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# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

OCTOBER 17, 2013

## Health fair supports retirees, Families

By Nathan Pfau  
*Army Flier Staff Writer*

As cooler weather blankets the South, people become more aware of health concerns, and Lyster Army Health Clinic is providing a way for retirees to learn about ways to keep themselves healthy.

Lyster will host the 39th annual Retiree Health Fair Oct. 25 from 8 a.m. to 1 p.m. at the Fort Rucker Physical Fitness Facility to educate retirees on numerous health topics in honor of Retiree Appreciation Day, said Chris Moore, retirement services officer for Fort Rucker.

“This is a good opportunity for us to give (retirees) a one-stop-shop to gather information and updates on health,” he said. “(The fair) is a good chance for people to get out and interact with people, as well as give them a chance to do things like get their blood pressure checked, and have other tests and evaluations done – it’s pretty close to a mini-ature exam.”

Lyster and other agencies will have

booths set up throughout the fair that people can visit to gather information on different organizations and learn about different types of care.

Lyster will have booths set up to educate people on its various programs, such as physical therapy, preventative medicine, primary care, behavioral health, nutrition care, managed care, the pharmacy and the dental clinic.

“The Retiree Health Fair is a great event for retirees and their Family members because it gives them a chance to see everything Lyster offers in one room,” said Jeffrey Atkins, licensed practical nurse for Lyster and organizer of event. “It also gives them the opportunity to meet outside providers we may refer them to for specialty care.”

Other agencies that will be on hand include: the Wiregrass Veteran Affairs Clinic, Medical Center Enterprise, Extendicare, Digestive Health Specialists, Noland Hospital, Flowers Hospital, Center

SEE HEALTH, PAGE A5



PHOTO BY NATHAN PFAU

Mary Rutkowski, retired military, receives a flu shot from Jan Pridgen, allergy immunization nurse at Lyster Army Health Clinic, during last year’s Retiree Health and Information Fair. This year’s event is Oct. 25.



PHOTO BY NATHAN PFAU

## Fire prevention

Fort Rucker Firefighters paint Sgt. Ted E. Bear as a firefighter in support of National Fire Prevention Week Oct. 6-12. The Fort Rucker Fire Department had an entire week of events planned, including visiting local schools to education children on fire prevention, but due to the government shutdown that only allowed essential mission tasks, all scheduled events were canceled.

## Program provides assistance for civilian employees

By Nathan Pfau  
*Army Flier Staff Writer*

While the government shutdown continues, so do the stresses and financial burdens within the federal workforce, but a helping hand is available through the Fort Rucker Employee Assistance Program.

The program is designed to provide Department of the Army or non-appropriated fund civilian employees and Family members the opportunity to address any problem that is or could impact their duty performance, according to Jesse Hunt, EAP coordinator.

The EAP is a civilian-run program that deals with issues from relationships, alcohol and drug abuse, to issues that are health-related, marital, emotional, behavioral or financial.

“Most of the issues that I deal with are relationship issues – coworkers not getting a long and that sort of thing,” said Hunt. “It can be an issue because if you don’t work well together or just don’t get a long, it can occupy your mind to the point that productivity is affected.”

During times of fiscal uncertainty, however, it might be more than just coworkers affecting productivity, but the added stress and anxiety that comes with uncertainty. That’s where the EAP comes in, said Hunt.

“I think right now, especially with the changes going on, the EAP is a wonderful program,” added Jeanetta Sheppard, Army Substance Abuse Program clinical program manager. “It’s something that can help people deal with some of these stresses and identify resources that may be able to help them during this time.”

Identifying resources isn’t the only thing the program provides. It also provides assessment, problem solving, coaching, information, consultation, counseling, resource identification, referral and support. The result is improved productivity, morale and employee motivation.

One of the first and most basic steps Hunt said that he utilizes is to just let the person talk and vent.

