaks at the new Headquarters Department of the Army recently at the Pentagon. September is suicide awareness month and while the Army will highlight suicide prevention this month, the service's vice chief said the effort is year-round.

bers who committed suicide," Campbell

As a company commander at Fort Bragg, N.C., Campbell said, a Soldier hanged himself in his room over a holiday.

"The chain of command knew he wasn't going on leave - he'd be sticking around the barracks," Campbell said. "But it was a good 48 hours before somebody really checked in on him and found out that, in fact, his roommate had gone off ... and he'd been having some relationship issues."

Today, lessons learned from the suicides he experienced early on in his career still stick with Campbell.

"What I learned at that time still stands with me today," he said. "In order to help get at this, you have to know everything about our Soldiers. And our noncommissioned officers have to embrace this, which they are."

Having experienced suicides in his own units, and as vice chief of staff of the Army being aware of the number of suicides that occur across the force every day, Campbell said he knows exactly how a single suicide affects everybody who knew that Soldier.

"One article I read said that for every suicide, there are 35-plus people impacted," he said. "Whether that is Family members or the unit, I am not sure you can put a number on it. Any suicide is tragic. But every one of them does impact the unit, the morale of that unit, that squad. And I just think the more that we can do to keep the focus on what resources are out there for people who are having issues and those stressors that would drive somebody to suicide, then we make those resources available."

When leadership is aware of the issues Soldiers are facing, whether it be relationship issues or financial issues or something else entirely, they can direct those Soldiers to the ample support services the Army provides - especially through the Army's Ready and Resilient Campaign, which serves as an umbrella for hundreds of programs aimed at helping Soldiers resolve the issues that might lead them to consider suicide, and also develop the resiliency they need to be able to handle those challenges.

There are many programs available, some that deal with Soldiers, some with Families, others that affect various aspects of a Soldier's life and well-being. The Ready and Resilient Campaign is meant to make it easier for Soldiers to find the right program to help them, and at the same time, R2C will also find efficiencies within the portfolio of programs available. In practical terms, that means some programs will be cut where there is redundancy, and other programs might be merged to make them more efficient.

The effect of that will be to create fewer, more effective programs, Campbell said,

that cost the Army less money, but at the same time continue to provide Soldiers with the same support the Army has always provided.

"At some posts you may have two or three programs that deal with alcohol or drugs that are tied into suicide, and they may not be talking to the same population," Campbell said. "We can't afford to be redundant, and we can't afford not to provide to Soldiers what is important to them. What we are trying to do is take a hard look and have metrics applied to all those programs, and make sure the decisions we make are the best for each of those posts, camps or stations."

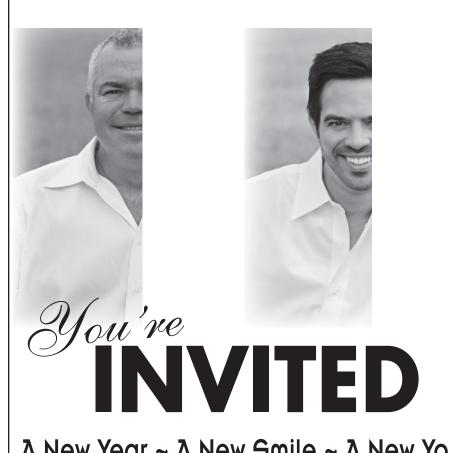
One part of the Army's Ready and Resilient Campaign the vice chief considers critical is the Comprehensive Soldier and Family Fitness Program, responsible for helping Soldiers learn resilience by either becoming master resilience trainers, or by learning resilience at the unit level through Soldiers who have been through the master resilience trainer course.

"I can't stress enough the resiliency piece of it, and this CSF2, tied into MRT," Campbell said. "As I went out and traveled and talked to folks that had gone through the master resilience training ... everybody I've talked to that has been through the MRT has said it has changed their lives and they have been able to impact other Soldiers lives. That's really key."

Campbell said the Army is trying to get master resilience trainers down to company level. Right now the Army has about 16,000 personnel who are MRT-qualified, and that number increased both through MRT training at Fort Jackson, at the University of Pennsylvania campus in Philadelphia and through mobile MRT training

Resiliency training is meant to strengthen a Soldier's ability to more effectively deal with the kinds of situations that might affect their ability to do their job, or might even drive them to consider suicide. Resilience training isn't just offered to master resilience trainers - who are meant to bring those skills back to their unit. Soldiers are getting resilience training as early as basic training and throughout their career, Campbell said.

As part of the September suicide awareness month observation, Army senior leadership will sign a tri-signed letter discussing the Army's emphasis on suicide prevention. Campbell also said the Army will provide some flexibility to commanders, allowing them to have a suicide standdown day if they choose to do so.



A New Year ~ A New Smile ~ A New You

Join Us to Discover What is New in Dentistry

### **Dothan Periodontics & Implants**

(in Association with your General Dentist)

### **New Dental Implant Seminar**

When: 1<sup>st</sup> Thursday of the Month

Hosted by: Dr. John Miller & Dr. Daniel Pittman

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

Please call 793-7232 to register

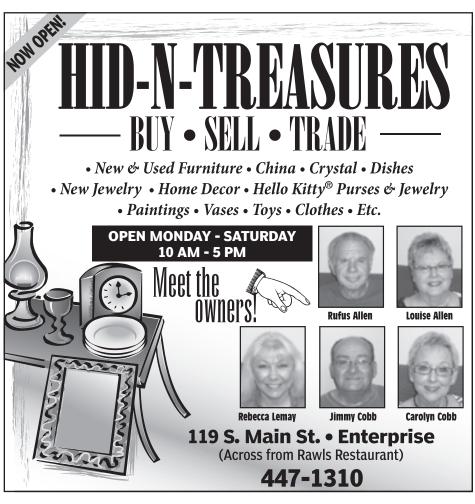
**SPACE IS LIMITED** 

www.dothanperio.com ~ kathy@dothanperio.com

No Childcare Available

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





### Club: Soldiers learn skills to help others

Continued from Page A1

"I want to be an example for my peers and my Soldiers of what an NCO can be and accomplish when they put their mind to it," said Gilstrap. "We are all expected to do more, so we will rise to the occasion together."

Being in this esteemed club can do a lot for a Soldier's reputation, but these three said it wasn't about advancing their own careers, but having the skills necessary to help other Soldiers and their Families.

"I want to be able to teach and train other Soldiers how

to lead each other, while at the same time showing them how to give back to the community and their Families," said Stewart. "It will give me the knowledge to take care of Soldiers and to take care of the Army."

Murphy was a war hero, an actor, songwriter, poet and the most decorated Soldier in World War II, earning 33 awards and medals, including the Medal of Honor.

The Sergeant Audie Murphy Club originally started in 1986 and the Fort Rucker club has been active on the installation with leader development and taking care of Soldiers and Families. Club members participate in numerous community and Family support activities like Toys for Tots, the Angel Tree Program and the Army Emergency Relief fund. The club also has the added responsibility of running the USAACE-level ceremonies on the installation, according to Thomson, and provides the narrators, award bearers and personnel needed for the ceremonies.

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

### Heritage: Multiple events available for Soldiers, Families

Continued from Page A1

"It's about breaking barriers and respecting one another," he said. "If I grew up in (a different part of the country), I may not have been exposed to (different cultures), so by exposing people to something like this, they learn that their battle buddy is the same as them — they just grew up differently."

Although the kickoff even is Sept. 13, Hispanic Heritage Month is observed from Sept. 15 to Oct. 15.

"A lot of people ask why it's celebrated in the middle of the month," said Reid, "and it's because a lot of Central American countries declared their independence on Sept. 15 and many other countries soon followed suit.'

Following the kickoff event, Fort Rucker will host other events to celebrate what Hispanics have contributed to the U.S.

Sept. 28, the Fort Rucker EOO will host

the Fun-4-All bowling tournament at the Fort Rucker Bowling Center beginning at

The tournament will be open to the public and will be a no-tap tournament, which means that knocking down nine pins equals a strike. Cost for the tournament is \$3 and people are encouraged to arrive at least 10 minutes early to sign up.

Prizes will be given away for first, second and third place, and there will also be trivia on Hispanic Heritage with prizes given to those who answer correctly.

There will also be an opportunity for people to put on their boogie shoes and dance the night away during Salsa Night at Divots Bar and Grill Oct. 11.

The event will go from 8-11:30 p.m., and is open to the public for ages 18 and older. Dance instructors will be on hand at the event to teach people how to Latin dance properly, said Reid.

For more information, call 255-2363.



Marta Vere, dance instructor at the Commons, dances with her partner, Juan Nieves, during last year's Hispanic Heritage Month kickoff event at the post exchange. This year's celebration will be Sept. 13 from 11:30 a.m. to 1:30 p.m.

### **Delaney:** NBA referee returns to post to speak to Soldiers

Continued from Page A1

training before federal, state, county and local law enforcement officers, and agents throughout the U.S., Canada and Europe.

Delaney has risen to the top of two elite organizations — in law enforcement as a highly decorated trooper with the New Jersey State Police, and as one of the NBA's most respected referees. He has officiated more than 1,700 regular season games, 180 playoff contests and 10 finals.

He has authored two books: "Covert: My Years Infiltrating the Mob," which received critical acclaim and outlines his time as a New Jersey police officer working with the FBI to bring down organized crime; and "Surviving the Shadows: A Journey of Hope into Post Traumatic Stress."

Delaney visited the installation last year and spoke on how his experience as an undercover cop caused him inner conflicts that eventually led to post traumatic

He put his life on the line for nearly three years infiltrating the Genovese and Bruno crime Families, after which he eventually testified before the U.S. Senate

on organized crime in 1981 detailing his work, according to the biography.

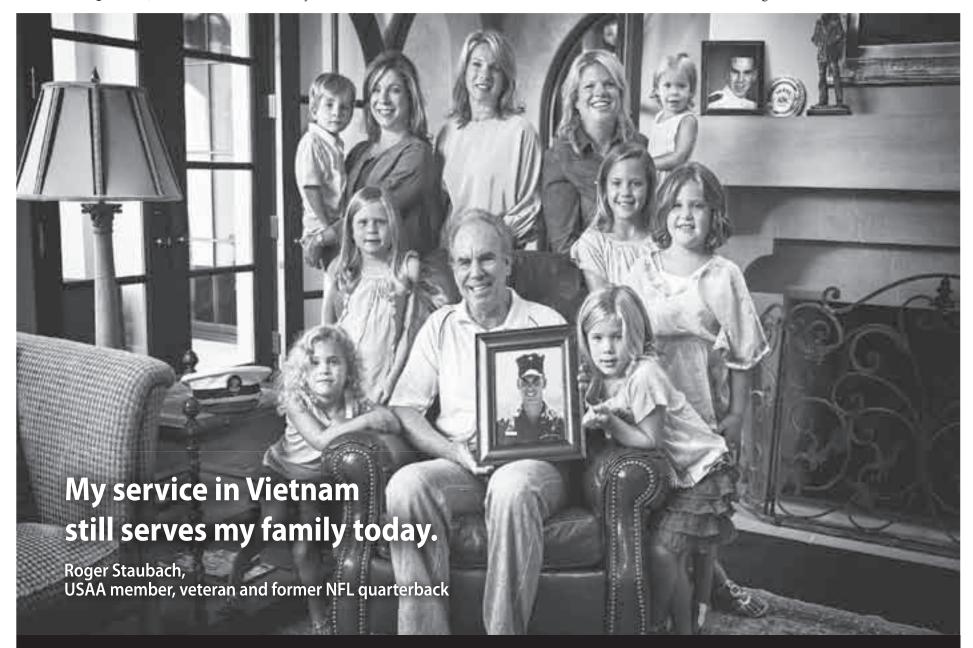
Although Delaney knew he was doing the right thing, he still felt that he was betraying his friends that he had made while working undercover with these Families during those three years.

"What you ask undercover people to do is become friends with people and then tell on them," he said during last year's visit. "I broke that value of trust that we all have in our personal and professional relationships."

That break in trust that he felt between

him and the crime Families partly led to his post-traumatic stress, he said, but he soon learned that in order to help his problem get better, he had to talk about it.

"Those of us who wear uniforms like to think of (ourselves) as being able to leap tall buildings in a single bound, whether it be the uniform I used to wear or the uniform you wear," he said to Soldiers during his visit last year. "While we know that heroic things are done on a daily basis by those who wear uniforms, we can never lose site of the fact that there are human beings inside these uniforms."