SEE PROGRAM, PAGE A5

## Drug Take-Back Day returns to fight abuse

By Nathan Pfau  
*Army Flier Staff Writer*

Although flu season is upon us, Fort Rucker is bringing back a program designed to take unneeded medication out of the cabinets to fight drug abuse.

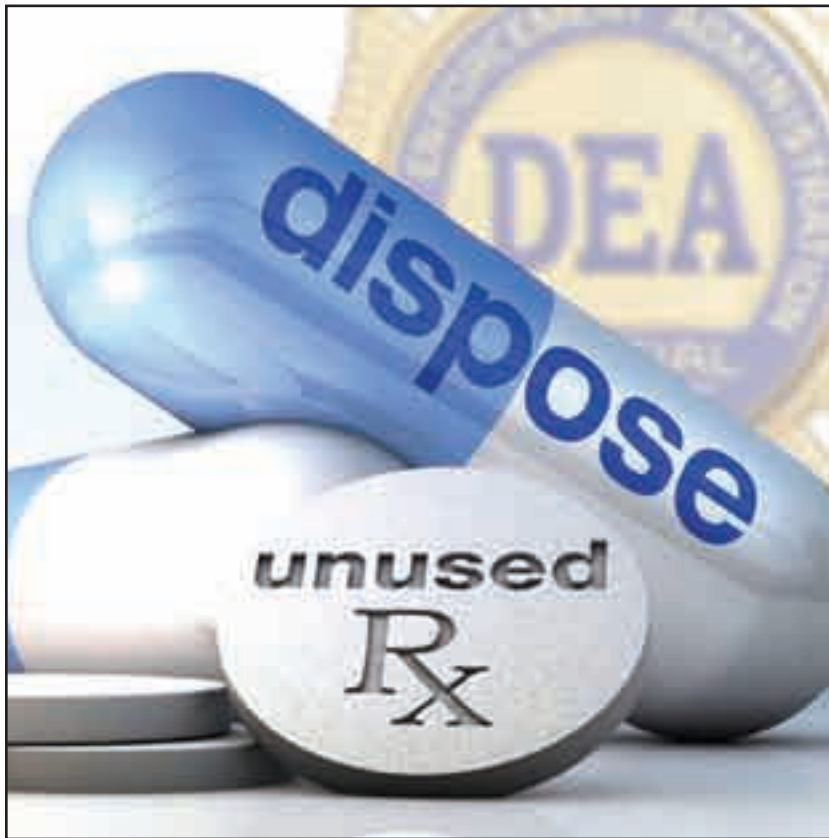
Fort Rucker will participate in the Drug Enforcement Administration’s National Drug Take-Back Day Oct. 26 from 10 a.m. to 2 p.m. in front of the main post exchange, according to Jesse Hunt, Army Substance Abuse Program prevention coordinator.

“This program is really simple,” said Hunt. “The individual will take their medication to one of the drop points and drop them off. We’re trying to clean out the cabinets so that [these unused prescription drugs] don’t become an attractive item for drug abuse.”

“I think it’s a great program and opportunity for people to take their expired drugs and get rid of them,” said Jeanetta Sheppard, Army Substance Abuse Program manager. “A lot of times, people don’t know what to do with (their old medications), so this is a good opportunity for them to discard them properly. (The program) is a good thing, and it’s something we should continue to do from here on out.”

Last year, the DEA reportedly collected almost 500,000 pounds of prescription medication in more than 5,263 locations across the U.S., and according to the 2011 Substance Abuse and Mental Health Services

SEE TAKE-BACK, PAGE A5



Take-Back Day is Oct 26 from 10 a.m. to 2 p.m. Disposal locations include: Fort Rucker Main Exchange Mall, Daleville Grocery Outlet Parking Lot, Enterprise Police Station (Hallway Entrance) and Dothan Police Station (Walkway Entrance).



# PERSPECTIVE

## MS and the hover button

By Retired Capt. Kevin Byrne  
Portland, Ore.