### **USAA** insurance. Earned once. Cherished from generation to generation.

At USAA, we recognize and appreciate the sacrifices of all military families. That's why our auto and home insurance is designed with your needs in mind. In fact, our commitment to serve military members, veterans who have honorably served and their families is so great, 95% of members plan to stay with USAA for life.1

Begin your legacy. Get a quote.

usaa.com/insure | 800-531-3550



OFFICIAL MILITARY APPRECIATION SPONSOR OF THE NFL

1 Based on 2011 Member Communications Trend Survey. Purchase of a non property and casualty insurance product, or an insurance policy offered through USAA Insurance Agency, does not establish eligibility for or membership in USAA property and casualty insurance companies. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products or legal or ownership rights in USAA. Ownership rights are limited to eligible policyholders of United Services Automobile Association. The term "honorably served" applies to officers and enlisted personnel who served on active duty, in the Selected Reserve, or National Guard and have a discharge type of "Honorable." Eligibility may change based on factors such as marital status, rank or military status. Contact us to update your records. Adult children of USAA members are eligible to purchase auto or property insurance if their eligible parent purchases USAA auto or property insurance. Property and casualty insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Company, USAA County Mutual Insurance Company and USAA Texas Lloyd's Company, San Antonio, TX. Each company has sole financial responsibility for its own products. The trademarks, logos and names of other companies, products and services are the property of their respective owners. © 2013 USAA. 140057-0913

## REAL ESTATE SHOWCASE

### Call me to show any house on the market or to list your house.



#### MLS #20131790 - 100 HIDDEN CREEK

MLS #20131790 - 100 HIDDEN CREEK

Distant built inclinate home on londecaped corner for in out-de-set at Sommer Blooke SAD, Birch, why & wysthetic studes on Fortheround door as well as the wholever, with dust, in-care according high information is one necessary agains. It is also as a security system. It he wishen come is necessary system, be the wishen with separate work material in the sades. Each appear only a property system with separate work materials become it if it is a positive system with an expectage of the object of



#### MLS #20131798 - 876 CR 722

laborate off new fractivood Booting III oil oteop except BAs, witcher, saundry & love. Overstand double garage with 2 separate doors could warfly the converted to a large formly stoom as if this been sparated & the floor is en apow speckled. Theirh Deen't even book like the cars have been parated in here. Supply softing out the florit poods in your recking charts from or share. Either the toyld door with stalling as & the floyer opens to interfer own desiring comm. & grandcoom. Down cooling in the rate of carbocom. Down cooling in the rate of the florit pandadoom, containing the rate of the flow open with the sacress to brundly soon. The MBA septence double various with large minor, say MEA flooties couble variates with large mirror, or well as accura, shower & closets. Very bright & spen floor plant, the one world foot long.



#### MLS #20131512 -

209 SOUTH OAKRIDGE ton entering the instead toyer, off to the helf is a formal siving room, to the right a formal string room is shought shead the grandroom with anthroad ceiling, got log simplices, brown holding is Prench doors leading to the decreasion overcomes the pier is a cook for Saharg, and SRs-give you the ability to have your own white the or is a cook to the visities of the cook in the pier is a cook for Saharg. oritandaming is easy here as you ben walk them from to loam. Breaktast area loads on to dook fortially finished busement. MLS #20131660 - 121 DEER RUN STRUT

MLS #20131660 - 121 DEER RUN STRUT
Standed on 2 plus wooded lots, enter from the security thromewy & extremely decrease leading to the 2 plus wooded lots, share from the security thromewy & extremely decrease leading to the 2 plus & so thromewy and the horizontal decrease from the security standed soon. Chair has 8 continued represent the second with another set of French doors reading to the torsey occor. Open there up for entertaining, Formey room has a wood borning happace that accords the book with, which I was floating about the son it to cover, wholever & the other with the stoness. If of these count for converted to a well or it wanted, was scoope under the stand. Notices that book your with the stoness. In other woods, which we have the converted to the son to plus the son to plu MOSE! Buy the 2 talls across the street it have your paradest





Evelyn Hitch 334.406.3436

evelyn@c21regencyrealty.com www.EvelynHitchRealEstate.com

> 531 Boll Weevil Circle 334.347.0048

> > View more pictures

















219 ASHAROOM, sharing is well interrepted Years stated to not de-late. Newly adjusted a testiny partial. This home is move in roody for your family. Yes world believe the backyond, incohold anyonal Segment the backyond in open, who do pathwill, incide these is a high family seam with it would burning typpione, repartly spirited design 5 to brickfort book. Conveniently benefit just all the states is a bringster recent confinition, offer ones or whether you want to make it. JAM SAWYIR 406-2393.



500 DIXIE 380/284, living coort, deing poor separate or car be der. Covered deck. Middle trad. His welders. Society, coulds top in Middle, very cross 6,2 cor garage. Order rooty to sell, Middless. ANSIE 500/056N/N 464-7869





3363 AUGUSTA - \$177,000: Gent 469 home, very writing, 2 biting owner, great every may, 25 x 25 building outlies with reledon or conditioning is electricity that mokes a great work etcp. Provider with a Sociatifity eryby your eventure. Seed arog, around someonic profit is an electricity 2-con groupe with 2 groupe down 6 (Bethr space with build-to theless Trist properly offers to group and a partly appointment in a located just 3 microsol bits 11 forces MICOLE APPRICALES 464-6762



166 STORE HE DOE - \$213,000. YOU will have the GRECT SIDE will: becoming point consend windows, the person per payer or good proce in reference. The specialist Miller of Collection of Miller of Collection to General Collection in Service of Collection of Collection Collection of Collection Collection of Collection Colle

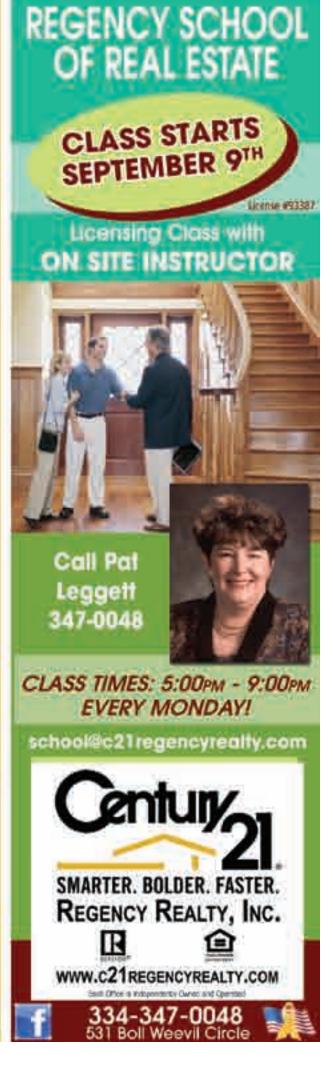






BILLY COTTER CONSTRUCTION, INC.

347-2600





SEPTEMBER 5, 2013

### Vietnam War commemoration launches



Nine Vietnam veterans, representing 14 tours in-country and some 225 years in uniform, were recognized for their service during a Pentagon kickoff Aug. 28 to the 50th Anniversary Commemoration of the Vietnam War, hosted by Army G-4 Lt. Gen. Raymond V. Mason. The nine are all employed by the G-4. From left to right: George Brewer, Richard Dianich, Bruce Gardner, Roger Houck, Bill King, Lars Larson, Benjamin Morgan and Robert Thorne. Michael Lambert was unable to attend.

By J.D. Leipold Army News Service

WASHINGTON - The afternoon in the Pentagon auditorium Aug. 28 was a time for reflection on a war that spanned 10 years and cost the country the lives of more than 58,000 young men and women. It was also an occasion to honor and thank nine Vietnam War veterans who served a total of 14 tours incountry and 225 years in uniform.

Kicking off the Pentagon's first event commemorating the 50th anniversary of the conflict, Lt. Gen. Raymond Mason, Army G-4, opened the ceremony recalling personal memories as well as his broader experiences as a young American citizen.

"I was a young Army brat and it was difficult for me to watch my

dad come back after his third tour in Vietnam and not get treated appropriately, at least in my mind," he said. "I was just a pretty young guy at that time, but I could feel that it wasn't right. It struck me, and I knew if I ever had the opportunity to make that right I would do the best I could.

"Today, we are recognizing nine of our patriots and their Families who stood up to the test of their generation and their decade," Mason continued. "I think it's well overdue. Nothing is more important than pausing and reflecting on the sacrifices of what these great men and women did and those who gave their last full measure."

On March 8, 1965, America's ground war in Vietnam began when

SEE VIETNAM, PAGE B4

### **Warrant** officers:

Counselors, advisers, technical experts

By J.D. Leipold Army News Service

FORT BRAGG, N.C. -Soldiers looking for a way to give their military career a boost might want to consider becoming a U.S. Army Reserve warrant officer.

Warrant officers are highly specialized experts and trainers in their respective career fields.

As such, they provide expert guidance and leadership to commanders and units in their given specialty, said CW4 Darrell Peak, the U.S. Army Reserve Command lead for Warrant Officer Management and Policy.

Peak said 50 percent of Army Reserve warrant officers are in Aviation, including Aviation maintenance. The balance of warrant officers is technical warrants, including military occupations as administration, military intelligence, logistics and signal.

Peak added there are shortages in all three Army components - active, Army Reserve and National Guard.

"We definitely have some MOSs that we need help with in the Army Reserve," Peak said. "We would like to see those positions in combat service support (units) filled, but we do have a few combat-related MOSs (to fill)."

But what qualities must an individual possess to become a successful warrant officer?

CW5 Phyllis J. Wilson, the U.S. Army Reserve command chief warrant officer, shared her top five qualities: technically savvy, possess strong leadership skills, be a counselor, adviser and mentor, across the board competency, and strong character.

"We want some of the best NCOs to come into the Army Warrant Officer Corps," Wilson said. "You've got to be extremely good at your skill set: being a strong leader and knowing your technical skills so you can advise the same things that the rest of the Army leadership talks about."

She said the competence a warrant officer must have is not only the technical aspect of their MOS, but also tactical competence.

"Character – that's not exchangeable for anything else," Wilson said.

The path to becoming a warrant officer is not unlike the enlisted or officer career track. Once recruited, warrant officer candidates attend

SEE EXPERTS, PAGE B4



PHOTO BY NAVY MASS COMMUNICATION SPECIALIST 1ST CLASS MICHAEL SANDBERG

An Army AH-64D Apache helicopter, assigned to the 36th Combat Aviation Brigade, hovers above the flight deck for landing during daytime landing qualifications aboard the afloat forward staging base (interim) USS Ponce (AFSB(I) 15) as part of exercise Spartan Kopis in late August. Spartan Kopis is a U.S. 5th Fleet training event that validates the effectiveness of using joint aviation assets in a maritime environment, as well as exercising joint force command and control structure and communications.

### CAB pilots speak at women's history program

By Capt. Richard Barker and Sgt. Daniel Schroeder 25th Combat Aviation Brigade Public Affairs

HONOLULU - Two female Aviators from the 25th Combat Aviation Brigade, 25th Infantry Division, shared their Army experiences during the 7th annual Distinctive Women in Hawaiian History Program in Honolulu Aug. 25.

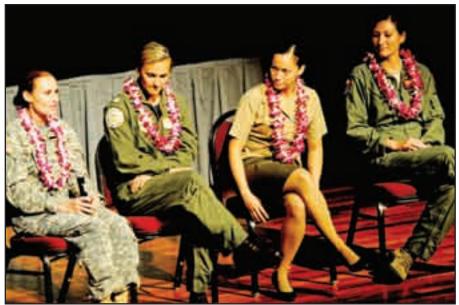
The Aviators spoke about their military experiences as part of the legacy of the Women Airforce Service Pilots who, during World War II, were the first women in history trained to fly American military aircraft.

"It was really an honor to speak at this," said CW2 Allison Morgan, a UH-60 Black Hawk pilot with C Company, 3rd Battalion, 25th Aviation Regiment, 25th CAB, 25th ID. "This is a tremendous legacy that we female pilots are a part of. I am really proud to be a part of this legacy and event."

The WASP legacy began in August 1943 when the Women's Flying Training Detachment and Women's Auxiliary Ferrying Squadron merged allowing civilian female pilots to fly military aircraft under the direction of the U.S. Army Air Forces during WWII.

"By bringing in female pilots, we can show the life of

SEE HISTORY, PAGE B4



CW2 Allison Morgan, a UH-60 pilot from Company C, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, shares her Army experiences with fellow female Aviators from the Navy, Air Force and Marines to the crowd during the seventh annual Distinctive Women in Hawaiian History Program in Honolulu Aug. 25.

# SSIF'IE

(334) 347-9533 • (800) 779-2557



**B2** 

ANNOUNCEMENTS

**GENERAL & SPECIAL NOTICES** 

**Dothan Stor 'N Lok New Special!!** 

10 x 20 Only \$50

3 Month Contract 201 Zenith Rd.

Call 334-677-0808

I Pay **CASH** for Diabetic test strips. Up to \$10 per box! Most brands considered. All boxes must be unopened and unexpired. Call Matt 334-392-0260

**Professional Piano & Organ Teacher** 

I teach private piano and organ lessons in my home in the Highlands. 30 years experience teaching private lessons and in schools. **Great Gift For All Ages!** 334-446-4226

### **WIREGRASS LIQUIDATION OUTLET**

LABOR DAY WEEKND Friday, Saturday and Monday

10-75% OFF EVERYTHING IN STORE **Amount of discount will be posted** Nothing held back! air conditioners, fan, heaters, camping, party, microwaves and much more **LOCATED AT 231 S. & RCC, DOTHAN NEXT TO SOUTHSIDE KMART.. 334-714-9658** 

**FINANCIAL** 

**BUSINESS OPPORTUNITIES** 



Be your own boss and partner with the world's largest commercial cleaning franchise. \$20K! equipment, supplies, training and \$5,000. in monthly customer included.