It was in October 1993 and Class 94-01 was ready to take to the skies. There were two lieutenants and warrant officer 1s, all fresh from their basic courses and ready for Initial Entry Rotary Wing Training at Fort Rucker.

The first day that you fly is your ‘Nickel Ride’ (a reference to an old folklore about the crusty flight school instructors who always said, “If I had a nickel for every new student I taught ...”).

During my time in flight school, most of the helicopter instructors were Department of the Army civilians, retired Vietnam-era pilots. Walking the flight line in the morning, you were treated to tall tales about the specific Hueys you were passing. Rescue missions, firefights, midnight nap-of-the-earth runs, shoot downs and crashes.

Every tail number had a story to be told; the patched-up bullet holes across the fuselage lent credence to seemingly tall tales told by these men.

Jimmy Weeks was my first instructor. He was 59 when I went through flight school, but I would have guessed he was a lot older than that. Not the healthiest of individuals, Jimmy would have to stop once or twice on the way to the aircraft to catch his breath. Originally from Silsbee, Texas, Jimmy was a good ol’ boy who ate two bags of Red Man chew during a flight. That wasn’t a mistype, yes he ate it. No spitting — just chew and swallow.

He hacked and wheezed as he talked us through our preflight checks, and took quite a bit of time to climb into the left seat of the Huey every morning. My stick buddy (two students rotated time at the controls every day) and I used to joke about which one of us was going to give Jimmy CPR that day. We answered that with “Rock-Paper-Scissors” as part of our preflight ritual. After two weeks of ground instruction, I wondered how in the heck he ever got to fly, let alone

become an instructor for Army Aviation.

### The hover button

After preflight, we started the engine and Jimmy lifted that 30-year-old bird one foot off the pad and held it there. You would have thought we were still resting firmly on the ground and not hanging in midair with two rotor blades spinning, beating the air into submission. “The hover,” Jimmy squealed in his distinct southern accent, “is the most important maneuver you’ll ever learn. If you can do that, you can do anything.”

Right then, I learned that Jimmy Weeks was more at home in the seat of a Huey than anywhere else. I found out later that Jimmy was a retired lieutenant colonel who commanded B Troop, 1/9th Cavalry Regiment, 1st Air Cavalry Division in Vietnam in 1967-68.

What that man repeatedly did is now part of 1/9th Cav lore. And it all started with the hover. Jimmy continued, “this is the hardest thing you will ever have to do in an aircraft: 10,000 totally unrelated moving parts, constantly working against each other, and it’s up to you to make them purr. Find it. Once you find the hover button, you will never forget where it is.”

The hover button is that magical place where everything becomes manageable. After Jimmy’s demonstration of perfect harmony, we went out to the training area. For the next two hours, he scared me in ways I never thought possible.

He’d start us out flying straight and level. The instant I took the controls, that helicopter was all over the sky. Just before I put us into an “unrecoverable” position, Jimmy would take over: “I have the controls.” Then, just as quickly as I lost control, he found that hover button and we sat idle in mid-air. We were hanging in a training field perfectly still, only the gentle rhythm of the blades. Perfectly still ... except 50 feet above the ground. “All right, LT. You ready? Let’s see if you can find the hover button.”

As if I was issuing my own death sen-

tence, I uttered, “I have the controls.” For the next 20 seconds, I rode that beast. Up, down, backwards, sideways. I did everything but hover ... Jimmy just sat in the left seat and loudly let out his signature “Yee Haah!” over and over ... until we were again nearing that “unrecoverable” point. “I have the controls,” was all he had to say. As if that Huey heard his command, she stopped again in midair.

“You’ll find it, LT. We’ll just keep coming out until you do.”

Eventually, I found my hover button.

Once I found it, everything else was second nature. You know the statement, “It’s like riding a bike?” Well, riding a bike has nothing on a hover button! Once you find it, everything becomes easy — or maybe I should say easier. Or should I say that now I was able to focus on the really tough stuff?

I transitioned from the UH-1 Huey to the OH-58 Kiowa, then finally to the AH-64 Apache. Flying, shooting and leading air missions was the really tough stuff — knowing that you had found the hover button was a constant reminder that anything was possible.

It’s a great lesson in life: everything has a hover button. The point at which the insanely difficult becomes mundane and easy, allowing you to focus on the really tough stuff. It’s a great reminder in life. I’ve used the reference many times; it was just as applicable holding an aircraft in midair as it was potty training my 3-year old daughter earlier this year. She found her hover button and no more diapers!

In 1999, I crawled into the cockpit of an Apache at Camp Eagle, Korea. New to the unit, I was flying with an instructor pilot. CW3 Jamie Henry transferred the controls and I taxied out to take off. Smoothly hanging the aircraft a foot off the ground, I calmly said, “I wasn’t sure how easy this was going to be.”

That startled Jamie a bit since he forgot that I was getting back into the air after being grounded for 2 1/2 years. A car accident

with a nasty head injury kept me out of helicopters for a while. The hover button let me focus on the tough stuff: nighttime flying in a foreign country. That was fun.

One theory of MS is that we are predisposed to the condition. Genetic factors, supposedly. Certain physical traumas can trigger your first exacerbation. Any doctor who reviews my medical records would say that the car accident triggered my MS. Maybe. Three months after that flight was my first attack that prompted my diagnosis. As quickly as my Aviation career resumed it came to a permanent halt.

Now I have a problem. MS has no hover button. The difficult foundation, the most basic challenge by which everything else is built on, changes just as I think I am getting the hang of it. It seems that basic everyday function is too often the really tough stuff. I deal with walking, speech, swallowing and vision instead of focusing on my Family, friends, life and career. The easy stuff is not supposed to be hard.

I was home the other week cleaning up toddler toys. Struggling to lift my arms up and place toys on the shelf, all I could hear was Jimmy. That distinct “Yee Haah!” — as I wrestled little plastic cars and farm animals — was as loud as on my Nickel Ride almost 20 years ago. I smiled. Jimmy didn’t take the controls from me — I only assume he didn’t think I had reached “unrecoverable.”

MS has no hover button, or maybe it does. There must be something out there to make the easy stuff ... well, easy, letting me focus on what’s difficult. I just need to find it. I will!

Jimmy Weeks passed away in 2008. An Aviation legend who continues teaching me lessons to this day. On those tough days when I struggle to get past the basic, Jimmy still reassures me.

“You’ll find it, LT. We’ll just keep coming out until you do.”

To learn more about Kevin visit his website at [www.brieandkevin.com](http://www.brieandkevin.com)

## Rotor Wash

“Cooler weather is finally here and leaves are beginning to cover the ground. What is your favorite cool-weather activity?”



**Frank Figueroa,**  
retired military

“We like to stay home and relax by watching movies.”



**Jamie Ludholtz,**  
retired military

“We like to go walking on the trails.”



**Staff Sgt. Mandrell**  
**Douglas, C Co., 1st Bn.,**  
**13th Avn. Regt.**

“I like watching football. Hopefully Dallas will go to the playoffs.”



**Stephanie Hill,**  
military family member

“I like to go on nature walks because the weather is so nice. The leaves and changing colors are pretty.”



**Pfc. Justin Snyder,**  
164th TAOG

“I like to go to the beach because it is still warm enough and you don’t get overly hot.”