1-888-273-5264 www.janiking.com

### **BUSINESS OPPORTUNITY**

(14) Town Homes for Sale 1 block off circle. great income & fully occupied. **Owner Finance** 

with good down payment → 386-312-6363 ←

**BUSSINESS OPPORTUNITY** 84W. Wicksburg 55 storage Units & 40 x 60 shop on 1.8 acres, good rental income \$235,000 OBO 334-498-3256

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

### **FRANCHISES**

**BUY NOW!!! Popular ICE CREAM FRANCHISE** for Sale in Dothan -For Info Call (334) 618-7030

Need a New Home? Check out the Classifieds

**MERCHANDISE** 

**BUILDING MATERIALS** 

**DOOR SHOP:** Interior \* Exterior \* Replacement. Only full service door shop In Wiregrass. Southern Lumber Supply 334-792-1131 www.southernlumbersupply.com

TRUSS SHOP: Sheds \* Houses \* Barns Southern Lumber Supply 334-792-1131 www.southernlumbersupply.com

**FURNITURE & HOUSEHOLD ITEMS** 

BED Q-sz. Ergo Tempur Pedic ajustable foot & head. \$2500. Ozark 334-733-3912.

#### **HEALTH PRODUCTS**

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



**Home Health Equipment** 

2 adult commodes. \$40 ea. Commodes have all the

necessary parts. Shower/ bath bench. \$40. Very sturdy. Folding walker \$30. 24v Merits Power Chair \$1,600. Power chair has new batteries and charger. All prices are negotiable. All equipment in excellent condition and comes with all the necessary parts. All equipment is clean and sanitary. Call Mike Tatum. 334-464-



Plexus Slim the all-natural way to lose weight and inches by burning fat, not muscle. E FOR Simply add to water, shake, & drink. It's that easy! No caffeine, No stimulants, No meal replacements, No shakes.

www.pinkslimtrain.myplexusproducts.com/

#### JEWELRY & WATCHES

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

## CLASSIFIEDS WHAT YOU ARE LOOKING FOR

### LAWN & GARDEN EQUIPMENT

**Compost Tea** 

Why Compost Tea? Compost tea makes the nutrients in the soil more readily available to the plants therefore increasing nutrient uptake and providing protection for your plants from pest and disease. My compost tea has a broad array of minerals that soils today usually lack. You will notice the benefits of this product immediately. My compost tea will benefit any grower in every type of growing condition whether it be for your lawn, flower garden, vegetable garden or a much larger scale like a farm contact me for your compost tea. GardenTeaBySamMcGee@yahoo.com 334-618-2986

### **MISCELLANEOUS FOR SALE**

### **Baby Things Store**

"Like Us" On Facebook - Buy & Sell **Swings, Cribs, Fomula, Toys & Clothes** 1330 Hartford Hwy Ste 1, Dothan 334-794-6692

### MUSICAL

Trumpet, Flute, Clarinet, Trombone, Drums, Bells Sax, Violin, Guitar from \$27.50 Month or \$269, CASH With Warranty!! in Dothan FREE Music Stand ⇒ 334-798-5555

### UTILITY TRAILERS

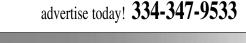
Flatbed Trailer: 10,000 lb. haul weight; 6" channel tongue & frame; 2 - 5200# brake axles & breakaway box; 15" 8-ply radial tires; heavy duty treadplate fenders; 2"x8" pressure treated wood floor; 5' chain up ramps; 7000# dropleg jack; 3" channel crossmembers @ 18" on center; 2-5/16" coupler. \$2,200. Call Paul at 334-397-4684.

### COOL STUFF

Rifle "New" Henry Lever Action 22. \$340.

## DIA APRO- Professional Business and Service Guide

Your future customers are only a phone call away...





Specialists in Lawn Sprinkler Systems & Landscape Upgrades

1-888-569-9600 www.landscapeexpertsal.com

The Classifieds Work Like



### **MISCELLANEOUS SERVICES & REPAIR**

### **NOW OPEN Lindy's Mason Jar**

Furniture Pieces • Housewares Nick Nacks ● Kitchenware and much more... LINDY'S

**191 West Reynolds Street** Ozark, AL 334-733-0710

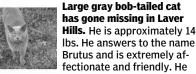
→ Now accepting consignments

Bring in this ad and get \$5.00 off toward your next puchase of \$15. or more. Offer Expires Sept. 30th.

MASON

JAR





did have a break-away collar on when he disappeared on 12 July 13. If anyone has seen him or knows where he is please call 334-449-1422 or 334-446-1005. \*\* A RE-

WARD WILL BE GIVEN FOR HIS SAFE RETURN \*\*

#### **DOGS**



**AKC Sheltie puppies** Born and raised in our home. Tri & sable color. \$500. Call 334-718-6840 tcups\_al@yahoo.com

**Dobermans:** AKC, 5 males 3 females. I have black, blue, and blondes left. \$450. Call 334-621-0352 334-775-1700

★ Full Blooded English Mastiff female, 2 yr 1/2 old, fawn color, great disposition, spayed, vet checked \$500. 334-671-0467 or 334-718-3650

Golden Retriever puppies AKC certified, 9 weeks old \$250, Call Jim 850-272-0873 jkphi@live.com e-mail for additional pics

**Shorkies, Yorkies & Maltipoo → 334-718-4886** 

**Now Taking Deposit on Papillon (F)** 

Rescued Puppies to go home: males, lab mix, 8-9wk old, Call 307-399-3351

#### S.E. ALABAMA KENNEL CLUB

**★** Good Manners Obedience,

**★** Confirmation classes, \$50. for 6 weeks Rally / Agility Intro. \$75.

→ Shots required ← **Starting September 10th** 

⇒ Call <u>334-790-6226</u> or <u>334-299-3315</u> or <u>850-547-2370</u>



**FARMER'S MARKET** 

### FRESH PRODUCE



**Fresh Green Peanuts ★** We also have

shelled peanuts <u>850-352-2199</u>

850-209-3322 or 850-573-6594 → 4128 Hwy 231

### **SAWYER'S PRODUCE**



**HOME GROWN, FRESH** 

Shelled Peas & Butter Beans **Tomatoes & local honey Home Grown** Other Fresh Vegetables!!

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

### **U pick Muscadines**

@ Maria's Vineyard 3940 Fortner St. in Dothan → Call 702-0679 ←

### **HAY & GRAIN**

HAY: Russell Bermuda Hay for sale. Round bales. \$50/bale. Call 334-718-3931

Horse Quality Hay, barn kept 719 S. Ball St. Slocomb, AL 334-886-7034 or 706-741-0856 Sqaure and Round Bales - Will Deliver

### **SEEDS & PLANTS**



TREES TREES **TREES** 12 ft.tall 30 gal. containers \$69.95 buy 2 get one FREE

Live Oaks, Crape Myrtle, **Cherry Laurel & Magnolias** By appointment

**⇒** 334-692-3695

### **WANTED - FARM & GARDEN**

**Buying Pine / Hardwood in** your area. No tract to small / Custom Thinning Call Pea River Timber

IT'S AS EASY AS 1 - 2 - 3

→ 334-389-2003 ←

**EMPLOYMENT** 

#### **TRANSPORTATION & LOGISTICS**

**DELIVERY REPRESENTATIVE** 

We have an outstanding career opportunity for a Seasonal Delivery Representative in our New Brockton & Troy, AL location.

This position will be active 3-4 winter months during our peak season. You will help build customer satisfaction by delivering propane to our industrial, commercial and residential customers

We offer yearly bonus plans, 401k with company match, propane discounts year round, competitive wages and paid holidays.

Must be customer-focused, have a high school diploma (or equivalent), a valid class A CDL with hazmat and tanker endorsements, a great driving record and can satisfactorily complete a DOT physical, drug test and background check.

**To apply contact: Daniel Hewett** P.O. Box 429 **406 West McKinnon Street New Brockton, AL 36351** Phone: 334-894-5511 Email: daniel.hewett@amerigas.com



EDUCATION & INSTRUCTION

#### **SCHOOLS & INSTRUCTION**

EOE/AA/M/F/D/V



Look ahead to your future! Start training for a new career in Medical Assisting, Medical Office Admin., Pharmacy Technology,

Electrical Trades & HVAC! Call Fortis College 888-202-4813 For consumer info: visit www.fortis.edu



**LOOKING TO BUY: GRAZING LAND WITH WATER SOURCE.** 

### **CLOSE TO DALEVILLE. CALL 334-598-8030**

RECREATION

## **ATVS, GO CARTS, GOLF CARTS**

ATV FOR SALE!! 2013 Polaris RZR 800. Seats 2, low hours and comes with a four year extended warranty. In

great condition. \$13,300. 347-1302 or 494-0724 for questions or to see!

### **BOATS**

1968 Chaparral 15ft Walk Thru Windshield Boat with 80HP Mercury, needs water pump, good trailer \$1,200. Call 334-790-5370



Basstracker 1988, Mercury 60 HP, depth finder, trailer, excellent condition, \$2,300 **334-632-0018** 

Lancer 16' Stick Steering Boat, 60hp Mercury 4 stroke motor w/stainless steel 3-blade prop: on board charger; Motor-Guide trolling motor w/46 lb. thrust and foot control; 2 Minn Kota electric anchors; Lawrence depth/fish finder; 2 nice cushioned seats: Aerated live well: Driveon trailer w/greasable hubs and spare tire:

[very few hours]. Asking price: \$13,000 OBO (Home: 229-732-6421) (Cell: 229-310-9795)

### **CAMPERS & TRAVEL TRAILERS**

Allegro Motor Home 2001 Ford V10, 33ft. with 2 slides, 41K miles, Very Clean, \$35,000. 334-797-4777. Stored inside building

BUY IT!

SELL IT!

FIND IT!



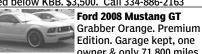
Buick 2002 LaSabre. 1 Owner. Garaged. All Options. 19,800 original miles. \$7,400. 334-797-2446. Chevrolet 2008 Impala - red, 4-door, 58,175

miles, one owner, exc. cond. \$9795.



Ford 1996 Taurus GL Wagon. loaded, cold air, good tires, extra clean, only 30,000 miles, \$3695. Call 334-790-7959

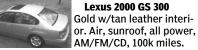
Ford 1998 Explorer XLT, 4WD, SOHC V-6 Engine, Low mileage engine and tires, new front end, new rotors and pads all aropund. Weatherted mats and cargo tray. Luggage rack and cargo roller cover. 2 volume set of dealer shop manuals, well maintained, garage kept. Much more. Priced below KBB. \$3,500. Call 334-886-2163



Clear title. Never been in an accident nor had any mechanical issues. Excellent condition. KBB rates the car worth \$16,800 and I am only asking \$15,500 OBO. Car is located in Enterprise, AL. 334-360-0045 for more information.

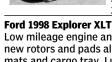


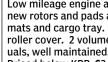
Premium model. 38,000 original miles. Harvest Silver with tan leather



\$16,900. Call or text 334-806-6004.

1. CALL 2. PLACE YOUR AD 3. GET RESULTS

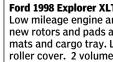












#### AUTOS FOR SALE



Mountaineer: Very well maintained SUV. All wheel drive. Fully equipped with all options. \$6.500. Call 334-790-1233



Volvo 2008 C30 T5 (turbo) 61,000 mi. Leather seats. nower seats & windows. heated seats. Sunroof. Bluetooth, navigation.

AM/FM radio, CD player, keyless entry. Great cond. \$17,500. 334-477-6831 or 334-477-6839

#### **MOTORCYCLES**



2002 Harley-Davidson Snortster XL1200C Custom. Excellent condition. Screamin' Eagle II exhaust. Saddlebags & cover included. Beautiful bike. \$5,000.

Contact 440-213-7702 for more information. Harley Davidson 2007 Dyna Wide & Glide, black w/ silver trim \$14,000 low miles, garage kept 96 cubic inch engine, 6-sp. trans, new tires, boss saddle bags many, mustang seat and extras 850-557-0313.

Harley Davidson 2009 Soft-Tail Custom with new RC component, wheels, rotors, belt pully, brakes & tires. exc. cond. 13K miles, garage

#### **MOTORCYCLES**

Yamaha 2006 V-Star 1100 custom, red in color, lots of chrome, windshield \$4900. 334-618-2068.

#### **SPORT UTILITY**



GMC 2007 Yukon SLT 2WD. Located at Lemon Lot on Westgate Pkwy, Original owner. Brown/tan leather seats, Loaded, 95,300 mi. 4 brand new tires, Priced below blue book. Excellent

**Army Flier Classifieds** 

condition. \$19.800. Call Todd 334-596-2925. Hyundai 2006 Santa Fe V-6, 72,300 miles, good condition, silver in color, \$10,000 334-464-7552.

### TRUCKS, BUSES, TRACTORS, TRAILERS

BOX TRUCK 2004 Frieghtliner M-2 26 ft . with attic, air brakes, cat engine, 6 sp. trans. 26,000 gvwr, 195K miles, exc. cond. \$14,500. Call: 334-798-1221.