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**David C. Agan Jr.**  
COMMAND INFORMATION OFFICER ASSISTANT

### EDITORIAL STAFF

**Jim Hughes**  
ACTING EDITOR.....255-1239  
[jhughes@armyflyer.com](mailto:jhughes@armyflyer.com)

**Jeremy P. Henderson**  
SYSTEMS & DESIGN EDITOR.....255-2253  
[jhenderson@armyflyer.com](mailto:jhenderson@armyflyer.com)

**Sara E. Martin**  
STAFF WRITER.....255-1240  
[smartin@armyflyer.com](mailto:smartin@armyflyer.com)

**Nathan Pfau**  
STAFF WRITER.....255-2690  
[npfau@armyflyer.com](mailto:npfau@armyflyer.com)

### BUSINESS OFFICE

**Robert T. Jesswein**  
PROJECT MANAGER.....702-6032  
[rjesswein@dothaneagle.com](mailto:rjesswein@dothaneagle.com)

**Brenda Crosby**  
SALES MANAGER.....347-9533  
[bjcrosby@dothaneagle.com](mailto:bjcrosby@dothaneagle.com)

**Laren Allgood**  
DISPLAY ADVERTISING.....393-9718  
[lallgood@eprisenow.com](mailto:lallgood@eprisenow.com)

**Mable Ruttlen**  
DISPLAY ADVERTISING.....393-9713  
[mruttlen@eprisenow.com](mailto:mruttlen@eprisenow.com)

**Joan Ziglar**  
DISPLAY ADVERTISING.....393-9709  
[jziglar@eprisenow.com](mailto:jziglar@eprisenow.com)

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

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## ACE SUICIDE INTERVENTION

### Ask your buddy

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

### Care for your buddy

- Remove any means that could be used for self-

injury.

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

### Escort your buddy

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



# Shoplifting ruins careers, reputations

By Sara E. Martin  
*Army Flier Staff Writer*

With so many Family assistance programs on the installation, and the high morals and ethics that come from military duty, many people might think that shoplifting on post is not a concern.

Although the post has low statistics, it still happens, according to a press release from Fort Rucker Army and Air Force Exchange Service, and shoplifting not only can damage careers, it hurts the entire military community.

“The community, as a whole, suffers as a result of those stealing from the exchange,” stated the press release. “With a dual mission to provide quality goods and services at competitively low prices, and generate earnings to support morale, welfare and recreation installation programs for its shareholders, the exchange has contributed more than \$2.4 billion to military quality of life programs in the past 10 years.”

The exchange is equipped with closed-circuit televisions with (digital video recording) technology and high-tech electronic article surveillance, and the loss prevention professionals are some of the best to ensure that Soldiers, civilians and Family members who obey the law stay safe from those who would break it.

“We have excellent security systems at all of our facilities and AAFES is no different,” said Bill Kesler, military police investigator. “People can be banned from shopping on post and barred from coming on post if they are known shoplifters.”

With one poor decision, someone’s life, whether civilian, Family member or service member can take a drastic turn by shoplifting.

Consequences of being caught shoplifting for active-duty members can include a reduction in rank, forfeiture of pay and allowances, a letter of reprimand, getting an Article 15, being dishonorably discharged from the military and jail time, according to Maj. Joshua Munch, deputy provost marshal.

“A Soldier will usually face some type of criminal as well as administrative punishment,” he said. “They would be punished under Article 121 – Larceny and Wrongful Appropriation. The commander has a lot of options after the investigation on how to punish that Soldier. It all depends on the chain of command and the totality of the circumstances.”

If a Soldier is caught off post, Munch said punishment can happen in three ways. The police can take full jurisdiction and prosecute, civilian police can refer the case over to the military and let the military handle the prosecution, or the Soldier can be prosecuted on both sides because one is handled by the state and the other is federal through Uniform Code of Military Justice, so it is not double jeopardy. But Munch said that the latter is usually only the decision if it is a violent felony-type case.

In addition to possible disciplinary action and criminal prosecution if a person is caught shoplifting on post, the Federal Claims Collection Act allows the exchange to enact a flat, administrative cost of \$200.

There may be further fees, according to the press release, but it depends on the condition of the stolen merchandise.

“The bottom line is that it’s just not worth it,” said the Don Walter Jr., exchange main store manager. “Throwing away your future to try and save a few bucks is a tremendous price to pay.”

When a Family member or civilian employee are caught stealing on post, Kesler said that it is handled just like any other store loss prevention action – officers apprehend the thief and they are taken to the station where they are processed.