Ford 2000 F150 extra cab, 4-doors loaded, automatic, 178,000 miles, new tires, runs great \$5,500. FIRM 334-596-9966



Ford 2006 F-250, Fx4 Turbo Diesel, Leather, many extras, only 74,000 miles.

#### TRUCKS, BUSES, TRACTORS, TRAILERS

Tractor Yanmar Diesel 1986 with bush hog & rebuilt engine, runs great! \$3200. Call Dean 334-983-3164.

**Honda 2008 Odyssey** EXL, 58K, great cond. 1-owner MUST SELL! \$18,500. OBO 334-618-0808

**1ST PLACE TO CALL FOR ALL OF** YOUR TOWING NEEDS! Harger's 24 Hour Towing

AUTO BODY & RECYCLING PAYING TOP DOLLAR FOR JUNK CARS

Contact Jason Harger at 334-791-2624

**CALL FOR TOP PRICE FOR JUNK VEHICLES** 

I ALSO SELL USED PARTS 24 HOUR TOWING ⇒ 334-792-8664

**Running or not!** 

#### **WANTED AUTOS**



**GOT BAD CREDIT?** \$0 Down/1st Payment, Tax, Tag & Title Pass Repo pass bankruptcy SLOW CREDIT OK

Ask About \$1000. off at time of purchase. **→** Call Steve Pope 334-803-9550

#### **WE WILL BUY YOUR CAR OUTRIGHT!**

Regardless of year, make, model, we have millions of dollars on hand to pay you good money for your curent vehicle. We Are On The Coast But Worth The Drive, & reputable, & we can give you a fair price appraisal in 15 minutes.

Call for appointment, dealer. 877-497-7975

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



### Vietnam: Official 50th anniversary in 2015

Continued from Page B1

3,500 Marines were deployed with the American public's support. By Christmas, nearly 200,000 Soldiers, Marines, Airmen and Sailors were in the country. At war's end on April 30, 1975, nearly 3 million Americans had been on the ground, in the air and on the rivers of Vietnam. More than 58,000 Americans lost their lives.

While the official 50th anniversary of the war will be in 2015, the president and Congress requested the secretary of Defense to begin planning the Vietnam War commemoration in 2007.

The goal is to get more than 10,000 corporations, civic groups as well as government and community organizations to join as partners and help sponsor hometown

events to honor Vietnam veterans, their Families, and those who were prisoners of war and missing in action.

To date, 4,921 commemorative partners have signed on, including Army G-4, which became the first.

Following Mason's remarks, Vice Chief of Staff of the Army Gen. John Campbell thanked him and his team for leading the way for the rest of the nation to celebrate over the next few years the contributions of Vietnam veterans.

The son of an Air Force senior master sergeant, Campbell told of his years growing up on military bases around the world before attending West Point, and then recalled his first interaction with Vietnam veterans while a lieutenant in Germany.

"Both the battalion commanders were Vietnam vet-

erans ... all the platoon sergeants, all the first sergeants, all the company commanders were Vietnam veterans," he said. The vets instilled in him their hard-fought lessons learned from Vietnam and wanted to make sure the young lieutenants and Soldiers wouldn't make the same mistakes they had, he added.

Former G-4 and now retired Lt. Gen. Claude "Mick" Kicklighter serves as director of the U.S. Vietnam War Commemoration. During the event he previewed the timeline of plans for honoring Vietnam veterans across the country over the next few years.

"Veterans of Valor," a 30-minute documentary with the nine honorees recalling humorous and somber anecdotes of their war experiences and interspersed with still photographs of themselves in Vietnam was also premiered.

### Experts: Warrant officers provide unit cohesion

Continued from Page B1

the five-week Warrant Officer Candidate School at Fort Rucker, Ala.

"It's a very vigorous course of training," Peak said. "The course is designed for the cadre to evaluate the candidates' skills, qualities, and traits to ensure they are commensurate to what the Army expects of a warrant officer one."

He said that individual skills and leadership capabilities are tested along with transition training from being enlisted to officer.

Upon successful completion, the newly-pinned warrant officers will progress to their respective Warrant Officer Basic Course, Peak said.

"You have to want it," he added. For WO1 Andria Simmons, attending WOCS met her expectations. Simmons, a human resources warrant officer with the 2nd Battalion, 323rd Regiment, 98th Training Division in Lumberton, N.C., said the biggest adjustment was making the transition from enlisted to warrant officer.

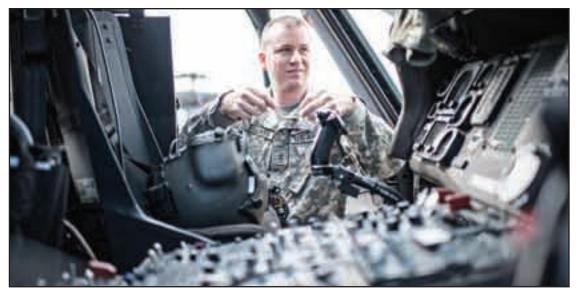


PHOTO BY TIMOTHY HALE

Army Reserve CW2 Denver Gillham prepares his equipment before a training flight on a UH-60 Black Hawk helicopter at Simmons Army Airfield, Fort Bragg, N.C., Aug. 29. Gillham has been an Aviation warrant officer since 2009 after being an enlisted Soldier with another non-flying career field. The Army Reserve is looking to fill hundreds of warrant officer positions in Aviation and non-Aviation career fields.

"Being a senior enlisted, or almost a senior enlisted, and then going back to being treated like a private – it's not easy," Simmons said. "You have to distinguish when to lead and when to follow. They treat

you like a private, but expect you to perform like an officer. It's difficult to find that balance but that's what that course is all about."

Simmons said that just like the enlisted or the officer initial train-

ing, simply attending WOCS doesn't necessarily guarantee suc-

"It's not a sure thing. You have to want it," she said. "It's mentally and physically exhausting. Once you're done, you're done, and it's an awesome sense of pride."

Simmons has served in the Army for 11 years as a Soldier and was selected for master sergeant before making the switch to warrant officer. She also is an Army civilian, working as the executive assistant to Addison "Tad" Davis IV, USARC's chief executive officer

Simmons cited the many warrant officers who have mentored her during her career as one of the reasons for becoming a warrant officer.

"I've always looked up to warrant officers. They are the subject matter experts," Simmons said. "As an enlisted and a civilian for the Army Reserve, people have always come to me as a subject matter expert. I just wanted to take that even further."

"Warrant officers are perfect liaisons between enlisted and officers," she said. "I wanted to be that person that everyone comes to when they need solutions."

### History: Female Aviators receive standing ovation from crowd

Continued from Page B1

the legacy going strong today and make a visible connection to the audience," said Stacy Skipworth, WASP presentation coordinator for the Distinctive Women in Hawaiian History Program. "We wanted to bridge the gap between the local community and military community ... who has been impacted in Hawaii by the influence of women ... and that has to include the military."

In addition to the event on Aug. 25, a forum was held at the Kamehameha Schools-Kapalama Campus Aug. 22.

"I think having the military speak in this program made the WASP lecture the most important lesson of the day for most people," Skipworth said. "This shows the impact of history, and how it makes strides and improves the lives of future generations."

The theme of this year's conference was "Women of World War II Hawaii, an Era of Change."

"I read a little bit about WASP before I joined the Army, so I was aware of the legacy I would be continuing," said Morgan.

Morgan stated she is inspired by the women who came before her and faced the challenges of friction and stereotypes, which

allows her to do her job without those issues today.

"For me, the pride of knowing I have dedicated service members who genuinely want to serve their country was felt by the whole audience," said Skipworth.

This is the first year that military have been invited to speak during this forum. A female pilot from the Army, Air Force, Navy and Marines shared their experiences during each WASP lecture.

"The reaction of the crowd was very heart warming," said Morgan. "Everyone had interesting and intelligent questions and we were received very well."

The female Aviator portion of the WASP speech ended with a standing ovation from the crowd.

## Completely Furnished!

### -New-

3 Bedroom, 2 Bath, 2 Car Garage, Completely Furnished w/top Quality Furniture to include Refrigerator, Washer/Dryer.

Home Has Many Added Features. \$148,700

334-449-1864

### CLARK THEATRES ENTERPRISE Was Site: worw hollowood connector com

Web Site: www.hollywoodconnector.com MOVIE INFO 24/7 - 347-2531 ACTIVE DUTY SERVICE MEMBER DISCOUNT (WITH ACTIVE MILLITARY ID ) + 1 Guest SEPTEMBER 6 - 12, 2013

\*R Rated Films, one must be 17 or with pare

ENTERPRISE SHOPPING C

I RIDDICK - ℝ
Sat & Sun: 2:00, 4:30, 7:00 & 9:30
Mon - Fri: 7:00 & 9:30

II PLANES - №

**THE HEAT-** ℝ Sat & Sun: 9:15 • Mon - Fri: 9:15

Sat & Sun: 2:15, 4:15, 7:15 • Mon - Fri: 7:15

### Westgate Center

III MORTAL INSTRUMENTS: CITY OF BONES - PO13 Sat & Sun: 2:00, 4:30, 7:00 & 9:30 Mon- Fri: 7:00 & 9:30

IV LEE DANIELS' - THE BUTLER - PGTS
Sat & Sun: 2:00, 4:30, 7:00 & 9:30
Mon - Fri: 7:00 & 9:30

### COLLEGE CINEMA • ENTERPRISE \$2.00 Uncharge for 3D

\$2.00 Upcharge for 3D

I YOU'RE NEXT - R
Sat & Sun: 2:00, 4:00, 7:10 & 9:10

### Mon - Fri: 7:10 & 9:10 II ONE DIRECTION: THIS IS US 3D - PG Sat & Sun: 2:00, 4:00, 7:00 & 9:00 Mon - Fri: 7:00 & 9:00

III WE'RE THE MILLERS -  $\mathbb R$  Sat & Sun: 2:00, 4:15, 7:00 & 9:15 Mon - Fri: 7:00 & 9:15





information at 334-393-9713



INTRODUCING: Gulf Coast Dermatology

### Questions about your skin?

Few things are more important than the peace of mind that comes from knowing you have the right answers – and, the right treatment. That's exactly why we've opened the area's most comprehensive dermatology practice with access to the region's widest range of skin care and advanced skin cancer treatments.



ENTERPRISE DOTHAN

school form

partnership Story on Page C3

SEPTEMBER 5, 2013

# Daint Your Art Out

### Center offers creative opportunities for patrons

By Sara E. Martin Army Flier Staff Writer

There are many ways people can entertain themselves and learn a new skill on post, from outdoor activities like archery to indoor activates such as reading at the library, but one facility can help people learn multiple skills and offers an opportunity to paint their `arts out.

The Fort Rucker Arts and Craft Center in Bldg. 9205 on Ruf Avenue provides opportunities for Families to spend time together, as well as for Soldiers to relieve

"People can learn a new hobby here," said Joan Varner, arts and craft center program manager. "They can leave with a certification that says they are qualified to do something. So when they go to their next duty station they can walk in and utilize the shop instead of having to buy something."

The center offers many forms of learning and entertainment, from art classes to social events.

Framing classes are offered three times a week. Classes are \$40 each, which includes all materials. People will walk out of the class with a completed piece.

Pottery classes are held twice a month on Saturdays. Classes are \$24. Patrons make three to four pieces and everything in the class is included.

There is a stained glass class for \$40 and it also includes everything. It is a three-hour class.

A woodshop safety class is offered every Saturday for \$5, and there are also quilting classes, wood burning classes, ceramic classes, crafting classes, and a sip and paint class.

and is held on the third Friday of every month.

types of sip and paint starting in to instruct them. the fall," said Varner. "We will sip and paint will be organized



Brittany Aronson, recreational assistant, teaches Lt. Col. Mike Lightfoot, 23rd Flying Training Squadron, how to cut a corner for a photo frame at the arts and craft center Aug. 27.

where we serve cider or juice."

Most classes have age requirements, and Varner asks that patrons sign up for all classes at least 24 hours before class time, with the exception of the regular woodshop safety class.

Varner added that if there is Sip and paint is \$40 a person any craft that a patron wishes to learn, and a class is not offered. to contact the center and that "We will be offering different someone will most likely be able

The center has a full engravserve tea and coffee, and a teen ing shop, which enables workers to engrave on almost anything

besides the inside of a ring.

The center also has embroidery, sublimation and custom framing services.

"People can buy and engrave so much merchandise," said Varner. "We have a miniature Sgt. Ted E. Bear; silver, bronze and personalized name blocks and of-

fice desk top gifts. are literally hundreds of things hands, and learning a new craft

people can buy and customize here," she continued.

All military personnel, their Families and those who work on the installation are allowed to use the facility.

"Families can come in here and our services can be utilized copper award eagles; different on a rainy day to keep their brains types of plaques for retirement active. It is nice to do a Family and award ceremonies; trophies project together," she said. "Or of all shapes and sizes; flask sets; you can meet with a group of friends for a class."

People take pride in things "We do custom orders. There they have made with their own

is beneficial in a lot of ways, she

"It can be very therapeutic," she said. "When Soldiers come back from overseas they need something to do besides just talking about it. Painting and ceramics gives them something to do with their hands, and when they get together it can be great thera-

The center is open Tuesdays through Fridays, 9 a.m. to 6 p.m., and Saturdays, 9 a.m. to 4 p.m. For more information on classes, call 255-9020.