“Juvenile shoplifters are released to their parents after they are processed and they will go through the Youth Assistance Program,” he said. “Children can be punished anywhere from community service to if they keep doing it then the entire Family can be evicted from post.

“Also, if the offense is bad enough or if the behavior continues, the offender can be taken to the county diversion center,” he added. “Children often want attention and the thrill of getting away with something, so many times the punishment can be handled at the station and at home.”

Any crime that happens on the installation is a federal crime, and the provost marshal office assimilates Alabama state laws to deal with shoplifting, but Munch said that with AAFES doing such a great job, that very few cases come to the military police.

While no dollar amount can be placed on the human cost of a career lost by a poor decision, it is the exchange’s hope that educating shoppers on the safeguards in place and the results for those caught shoplifting will result in fewer incidences and, in turn, fewer careers derailed by a moment of poor judgment, the press release stated.

As a result of AAFES’s aggressive shoplifting deterrence program, the Fort Rucker Exchange saw shoplifting cases decrease by 22 percent – from 37 cases in 2011 to 29. However, according to the release, the value of merchandise involved in these incidents increased from \$2,720.44 to \$4,612.16 in 2012.

# Resilience training strengthens Families

By Nathan Pfau  
*Army Flier Staff Writer*

From the ever-changing economic hardships to day-to-day stresses that make it hard to get through the day, one Fort Rucker program is looking to help Families remain strong and push through.

The Family Member Resilience Training is a two-day class, Monday and Tuesday from 8:30 a.m. to 2:30 p.m. at The Commons is designed to provide people with thinking skills and coping strategies to help Family members through tough times, according to Shellie Kelly, Army Family Action Plan program manager.

“Resilience training provides Family members with the tools they need to become more resilient,” said Kelly. “It provides thinking skills and coping mechanisms that aid participants to thrive in life.”

The training process teaches Family members the six key competencies needed to be resilient, which are: self awareness, self regulation, optimism, mental agility, strengths of character and connection.

“Resilience training is one of the best training programs that we have here at Fort Rucker,” said Ruth Gonzalez, Army Community Service Relocation Readiness Program manager. “It teaches Family members or anyone who attends why they react to a given situation in a certain way and helps them understand what’s going on in their lives so that they can bounce back from these situations.”

“Military life can be challenging with frequent deployments, frequent moves, school changes and job changes, and Family members should gather many tools to help them thrive in the military lifestyle,”



COURTESY PHOTO

The Family Member Resilience Training program is taught by William Allen, Luticia Trimble-Smith, Ruth Gonzalez and Karen Hayes of Army Community Service. This year’s Family resilience training will be Monday and Tuesday at The Commons from 8:30 a.m. 2:30 p.m.

said Kelly. “The more you can gather, the better, and many who have taken the course have said, ‘this isn’t really a training course, it’s a lifestyle changer.’”

A lifestyle change is sometimes something people need in order to help them cope and move out of a difficult situation, and that’s why the training tackles more than just what is on the outside, she said.

“Specifically, the training will include things like recognizing the connection between thoughts, emotions and actions; thinking traps; problem solving; assertive communication; and building strong relationships,” said the AFAP manager. “It provides the tools that Family members can use every day to be a resilient, happy person.”

Gonzalez added that reactions should be in the thought process, and a big problem that some people have is that they don’t think before reacting.

“Life is going so fast that when something happens, people usually just react,” she said. “In the class, we have the students stop and think about exactly what’s going through their minds, then we give them the tools they need to start working with those thoughts so when they do react, they are in control.”

Situations or life events can trigger different reactions from different people, and the training provided by the program helps people understand why reactions are different. It forces people to look at themselves and ask themselves why they react

a certain way, said Gonzalez

The tools that are provided help people be in control and help them communicate with Family, friends, coworkers or anyone they come in contact with in their lives.

Kelly said that many who have gone through the training program have said that the tools provided and lessons learned were “life changing.”