### Army spouse showcases talent on national stage

By Sara E. Martin

Army Flier Staff Writer

It is not uncommon for military spouses to set aside their dreams and aspirations when they marry a Soldier, but sometimes their dreams can come to life with a little perseverance and the support of their Families.

One Fort Rucker spouse is fulfilling her wishes on a national stage beside other women who share similar dreams

Yari Dominguez joined 49 other spouses as part of the American Military Spouses Choir, which is receiving national recognition as it competes on the current season of "America's Got Talent" in New York City.

"From the time I was a little girl, I have always loved singing," she said in an email interview. "My dad and I used to sing together, so I have been singing for the majority of my life."

Dominguez, who is married to WO1 Israel Dominguez, B Company, 1st Battalion, 145th Aviation Regiment, Class 13-021 for nine years, said that the best part about being on "America's Got Talent" is sharing the opportunity with "such an incredible sisterhood."

"This is Radio City Music Hall! Who gets to do this?" she said. "We realize America is seeing us for the first time on a national stage, but in the short year we have been a group we have become a Family. It just feels right to be sharing this experience with the women I have grown to love, respect and admire."

The group was founded in May 2012 and Dominguez has been a part of the choir from the beginning when she answered a casting call. But Dominguez said she never imagined that it would lead to something like this.

"We love the music and we really hope America will too," she said. "But we also hope they know we are singing from a place of incredible pride for our military and support of their Families."

Dominguez has two children, and this experience, she said, is a bit harder on her because she is used to being the one who takes care of everything at home.

"Military life teaches us all to be flexible, to adapt to new situations and make things work when you don't think they will. So, really, this experience is not much different," she



Yari Dominguez prepares to perform for "America's Got Talent" with The American Military Spouses Choir, which is made up of 50 spouses from across America and all branches of the military. Dominguez is currently stationed at Fort Rucker with her husband of nine years, WO1 Israel Dominguez, B Company, 1st Battalion, 145th Aviation Regiment.

said. "Of course it is different for us all to live a life full of wardrobe fittings, hair and makeup, and to perform on the biggest stage in America right now.

"When we go home, we are living our 'normal' lives as mothers, spouses, volunteers, employees and friends. Living in two different worlds has been very unique," she

She said she is overwhelmed with emotion at times but that all of the spouses realize what an incredible opportu-

nity they have been given and they don't take that lightly.

"If we win, the money is really not even on our radar. We want America to hear our talent and our message. We are doing that. We have all gained so much from the experience already," she said.

Israel said — whether his wife is singing in the shower, while cooking or on television — he is ecstatic to hear her voice and he is so happy her dedication and hard work have opened new horizons for her.

"This is a tremendous achievement; which is well deserved. I feel honored to be married to Yari," he said. "They sacrifice a lot during our tour of duty. She has given me her unconditional support during my military career; therefore, it is my pleasure to support her in her dreams and goals."

According to The American Military Spouses Choir website, the choir has given a voice to American military spouses through music.

"Their voices are a spouse's lullaby, to make sense and remind our service members that, no matter what they may face, they are not alone," said Victor Hurtado, Center for American Military Music Opportunities artistic director. "They are words that not only empower them, but are reflective of a life partner's words that soothe them in the rare moments of rest on the field of battle."

The women last performed on Tuesday, and at press time the results hadn't been revealed. But no matter what the results are, Dominguez said she is thankful for the oppor-

"We are having a great time in New York, but we are also working really hard," she said. "We are representing military spouses all over the world, so it is important to us that we take advantage of the amazing music team during

"We do have some free time and New York has so much to offer. It has been incredible to experience some of the sights and sounds of the big apple with this group of great women, and of course some shopping," she continued.

She added that it is also interesting to be witness to all the moving parts it takes to make "America's Got Talent"

To learn more about the choir, visit www.cammomusic. org/index.php/about/cammo-artists/american-military-

# ON POST

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

### AFAP submissions accepted

Quality of life submissions are being accepted through Sept. 27 for the Army Family Action Plan – the Army's grassroots-level process to identify and elevate the most significant quality of life issues impacting Soldiers, retirees, Army civilians, and Families to senior Army leadership for action. Quality of life submissions will be reviewed by delegates at the 2013 AFAP Conference Oct. 16-17 from 8 a.m. to 2 p.m. at Wings Chapel.

To get more information or to submit a quality of life issue, people should visit http://www.surveymonkey.com/s/TVSTMS9, or call Fort Rucker's AFAP staff at 255-2382.

### EFMP child and Family find

The Exceptional Family Member Program is in the process of identifying active duty military Families with special needs. Special needs can include physical, intellectual, developmental delays or emotional impairments that require special treatment, therapy, education, training or counseling.

Enrollment is mandatory for Soldiers with exceptional Family members, including those who are active duty Army, Army Reserve in the USAR-Active Guard, Reserve program and other Soldiers on active duty exceeding 30 days, and Army National Guard personnel serving under authority of Title 10, United States Code.

When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. If you are a Soldier with a Family member with a special need or disability or have knowledge of someone who is disabled or with a special need, call EFMP at Lyster Army Health Clinic at 255-7431. Lyster's EFMP conducts EFM screenings, enrollment, updates and disenrollment. Army Regulation 608-75, Exceptional Family Member Program, requires Soldiers to update EFM enrollment every three years, or sooner if services for special needs are no longer required.

For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

### Financial readiness training

Army Community Service offers its financial readiness training Friday 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.

### Ride, Swim, BBQ

The Fort Rucker Riding Stables hosts its Ride, Swim, BBQ event Saturday. Sign up begins at 8 a.m. with a safety briefing and the ride starts at 9 a.m. at the stables. The plan is for people to ride to Buckhorn Lake, swim with their horse and ride back to the stables. People must have current coggins, drivers license and proof of insurance to access post. Cost is \$20 for non-riding stables patrons and \$10 for patrons that just want to eat.

For more information or to register, call 598-3384.

### **Rucker Lanes closure**

Rucker Lanes Bowling Center will not have any open bowling through Monday while the facility will be making improvements to the bowling lanes. All bowling specials, promotions and offerings will be suspended until the



PHOTO BY SARA E. MARTIN

### Girls' Night Out

Women get information from a booth at the Girls Night Out in March. The Landing will host the next Girls Night Out Friday from 6-9 p.m. The night features shopping for the latest trends with fashion, health and beauty vendors, and more. There will be more than 100 door prizes given out during the event. Tickets cost \$10 and include one drink stub. People can buy tickets at The Landing. For more, call 598-2426.

lanes re-open. All improvements are planned to be completed on Tuesday at 10 a.m. The iPlay iWin Bingo Corner and Rucker Lanes Snack Bar will remain open during the lane improvements. The facility will have modified hours of operation: Mondays-Saturdays from 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 8 p.m. The snack bar will close 30 minutes prior to close of business.

For more information, call 255-9503.

### **EFMP Information and Support Group**

The Exceptional Family Member Program invites all active duty military with exceptional or special needs Family members to an EFMP Information and Support Group meeting Tuesday from 9-10 a.m. at The Commons on Seventh Avenue. The topic for the meeting is, it's school time: are you ready? Tips, tools and resources will be discussed that can assist Families make this a successful school year. The EFMP Information and Support Group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

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

### Southern Landscape and Gardening Class

People can learn the basic requirements of achieving a healthy and beautiful garden, and a beautifully landscaped yard at the Southern Landscape and Gardening Class Sept. 14 from 3-4 p.m. at the Center Library. Topics will include soil preparation, pest control, light and water requirements, understanding information provided on commercial plant labeling, planting times, fertilizer requirements, zone distinctions, mulching and gardening designs.

For more information or to register, call 255-3885.

### Diamonds & Denim

The Landing hosts Diamonds & Denim Sept. 14. Doors open at 6 p.m. for a night of music and dancing. The event features line dancing, mechanical bull riding and live music with 2012 American Idol finalist Elise Testone. Advance tickets cost \$10 and are available at The Landing Catering Office. A limited number of tickets will be available at the door the night of the event for \$15. The event is open to the public for a sept 18 and 14 and

lic for ages 18 and older. For more, call 598-2426.

# DFMWR Spotlight





Fort Rucker Elementary School teachers and staff members tour the U.S. Army Aeromedical Research Laboratory at Fort Rucker Aug. 26.

# **USAARL**, elementary school form partnership to benefit students

By Catherine Davis Public Affairs Specialist U.S. Army Aeromedical Research Laboratory

Forty Fort Rucker Elementary School teachers and staff members toured the U.S. Army Aeromedical Research Laboratory at Fort Rucker Aug. 26.

The tour, which was held on a FRES professional development work day, educated the teachers about USAARL's primary research areas such as biomechanics, vision, acoustics and neurosci-

"I had an amazing time and learned so much about all of the different types of research that are being conducted at USAARL. The tour was definitely one of the top five professional development work day experiences in my many years of teaching. I hope to connect what I learned at USAARL with what I am doing in the classroom," said Donna Brecher, FRES gifted resource teacher.

FRES, a science, technology, engineering, and mathematics school in the Department of Defense Education Activity Georgia/Alabama district, focuses on improving instruction and providing

a solid educational foundation for students. The school's STEM program aims to create future critical thinkers and problem solvers.

USAARL, although focused on Army research, development, test and evaluation, offers STEM education internships through the Gains in the Education of Mathematics and Science and the Oak Ridge Institute for Science and Engineering programs.

With goals of developing future STEM professionals, USAARL and FRES initiated a partnership that will benefit the STEM education programs of both Fort Rucker entities.

"Our goal is to grow USAARL's STEM education outreach by offering the expertise of our scientists and engineers to expand the school's education endeavors," said Col. John Smyrski, USAARL commander.

"This partnership between USAARL and FRES will be a phenomenal opportunity," said Vicki Gilmer, FRES principal. "We are so excited to be combining our resources, sharing our talents, and working together to help provide amazing educational experiences for our students."



### Pick-of-the-litter

Meet Jasmine, a 15-week-old, female grey tabby kitten available for adoption at the Fort Rucker stray facility. She is very playful and socialized. She loves being held. It costs \$80 to adopt Jasmine 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/ for constant updates on the newest animals available for adoption.



Church Directory

followers of

"Be ye

Big city medical care with a hometown touch

101 East Brunson St., STE. 300, Enterprise, AL 36330 (334) 393-3212 · Fax (334) 393-4979

Samuel F. Sawyer, MD, FACS • Sherry L. Roach, MD, FACS

We welcome our new associate. starting August 12, 2013: Dr. Charity E. Dugan

Dr. Dagan was born in Louisville, KY, then grew up and graduated high school in Naples, FL. She graduate from college in Florida then Osteopathic Medical School in Pennsylvania. She just finished her surgical residency in Brooklyn, NY this June. She married Sean Dugan, a 1st Lt Ranger in the US Acmy, in March. She is a member of the American College of Ostroouthic Surgoons and the Association of Women Surgeons. Her special interest, from her NY training, is the cure and treatment of breast cancer

## Religious Services

### **WORSHIP SERVICES**

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BLDG.

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

### MAIN POST CHAPEL, BLDG. 8940

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

### WINGS CHAPEL, BLDG. 6036

9:30 a.m. Protestant Sunday School

10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

### SPIRITUAL LIFE CENTER, BLDG.

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

### Post housing questions?

Visit Picerne Military Housing at www.ruckerpicerne.com

#### ORDNANCE DEPOT **GUN SHOP & INDOOR RANGE**

BUY • SELL • TRADE 8 Firing Points • 25 yd. Indoor Range 154 Hwy 84 E.

Tuesday - Saturday 34-598-1101



### VINEYARD CHURCH 10:30 Service; Wed 6:30 Small Group (334) 671-0093 • 150 Bethlehem Rd DOTHANVINEYARD.COM

#### **First United** Methodist Church

Contemporary Worship 8:45am & 11:00am The Gathering - Youth Nursery Care: During all services Office: 334-347-3467

217 S. Main St • Enterprise, AL efumc@adelphia.net

## **Commemorating Birmingham '63** in the Alabama Civil Rights District

By Lee Sentell

Alabama Tourism Department

You may have read in history books about how Birmingham police used menacing dogs and fire hoses on civil rights marchers a half-century ago, and that racists bombed an African-American church, killing four little girls.

You may have also heard of the Birmingham Civil Rights Institute, a world-class museum on human rights, but chances are you'll be surprised that they are together, side by side. Visiting Alabama's Civil Rights District, where some of America's most painful events took place, is a powerful and emotional experience you should not

In the days leading up to Easter 1963, African-Americans, including many Miles College students and professors, organized a shopping boycott of department stores during the second busiest retail season of the year. One of the great myths of the Birmingham civil rights campaign is that African-Americans were simply trying to walk to City Hall to present their complaints over unequal access to public accommodations and education, and a shortage of meaningful jobs at department stores and in local government, including law enforcement.

The marches, however, had a calculated purpose. The Rev. Martin Luther King Jr. named his mission to Birmingham "Project C." The "C" stood for confrontation.

The marches in Kelly Ingram Park began as nonviolent events, but were intended to goad public safety commissioner Bull Connor into arresting King and others to attract the attention of the national media. Connor respond2,000 children who marched were jailed, King got the headlines and media attention he wanted.

#### Where to Begin: The Birmingham Civil Rights **Institute**

Begin your civil rights experience in Alabama's largest city at the Birmingham Civil Rights Institute. It's one of America's most outstanding museums dedicated to human rights issues. After a brief video describing how this steel "boom town" became racially segregated, visitors walk past "white" and "colored" water fountains, and exhibits that show the inequality of schools and living conditions during that era.

A life-size bronze statue of minister and civil rights pioneer Fred Shuttlesworth stands guard. During the 1950s, he delivered fiery condemnations of the city's segregation laws from the pulpit of his small church, Bethel Baptist, without much impact other than to have his church and home bombed three times. He traveled to Atlanta in early 1963 and persuaded King to bring the weight of his Southern Christian Leadership Conference – and his celebrity persona – to Birmingham.

Alabama was not the only Southern state involved in the Civil Rights Movement. But some of the most infamous scenes unfolded in the blocks surrounding the 58,000-square-foot institute. The museum was built directly across the street from the 16th Street Baptist Church, where on Sept. 15, 1963, a bomb planted by segregationists killed four African-American girls. The block-long museum faces Kelly Ingram Park, where earlier that same year, the public safety commissioner, Bull

ed on May 7 with police dogs and fire hoses. Because Connor, blasted protesters with fire hoses and set dogs on them. Many of the protesters marching in protest of racial segregation laws were children.

> Exhibits include a stylized rendition of the heavily segregated city in the 1950s, replete with vintage water fountains designated for use by race, and a sobering sideby-side comparison of white and African-American classrooms of the time. The classroom for white students has a motion-picture projector and glossy textbooks, while the classroom for black students is furnished with little more than beat-up wooden desks.

> Many artifacts are on display, like one of the armored police vehicles used by Connor to attack the marchers and a replica of a burned-out Freedom Rider bus. There is also the actual door from the city jail cell in which King began his "Letter from Birmingham Jail" after being arrested on Good Friday, April 14, 1963, during the demonstrations. The 7,000-word letter is a defense of his tactics and is considered a definitive document in human rights litera-

> Near the end of the museum exhibits, you'll see a massive photo of King speaking at the Lincoln Memorial and hear portions of his stirring "I Have a Dream Speech" in which he talks hopefully about how future generations of African-Americans will be "judged by their character and not by the color of their skin."

> Chances are you'll not be prepared for what's around the corner: a large photo of the blown-out wall of the 16th Street Baptist Church basement and smiling photos of the four girls who died that Sunday. A wall clock is stopped at 10:22. Look to your right, and through a large window you'll see the front of the actual church, recently nomi-

# 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 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 Rd. 84 every third Thursday of the month at 7 p.m. Breakfast served on Sundays and games and TV's available for entertainment. Open to all. Post can host parties/weddings/hails and farewells. For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

### DOTHAN

**SATURDAY** — The Medical AIDS Outreach of Alabama's fourth annual Wiregrass AIDS Walk will be held at Westgate Park at 8:30 a.m. This year's goal is to raise \$7,000 to assist the patients and Family members in the community. This is a 3.5 mile walk. Team and individual walkers are needed. The walk will start at 9 a.m. There will be snacks, water, child activities and door prizes. Donations are also welcomed. One hundred percent of the funds raised goes towards meeting the needs of MAO's patients in the Wiregrass area. For more information, call 836-0048 or visit www.maoi.org.

NOW THROUGH NOV. 2 — The Wiregrass Museum of Art will have the "Old Havana: Spirit of the Living City" exhibition this fall. For more information, call 794-3871 or visit www. wiregrassmuseum.org.

**SEPT. 14** — The Macy Easom Cancer Research Foundation is taking registrations for its second annual Princess Macy 5K at Westgate Park. Same-day registration begins at 7 a.m. and the 5K starts at 8 a.m. The cost to participate is \$20. To pre-register, mail registration form and payment to Macy Easom Cancer Research Foundation, c/o Lisa Howard, 200 Wentworth Drive, Dothan, Ala., 36305. Pre-registering by Saturday will guarantee a T-shirt. For more information, visit PrincessMacy.org or Facebook.com/MacyEasom.

**ONGOING** The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www. tristatecommunityorchestra.com or call (334) 585-4903.

**ONGOING** — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www. tristatecommunityorchestra.com or call (334) 696-2320.

### **ENTERPRISE**

**ONGOING** — Monday through Thursday aqua Zumba and EPRD water aerobics will be held by instructor Natalie Showers 7-8 p.m. Price is \$5 per class and registration is not required. Bring a towel, water and pool/water shoes are recommended. For more information, call 348-2684.

**MONDAY** — Enterprise Women's Day Class of Community Bible Study at First Baptist Church will be held on Mondays from 10 a.m. to noon. A preregistration day from 10 a.m. to noon will be Monday. Children's ministry is available. Community Bible Study is an interdenominational study. For more information, call 494-2039 or visit http://enterprise.cbsclass.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** — Disabled American Vet-

erans 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

SEPT. 21 — The city of Ozark celebrates Fort Rucker and the areas active and retired military with an appreciation celebration Family picnic at Ed Lisenby Lake. There will be food, children's activities and fishing. For more information, call774-9321.

**OCT. 3** — The Claybank Jamboree Pet Parade will be held on the square at 7 p.m. Pets are encouraged to dress to impress for a stroll in downtown and enjoy the spotlight to benefit the Ozark-Dale County Humane Society. Registration fee is \$20 per pet. Applications are available at the Chamber office and can be downloaded from www.ozarkalchamber.com in the forms section. For more information, call 774-9321.

**OCT. 5** — The 43rd annual Claybank Jamboree will be held downtown from 9 a.m. to 4 p.m. There will be arts and crafts, food, live entertainment, a quilt show and more. For more information, call 774-9321.

**OCT.** 5 — A Run For Your Lives Fun Run where zombies chase humans in a 5K event will be held downtown. The event, held in conjunction with the city's annual Claybank Jamboree, includes a zombie costume contest commencing at 1:30 p.m., with the race start at 2 p.m. For more information and to download an entry form, email pfenn@troycable.net or call 432-3466. Entry forms are also available at http://www.ozarkalchamber.com/home/ Forms.aspx.

**OCT. 5** — Back Street Art celebrates its third year as part of Ozark's annual Claybank Jamboree. Artists of all media are encouraged to enter this juried art exhibition held in a shady park-like setting away from the hustle and bustle of the downtown festivities. Back Street Art will include demonstrations by various artisans and hobbyists, music, a poetry workshop, Family photos and a child's potting sta-

Artists interested in entering the juried art exhibition or artisans interested in showcasing their hobbies should call 618-3006 or email windingroadptry@yahoo.

NOV. 16 — D.A. Smith Middle Alumni and Friends host a 5K Run Walk. Race begins at 8 a.m. There will be a bake sale as well. Early registration ends Nov. 8. For more information, or to register, visit www.das.ozarkcityschools.net.

### PINCKARD

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

### SAMSON

**ONGOING** — American Legion Post 78 meets monthly on the second Tuesday

### TROY

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

For more information, call Janet Motes at 808-8500.

### **WIREGRASS AREA**

**NOV. 9** — The 12th annual Wiregrass Veterans Day Poker Run to benefit disabled American veterans registration will be held from 9:30-11 a.m. at the River Lounge in Clayhatchee. Kick stands up at 11 a.m. and last bike in at 4 p.m. Recreational vehicle and tent camping available, vendors, live band, bonfire, food, refreshments and more will also be available Nov. 7-10. Cost for ride is \$20 a rider and \$10 for passengers.

Additional hands can be bought for \$5. There will be a 50/50 drawing, awards for best and worst hand, as well as door prizes and an auction.

### **Beyond Briefs**

### **Fight Against Cancer**

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.baypointwyndham.com

### **Perdido Pirate Festival**

The Perdido Kev Pirate Festival will be held Sept. 14-15 at 10 a.m. Event is Family friendly with treasure hunts, a grand prize treasure chest loaded with a vacation package that includes lodging and gift certificates to area attractions and restaurants. Festivities include pirate games, live music, storytelling, face painting, arts and crafts, vendors and more. Event is free for everyone. For more information, call (850) 492-1595.

### **Lobster Festival and Tournament**

The biggest four-day lobster festival in Florida, the 23rd annual Lobster Festival and Tournament, will be held Sept. 19-22 in Panama City Beach. With "huge" local lobsters on the weigh-in scales, fresh lobster meals and the 14th annual Schooners Sand Sculpting Contest, the event that draws thousands of divers and lobster fans from all over the

Southeast. Lobster Tournament divers will be competing in a variety of categories including Spiny Lobster, Shovelnose Lobster and Big 6. For more information, visit www.schooners.com/events/lobsterfestival.htm.

### Run for Remembrance

Soldiers Angels is hosting the second annual Run for Remembrance 5k, 10k and walk Saturday at Frank Brown Park in Panama City Beach from 8 a.m. to noon. Food and beverages will be provided. Race day registration is 7-7:45 a.m. Race day registration for the 5K is \$25, and \$30 for the 10K. Every registered participate will receive a T-shirt. Packet pick up will be held at Frank Brown Park Pavilion Friday from noon-6 p.m.

## CSF2 sees culture of resilience continue to grow in Army Family

By Brian B. Feeney, Ph.D. Army News Service

ARLINGTON, Va. - When the Army launched the Ready and Resilient Campaign this spring, it cast a spotlight on Comprehensive Soldier and Family Fitness' mission to increase the physical and psychological health, resilience and performance of Soldiers, Families and Army civilians through Resilience and Performance Enhancement Training.

CSF2 was established in 2008 by then-Chief of Staff of the Army Gen. George Casey in an effort to address the challenges being faced due to multiple deployments required by persistent conflicts in Iraq and Afghanistan.

Soldiers and their Families were trying to keep up with multiple moves, adjusting to life while their Soldier was deployed and then adjusting to their return. Instead of focusing only on treatment after the issues arose, Casey wanted to also provide preventative measures to the Soldiers and their Families to make them stronger on the front end. CSF2 Resilience Training was created to give individuals the life skills needed to better cope with adversity and bounce back stronger from these challenges.

According to Casey, through teaching resilience, "Soldiers can be better before deploying to combat so they will not have to get better after they return."

CSF2 is made up of both online selfdevelopment and training, both focus on comprehensive fitness in five dimensions of strength: social, emotional, spiritual, Family and physical. Soldiers, their Family members and Army Civilians can all benefit from what the program has to offer.

Over the last four years, CSF2 has turned this training into far more than just the answer to the problem of multiple deployments, according to Col. Kenneth Riddle, CSF2's director.

"The training is just as beneficial, if not more so, for the garrison environment," he said. "While Soldiers are trained to meet the stressor of war fighting, they are not trained to meet the stressors that they and their Families experience at home, such as financial and marriage issues."



Soldiers practice resilience skills during a breakout session at the Master Resilience Trainer course at Joint Base Lewis-McChord, Wash.

In response, the Army is now creating a culture of resilience.

As more and more Soldiers, Family members and Army civilians learn the skills taught by CSF2, the more the entire Army community begins speaking the same lan-

Master Sgt. Michael Ernzen, a master resilience trainer, said the skills he learned during this training "redefined toughness," noting that Soldiers typically think toughness is all physical, but there's a mental component to it, as well.

Master Sgt. Tim Frock, another MRT, said the training is "completely life altering; I now look at the world in a completely different way."

Soldiers have said that after learning the skills and implementing them at work and at home, they have seen a huge difference in their interactions with others. They better understand how to leverage their strengths and the strengths of others, problem solve and think through their emotions before re-

As a result, they say they have stronger marriages, better relationships with their children, and better understand the issues their fellow Soldiers are going through. What was originally developed to help the Army Family get through a time of persistent conflict has now turned into arming them with life skills to support them through Army life and beyond.

CSF2 is available to any Soldier, Family member or Army Civilian who wants it.

"All you have to do is take the Global Assessment Tool and see where you score in the five dimensions of strength, and then get training from an MRT," said Riddle.

They will also be able to access advice from experts and communicate with each other on the soon-to-be launched ArmyFit website. ArmyFit offers the virtual community-building features of a social media platform, but is inside the secure .mil envi-

Every installation has embedded MRTs.

They can be found by contacting the battalion personnel officer or the installation Army Community Service center. Activated Reserve and National Guard Soldiers can locate an MRT by contacting CSF2 through its website (see below).

Staff Sgt. Randy Traxler, an assistant primary MRT instructor at Fort Hood, Texas, sees a future in which resilience training will have spread to every corner of the Army, bringing about a culture change.

"We will be practicing the skills in our lives without having to think about it," Traxler said. "It will be who we are, not a training event. We will all be living our lives at a higher level of skill and intention."

The online self-development can be accessed by all members of the Army Family by visiting the CSF2 website, http:// csf2.army.mil. For more information about training offered near you, please contact the CSF2 offices, http://csf2.army.mil/contact.html.



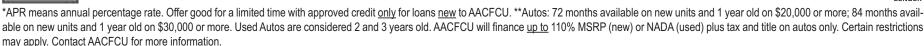
Happy in your current car? Refinance with us and see how you can save!