As a military Family member, Gonzalez has experienced the training and has been able to see how the training has helped in her life.

“I’ve learned to control some of my reactions and it’s just helped me understand why I react to some things,” she said. “This training is not designed to change someone and it’s a lot of stuff people already know, they just didn’t know how to do it.

“If I had this training earlier in life ... it would have made life a lot easier,” she said.

There is a portion of the class called “putting it in perspective,” which deals with worst-case scenarios, and Gonzalez said that this portion is usually the hardest part for most people to go through, but one that is necessary because it’s a possible scenario that a spouse could endure.

Although the training takes people through worst-case scenarios, it’s necessary for Families to be ready and remain strong, said Kelly.

“The Army is strong because of the support our Soldiers receive on the home-front,” she said. “(This training) helps the Families manage stress and challenges so that they can be the pillar of support behind their Soldier.”

To register for the class or for more information, call 255-3817 or 255-3735.

## News Briefs

### Trick or treat

Fort Rucker’s trick or treat hours are 6-8 p.m. Oct. 31 in post housing areas. Parents, children and those driving through the housing areas at that time are reminded to keep safety in the forefront of their minds and to be vigilant while enjoying trick and treating on post.

### Retirement ceremony

Fort Rucker hosts its quarterly retirement ceremony Oct. 25 at 2 p.m. at the U.S. Army Aviation Museum. All are invited to attend and honor this quarter’s retirees.

### Employee Assistance Program

Federal civilian employees feeling stressed or anxious or experiencing financial strain or hardship because of the government shutdown can still access the Employee Assistance Program during furlough.

EAP is a professional service that provides assessment, problem solving, coaching, information, consultation, counseling, resource identification, referral and support to federal civilian employees. EAP works in partnership with managers to complement and enhance their strengths. The program helps improve productivity, morale, and employee motivation by providing timely support to both managers and employees. The EAP is designed to help with any concern or issue. The resources of the EAP are available to employees and managers with both personal and work-related concerns.

The EAP is completely confidential in accordance with state and federal laws. Fort Rucker’s EAP coordinator is Jesse Hunt. He can be reached by calling 255-7678, or visiting his office at Lyster Health Clinic, Bldg. 301, Rm. T-125, during duty hours.

### Retiree health fair

The 39th annual Fort Rucker Retiree Health Fair will take place Oct. 25 from 8 a.m. to noon at the Andrews Physical Fitness Center, Bldg. 4605. All retirees and their Family members are welcome to attend. Lyster Army Health Clinic, along with other outside agencies, will have tables set up to educate retirees on numerous health topics, including: disease management, digestive health, physical therapy and nutrition. Pending arrival of flu vaccines, retirees and their Family members can also receive their 2013-2014 flu and pneumococcal vaccinations.

### Intramural sports survey

The Directorate of Family, Morale, Welfare and Recreation con-

ducts its intramural sports survey regarding potential new intramural sport offerings at Fort Rucker. The survey is being conducted to gauge the interest of potential new sports to be offered in the intramural athletics program. People’s input is crucial to the development of new programs for Soldiers, Families, civilians and retirees at Fort Rucker, according to DFMWR officials. To participate in the survey, visit <http://www.surveymonkey.com/s/FJ3TS9G>.

For more information, call 255-2296.

### Got drugs?

Fort Rucker will take part in National Prescription Drug Take-Back Day Oct. 26 with a drop-off point open from 10 a.m. to 2 p.m. at the main exchange mall. There will also be off-post locations available the same day and time at the Daleville Grocery Outlet parking lot, the Enterprise Police Station (hallway entrance) and the Dothan Police Station (walkway entrance).

This initiative aims to provide a safe, convenient and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

For more information, visit [www.dea.gov](http://www.dea.gov).