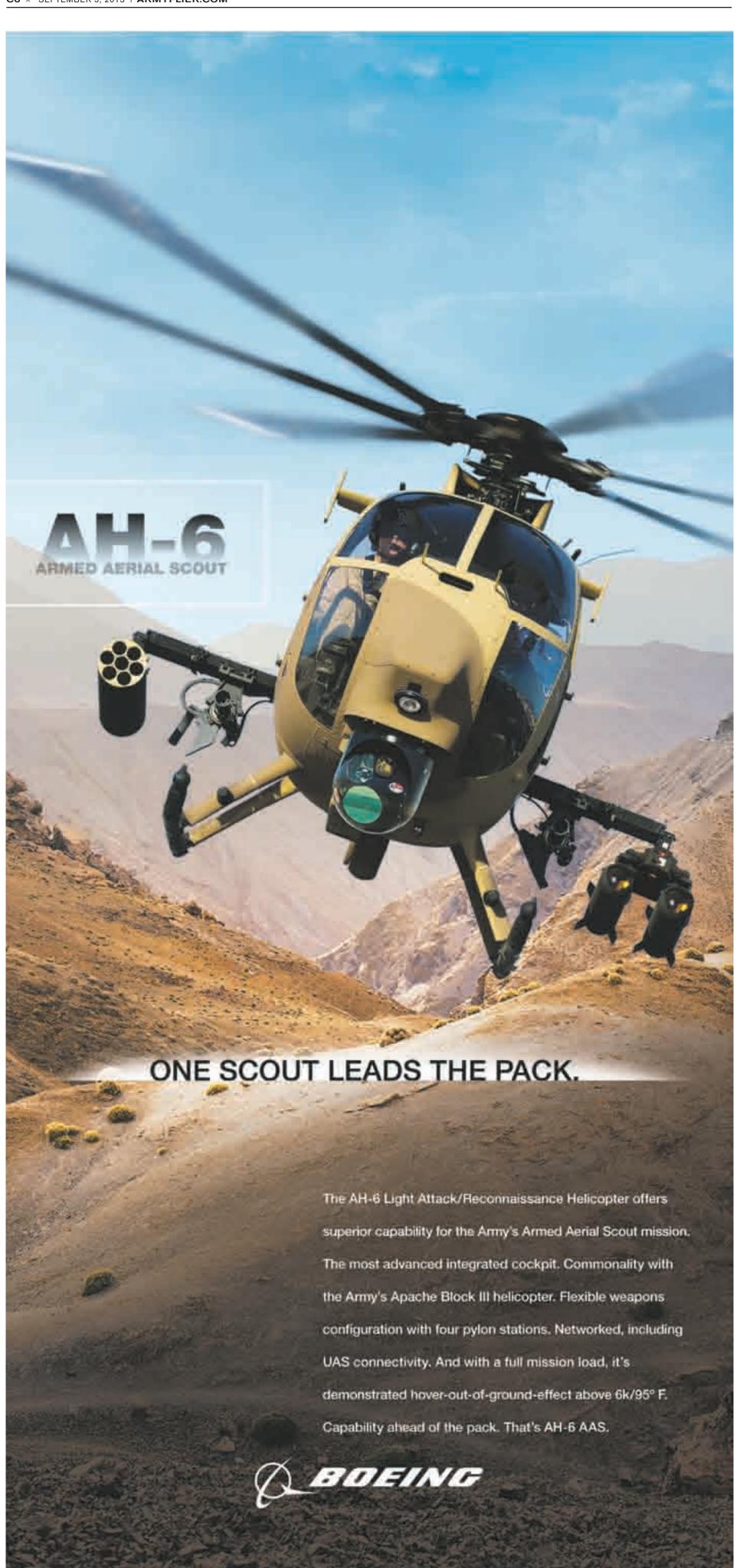
Not a member? If you live, work, worship or attend school in most Wiregrass areas, you can join.



Bldg. 8937 Red Cloud Road, Fort Rucker Across from the Commissary 341 North Daleville Avenue, Daleville (334) 598-4411 www.aacfcu.com







Story on Page D4

SEPTEMBER 5, 2013



PHOTOS BY NATHAN PFAU

John Edmunds, military retiree, swims to reach the 1000-mile achievement in Fort Rucker's Swim for Life program Aug. 28 at the Fort Rucker Physical Fitness Facility.

# Rucker swimmer reaches 1000-mile milestone

By Nathan Pfau Army Flier Staff Writer

People choose to exercise for many reasons, from wanting to stay fit to increasing stamina to improving their physical physique, and one Fort Rucker man did all that and reached a milestone in the process.

John Edmunds, military retiree, hit the 1000-mile mark in Fort Rucker's Swim for Life program while swimming at the indoor pool at the Fort Rucker Physical Fitness Facility Aug. 28, and said it wasn't for the recognition, but for his health and Family.

"The main reason I swim is for my grandchildren," he said. "I want to be around to see them grow up and swimming will help me do that."

Edmunds suffered an aortic dissection about 4 years ago and underwent experimental surgery to remedy the

"My surgeon told me that if I hadn't been in good shape from swimming, he wouldn't have even attempted the surgery," he said. "My daughter tells me that if I weren't swimming, I'd be dead by now, so swimming has literally saved my life."

Other benefits that Edmunds enjoys from exercising are less strain on his bones and joints because of the lowimpact nature of swimming.

"My knees and ankles won't take the pounding from running and I can't do that anymore," said Edmunds. "Swimming is probably the best cardio-aerobic exercise that a person can do. It's a great way to exercise without any lateral difficulties to your body, particularly for someone that already has issues with their knees and ankles."

Edmunds was the first on Fort Rucker to reach the 1000mile achievement and said that the achievements were a minimal factor in his motivation.

"To me, they're just miles," he said. "The miles are there just as something to count and there are a lot of people out there who swim a lot more than me."

It's because of one of those people that Edmunds got into swimming in the first place. A high school classmate, who was on a local swim team, urged him to join the life," he said. "We normally have about 50 participants team, and he continued swim until he joined the Army.

Many years later, he discovered the Swim for Life pro-

gram and got back into the water. "One of the lifeguards (here on Fort Rucker) reinstituted this program about five years ago, and I've participated in it since it started back up," he said. "I've been averag-

ing about 200 miles per year and that's how I can now tell if I'm swimming too much or too little." Swim for Life is a Directorate of Family, Morale, Welfare and Recreation program designed as a motivational tool to keep people fit for life, according to Jon Cole, DF-

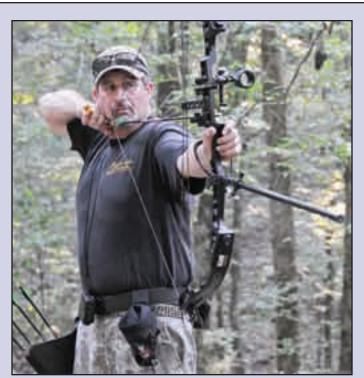
MWR aquatic manager. "It's basically what it sounds like – it's swimming for that will get a badge for every 50 miles they swim up to

After the 200-mile mark, participants are given recognition in 250-mile increments.

The Swim for Life program is open to all ages of authorized patrons.

"There is no age limit to participate in the program," said Cole. "We have some participants who are in their teens and some that are seniors. (The program) is really about finding something that you can do to help maintain your fitness throughout your lifetime."

For more information on Swim for Life, call 255-



Bruce Archer, a state and national archery champion and member of the SEAL Archers Club, aims his shot at a target in the 3D course at the Fort Rucker Archery Range Aug. 29. SEAL will host its archery competition Sept. 15. For more, see Page D3.



# JOWN I'IME





ENT WRONG I INITIALL





HOLIDAY

TEAM

93 Too-Ru-Loo-

(Insh lullaby)

Kops creator

nickrame for

tonnis star

dangler

Kristen

115 Harps' kin

118 Tiny division

of a min.

wood, as

119 Tasting of

(wiseacres)

113 Actress

114 Smart-

117 LAX

Ra-Loo-

95 Keystone

Mack

96 Nation north

of Ethiopia 101 Livy's 1,051 102 — a bad start

103 Popular





GO IF YOU WANT FELLAS. MY STEPMOTHER IS

Just Like Cats & Dogs

# Rodriguez

by Dave T. Phipps

1. MYTHOLOGY: A satyr is a mythical creature that is half man and half what?

2. MILITARY: What is a dreadnought?

3. FAMOUS QUOTATIONS: What famous actor once said, "Comedy is

simply a funny way of being serious"? 4. PSYCHOLOGY: What fear is represented by the condition called gamo-

phobia? 5. LANGUAGE: What does the Latin prefix "ambi" mean?

6. GEOGRAPHY: Where is Denali National Park?

7. TELEVISION: Who was the first female guest host of "Saturday Night

8. ENTERTAINERS: What was the name of ventriloquist Edgar Bergen's most famous puppet?

9. HISTORY: What land did Alexander the Great rule as king?

10. MUSIC: Which rock group recorded the hit "Walk This Way"?

See Page D3 for this week's answers.

116 Holiday team 11 Big name in

### Super Crossword

member #9

Beaver" role

123 Leave It to

and ears

for Kenny G

"Brigadoon"

132 Charisse of

134 Storied Fed

1 Scraping files

2 Boot out

3 Novelist

Jules

4 Pizza part 5 With 21-

Across.

6 China

motor for a

Boeing 777

133 Aware of

Elliot

DOWN

128 Kitchen

- **ACROSS** 59 Gold, In 1 Guns, as a
- motor 5 Doorway sidepiece 9 Place-setting
- base 12 "Scram!" 18 Rink jump
- 19 Morales of "Bad Boys" 20 City near
- Mauna Kea 21 See 5-Down 22 Holiday team
- member #1 25 Loving type
- 26 British coins 27 Holiday team member #2 29 Rains down
- cold pollets 31 Three-in-one M.D.
- 32 Atop, to it bard 33 Mile. who's
- canonized 34 Holiday team member #3 41 Honolulu's
- home 45 Swiss river to the Finine 46 Stew globule 47 Manne route
- team member #4 57 Actor's quest 58 Having no wheels

51 Holiday

69

194

116

124

131

106 107

100

- Rome
- 60 Wild cats 63 Poet Tate Holiday team 124 Marrying member #5 Utters again
- 71 Archer's skill 72 Profix with paganism 73 Director Van Peobles
- 77 Holiday team 130 A while ago member #6 Sister's
- daughter The Real McCoys" star Walter
- 4/1/11: Abbr. 86 Auto-garage worker, at
- times 88 Rice-A 89 Holiday
- team member #7 Port in Denmark
- 97 Playa Rey 98 Bitter beer \*Guarding -\* (1994
- 100 Holiday team member #8 106 Thurman of
- mayles 109 Valueless
- 110 Quite a ways 111 Antenna
- 7 "One moat is ...

90

125

128

132

118 119 120

8 Ohio State's conference

setting

9 Very small 10 Opposite of aweather

- tawn mowers 12 Standard --(leaders of movements) 13 Sanction
- minister, e.g. 125 Holiday team 14 Really eeger 15 Bicycle pair 127 Like brains 6 Unreactive
- gadget brand 129 Chilled 17 Concise 20 Port-au-Prince's land 131 Record label 23 Captures 24 Telephoned
  - 28 Young pal of Pooh 30 Fixes as a pet
  - 35 - Rizzo Midnight Cowboy role) 36 Feeting of
  - rage 37 "Science Friday" airer
  - 38 "How about that!" 39 Partakes of 40 Dawn's
  - illumination 41 Muppet grouch
  - 42 "Behold Horse\* (1964 drama) 43 Tosses 44 Breaking, as

48 Be a suitor

46

102 103 104

129

133

85

See Page D3 for this week's answers.

a bad habit

- 87 talo\* 90 Lupino of
- United -Nadal 104 Bay Area College city, briefly Fund 105 Axed down 106 Palate 68 Oozy stuff 70 Little, in
- Scotland 107 Grand house - CHYDE (big blood 108 Trial excuse 112 A noble gas
- vessels) 75 Cake finishers 76 Square ones

49 Cockoit

datum: Abbr

man's Ohio

alma mater

Giant in oil

Hotfooted it

66 Ham-handed

"Lagree"

52 Paul New-

54 First-rate

Bawl

61 Amazon.-

Blissful

Little kid

55

62

65

- 78 Ampersand's meaning 79 Dirt Devil
- e.g., briefly The Little 80 Rascals" girl
- 82 Pal 83 Axle, for one
- Compass pt. Therein -
- Hollywood 91
- some wines 120 Like albums. nowadays
  - 121 Dianetics Hubbard

112 113 114

134

proponent Stimpy 122 Defreeze 92 Pixieish one 126 Oath answer

#### Weekly SUDOKU by Linda Thistle 8 2 9 7 5 1 4



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

### DIFFICULTY THIS WEEK: \*

★ Moderate ★★ Challenging \*\*\* HOO BOY!

© 2013 King Features Synd., Inc.

See Page D3 for this week's answers.

# KID'S CORNER





SCORE to points for using all the letters in the word below to larifi feel complete words.

ABSENTIA

THER scory I point each for all words of four latters or more successmonth for within.

Try to scare at teach 16 points, per well, section actions

١	W	is	h	i	n	g	2		W	e	1	l®
4	7	8	2	8	6	5	7	3	7	3	7	4
5	- P	M.	-	0	B	M	R	N	Q:	0	B	
2	6	3	6	4	2	5	2	8	2	5	2	4
1.	E	M		A	F	A	E	N	_1	R	N	Y
8	5	6	7	6	8	7	6	8	3	7.	3	6
E	-1	N	L	V	Y	8	E	F	E	M	N	N
8	6	2	3	2	3	2	8	2	5	8	2	4
R	T	8	T	A	A	L	0	A	T	M	N	C
3	2	3	4	5	7	6	2	4	8	5	8	5
L	C	8	A	A	A	1	E	L	W	L	٧	B
8	5	3	B	7	3	5	8	7	5	7	8	5
R	L	L	1	L	0	1	E	L	S	E	T	S
8	7	3	8	7	3	7	4	7	8	7	3.	7
1	V	C	N	1	K	A	54	T	G	E	S	D

7 D o a number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left Then read the message the letters under the checked figures give you.

© 2013 King Features Synd., Inc. All rights reserved





### Archers Club hosts tournament Sept. 15

**By Nathan Pfau**Army Flier Staff Writer

Along the east bank of Lake Tholocco, nestled within the woods of Fort Rucker, lies a place that many on the installation might not know exists hiding a well-equipped archery range where dozens of people will gather for an upcoming competition.

The Southeast Alabama Archer's Club will host a tournament Sept. 15 with a shotgun start at 2 p.m. and registration at 11 a.m. for all levels of archers at the range. The contest will consist of 28 simulated animal targets placed along a 3D field course, according to Jeffery Denzine, vice president of SEAL Archer's Club.

The course is a known-distance course and will be broken into three divisions: beginner, novice and expert, said Denzine, and each team will consist of two team members.

"There will be a blind draw for the team members on the day of the competition, and that provides a handicap for some players," he said. "The better shooters will shoot with some of the less experienced shooters and it will make it a fair competition."

The competition will use the Archery Shooters Association standard for scoring and will go by best arrow.

"Out of the two members, 10 of your best-shot arrows will be scored along with 10 of your teammate's best-shot arrows, then eight arrows between the two members," said Denzine. "Any shot that hits the animal will be 5 points, but there will be a circle that outlines the lung cavity, which will account for 8 points. Within that circle is another 5-inch diameter circle, which is 10 points, then a smaller circle within that, which is 12 points."

The tournament should last about 2 ½ hours, according to the vice president, and people should bring their own equipment. People should also bring at least four arrows to shoot with and plenty of water to drink throughout



PHOTO BY NATHAN PFA

Tania Jobson, SEAL Archers Club member, lines up her shot on a deer target on the 3D course at the Fort Rucker Archery Range Aug. 29. SEAL will host its archery competition Sept. 15.

the day

Cost to enter the tournament is \$40 per shooter and cash prizes will be given out for first, second and third

Also, local archery vendors will be onsite to demon-

strate the latest bows and equipment starting at 11 a.m.

For anyone who is not a member of the SEAL Archers Club, membership to join on the day of the tournament will be discounted 25 percent. Normal membership cost is \$20 annually, which includes instruction and 24/7 usage of the archery facility.

Howard Beeson founded the club out of his love for the sport, and he wanted to provide a place for other archers to come share his passion.

"I started this club about 19 years ago, and we have everything the Army needs to come out here and shoot," he said. "I've been here since 1974, and I love archery and anything that has to do with it. We want to get people to enjoy the sport and have them stick with it."

The grounds have a 10-target, 3D course that goes through the surrounding wooded area, a field range with targets ranging from 20 feet to 80 yards, which is official National Field Archery range, and a practice course that people can use to brush up on their skills.

"Howard has been responsible for introducing archery to hundreds of active-duty members, and he was the one that got me started when I was stationed here in the 90s," said Denzine. "I'd say having him as an expert here is the biggest benefit to joining the club. He usually spends three to five hours with each individual new member to help them understand their bow, improve their form and keep their bow maintained."

Many people who are new to the sport will buy equipment that isn't properly fitted for them, he said, but a little time in the archer's club and they'll know how to get it fitted right.

"Archery is a commanding sport and you have to concentrate and do your best, and there's no end to that," said Beeson. "I've never been as good as I want to be, but you just try to do your best and that's what we want to teach here"

For more information, call 347-4990, (719)-685-6520 or 389-6135.

Silver Wings club championship

Silver Wings Golf Course will hold its club championship Saturday and Sunday with tee times beginning at 7 a.m. Price is \$50 per player, plus cart fee. A U.S. Golf Association handicap is required. The deadline to register is today before 4 p.m. The club championship is stroke play and for members only.

For more, call 598-2449.

### 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 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

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

#### Golf classic

The 18th annual Army Aviation Museum Golf Classic is scheduled for Sept. 20 at the Silver Wings Golf Course with an 11:30 a.m. shotgun start. The classic is a four-person scramble, handicap

and string tournament open to the first 144 golfers. Registration starts at 9:30 a.m. at the golf club, and the fee is \$70 per player for members of SWGC and \$80 per player for non-members. The fee includes red tee, mulligan, string, green fees, cart, range, balls, afternoon buffet and participation gift certificates for an additional 18 holes of golf at SWGC. Each player will receive a participation gift. There will be also be an additional prize drawing following the tournament during the afternoon buffet.

For more information or to sign up, call the Army Aviation Museum Foundation, Inc., at 598-2508 or SWGC at 598-2449.

#### Hispanic Heritage Gate to Gate

The Fort Rucker Physical Fitness Center will host the annual Gate to Gate run in conjunction with Hispanic Heritage Month Sept. 28. Race day registration will be from 7:30-8:30 a.m. in the parking lot by the Daleville Gate on Third and Raider. The run will begin at 9 a.m. Participants will be bused to the Ozark Gate from the Daleville Gate. The last bus will leave at 8:40 a.m., so participants are encouraged to arrive early. Participants are encouraged to pre-register prior to race day. Forms will be available at either physical fitness center. Bicycle riders are also welcome to participate – no awards given – and will start the race at 8:55 a.m. Bikes must be staged at the Ozark Gate and bikers will return to the Daleville gate to register and bus to

the start. Costs will be \$20-25 for individuals and \$120-160 for teams.

For more, call 255-2296.

#### ATV Trail Ride

Outdoor recreation hosts its next ATV Trail Ride Sept. 28 from 7 a.m. to 2 p.m. Pre-registration is required and cost is \$20. The trail ride is open to the public, ages 16 and older. Patrons must provide their own ATV and protective gear (helmet, boots, etc.). Protective gear must be worn at all times.

For more information, call 255-4305.

#### Fall Boot Camp

Fortenberry-Colton Physical Fitness Center hosts its six-week Boot Camp Sept. 30 to Nov. 8. The program meets five days a week with two sessions to choose from – 6:30-7:30 a.m. or 8:15-9:15 a.m. The cost is \$100 per person, The Boot Camp includes weekly consultations to keep track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks and T-shirts available to all participants who complete the training. Orientation will be held Sept. 27 at 6:30 a.m. and 8:15 a.m. at the fitness center. There will be limited space in each session. Registration forms are available at either fitness center.

For more information, call 255-2296.

### Green Bay us. New Orleans Philadelp Baltimor vs. Denver Jim Hughes Public Affairs (0-0)Brian Jackson DFMWR (0-0)John McGee CDID (0-0)Capt. Mike Simmons Directorate of Public Safety Sharon Storti Network Enterprise Center

Enterprise





347-6261

#### Video Game Spotlight >>



### 'Madden NFL 25' a must-have for fans

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.)* 

If you thought that it involved football from the future when you heard the name "Madden NFL 25," you're not alone.

But you need not worry about football players wearing rocket shoes or using anti-gravity helmets. Nope, "Madden NFL 25" carries the "25" in its name because it's the 25th anniversary of the much-heralded and often-criticized football video game franchise.

But things don't last that long if nobody likes them, so it's time to celebrate (just not in the end zone: the NFL will fine us for that) another year of video game foot-

Just so you know, "Madden NFL 25" is only being released on the Xbox 360 and PS3 this August, and not the other usual options such as the handhelds and even PS2. But it will be a launch title for the upcoming Xbox One and PS4. Stay tuned for more on that.

As usual, the graphics and physics have been improved, and there are new running controls that are supposed to do a better job of keeping the style of the reallife player. After all, Marshawn Lynch doesn't run the same way as a Jamaal Charles. Also, when playing on grass, the field will wear down in areas where there is more activity.

The new physics is built around the use of the Ignite game engine for the first



time. It tracks all on-field players simultaneously in order to predict path collisions and more realistic impacts. The game can also store more animations to make those collisions more realistic. The Xbox 360 and PS4 versions have even more improvements, including improved artificial intelligence that will automatically refocus blocking before the play to double team the defense's biggest threats. This was done to try to set it up where the gamer can control the quarterback more realistically and not have to retreat on every play to avoid the pass rush.

Gamers can also take "Madden NFL 25" beyond the gridiron. In the Connected Franchise Mode, gamers own and manage an NFL team. Electronic Arts is bringing back the option to relocate franchises to

new cities, including international locations such as Toronto, Mexico City and London. They can even revive old school teams like the Houston Oilers. There are options to set prices for everything from parking to concessions. One complaint about last year's franchise was that it took forever to improve things because the experience was so slow. Electronic Arts actually listened and increased the rate of progress, making it easier to create a dominating franchise. Gamers can also create teams with legends as well as legendary teams.

Without a doubt, the football is better in "Madden NFL 25." The Electronic Arts team continues to try to recreate the real game on our flat-screen TVs. There are still flaws – the pass blocking now favors



**Publisher** Electronic Arts Rated Everyone Systems Xbox 360, PS3 Cost \$60 **Overall** 3.5 out of 4

the offense too much – but the game does its best to earn the \$60 price tag. It's fun. It's football. So don't shy away if you like fun and football.

The question is whether you should wait to buy the Xbox One or PS4 versions because they will be even better than the Xbox 360 and PS3 versions. Remember, the features aren't really different; it's really the gameplay on the field and graphics that get the upgrade. So if you're planning to upgrade to a new console you might actually want to wait. Of course, if you can't wait until November (PS4 come out November 15 in the U.S. with the Xbox One expected about the same time), then there are some deals out there that will let you trade in the current generation version for the next generation version for just a few dollars more.

"Madden NFL 25" is football. It's not perfect, but what we see every Sunday afternoon as various nights of the week isn't perfect either. It's a must-have for football fans every year and it's no different in 2013. Even if some people think it's a game from the future.

Reviewed on Xbox 360

### Weekly SUDOKU — Answer

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

### TRIVIA

### Answers

- 1. Goat or horse
- 2. A heavily armored battleship
- Peter Ustinov 4. Fear of marriage
- 5. Both 6. Alaska
- Candace Bergen
- 8, Charlie McCarthy
- Macedonia 10. Aerosmith

### PUZZLE ANSWERS

						St	_			SW		3								
R	E	٧	S		J	Α	M	В			M	A	Т		В	Ε	Α	T	1	T
A	Х	E	L		E	S	A	1		Н	1	L	0		E	Ν	G	1	N	E
S	P	R	1	N	Т	1	N	G	R	Α	C	Ε	R	Ų,	A	D	0	R	E	R
P	Ε	N	C	E	ш.	Α	S	T	A	1	R	Ë	0	R	R	0	G	E	R	S
S	L	E	E	T	S			Ε	N	T				0	E	R		S	T	E
		1		S	P	R	1	N	G	1	N	G	Н	0	R	S	E			
0	Α	Н	U		A	Α	R				P	Ε	A		S	Ε	Α	W	A	γ
S	P	U	N	K	Υ	T	E	M	P	T	R	E	S	S			R	0	L	Ε
C	A	R	L	E	S	S	F)	0	R	0	-			0	C	E	L	0	T	S
A	L	L	Ε	N	'n	0	R	В	1	T	1	N	G	В	0	D	Y			
R	E	S	Α	Y	S		A	1	M		N	E	0	J.	M	Ε	L	٧	1	N
			R	0	M	Α	N	L	0	٧	E	G	0	D		N	1	Ε	C	E
В	R	E	N	N	A	N			I	Α	P	R	Ĭ,	Α	L	1	G	N	Ε	R
R	0	N	1			D	1	R	Ε	C	Т	0	R	R	1	C	Н	A	R	D
0	D	E	N	S	E		D	E	L				A	L	Ε		T	Ε	S	S
			G	Е	R	M	A	Ν	F	0	R	F	L	Α	S	Н				-
U.	М	A		Ν	1	L				F	A	R			Α	Ε	R	1	Α	L
٧	A	L	E	N	T	1	N	0	0	F	F	1	L	M		W	A	L	L	Y
U	Ν	1	Т	E	R		S	Α	N	T	A	S	R	Ε	1	N	D	Ε	E	R
L	0	В	A	T	E		E	K	C	0	ĺ	C	0	L	D		0	N	C	E

CYDONTONESS