### Retiree council meetings

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

### Warrant Officer Fall Jamboree

The U.S. Army Warrant Officers Association Above the Best Silver Chapter hosts its Warrant Officer Fall Jamboree Nov. 2 at 1 p.m. at the Lake Tholocco East Beach Psvilion. The event is open to all active, former and retired warrant officers and their Families. The event features low-country boil, barbecue pork, hamburgers and hot dogs, and Family-oriented events, such as volleyball, horseshoes, flying discs and boat rides. The event is free to chapter members with tickets, while non-member tickets cost \$20 for adults and \$10 for children older than 10.

For more information or tickets, call CW4 Jeff Turner at 255-0726, CW4 Mike Lavergne at 255-3286, or CW4 April Wallace at 255-2485 by Oct. 30.

### AER changes

NCOs in the rank of sergeant first class and above will no lon-

ger be required to submit an Army Emergency Relief application through their immediate commander or first sergeant. Applications from sergeants first class and above should be submitted directly to the Fort Rucker AER officer for assistance. Officers in the rank of chief warrant officer 3 and above, and captains and above can also continue to submit their AER application directly to the Fort Rucker AER officer. This policy applies to AER Form 700 only. Soldiers of all ranks will continue to see their commanders or first sergeants for a Commander’s Referral Program loan (AER Form 600).

For more information or to schedule an appointment, call 255-2341.

### Thrift shop

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

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

For more information, call 255-9595.

### Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person’s life.

For more information, contact the religious support office at 255-2989.

### 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.





PHOTO BY SFC. JOHN G. MARTINEZ

Secretary of the Army John M. McHugh and Chief of Staff of the Army Gen. Ray Odierno speak during the 2012 Association of the United States Army Annual Meeting and Exposition press conference, in Washington, D.C. This year, all panels at the 2013 Association of the United States Army Annual Meeting and Exposition will be live-streamed over the Internet. Viewers will have the opportunity to weigh in with questions, via social media.

# AUSA live-stream allows viewer participation

By C. Todd Lopez  
Army News Service

WASHINGTON – This year, the Army will live-stream nearly every discussion panel that occurs at the 2013 Association of the United States Army Annual Meeting and Exposition in Washington, D.C. Remote viewers will also be able to interact with panelists via social media.

Many Soldiers will not be able to attend the Monday-Wednesday event in person, due to lack of budget and restrictions on travel. However, the educational and professional development panels will be available to them online, and they will even be able to ask questions.

“We look at the Army part of AUSA as a great opportunity for professional development,” said Maj. Alison M. Hamilton, of Army Public Affairs. “Live-streaming

these forums will give Soldiers the opportunity to hear senior-leader priorities, learn how they view changes in the force over the next 10 years and hear about important policy decisions and the Ready and Resilient Campaign. They will also be able to ask questions, feel engaged and be more connected to decision makers.”

This year’s AUSA will undoubtedly have an emphasis on declining budgets. But the symposium will also feature discussions related to military Families, equipment modernization, the Ready and Resilient Campaign, energy security, regionally aligned forces, leader development, equipping the Army of the future and the security of North America.

Live-streaming of the multiple panels will be available through a microsite on Army.mil, at [www.army.mil/professional](http://www.army.mil/professional). Soldiers and Family members will also

be able to ask questions of the speakers at appropriate times through social media. On site at the convention, moderators will pass questions from remote viewers on to the speakers.

“If I’m in Fort Campbell (Ky.), I’ll be able to say my name and submit my question – to address questions to the panel or to a specific panel member,” said Hamilton.

The Army has live-streamed AUSA panels in the past, but last year, for instance, only the “Family forums” allowed for interaction. This year, all panels will allow for virtual engagement, Hamilton said.

“Every year the virtual audience increases,” Hamilton said. “Last year the Institute of Land Warfare forums were not interactive. This year we thought about how to make it better, and encourage more to watch. We thought about giving them

the ability to participate, feel connected, and get important questions answered.”

Hamilton said every effort will be made to answer as many questions as possible – but it will not be possible to answer them all.

Opening up all the panels for interaction is something that Hamilton said was requested by Soldiers and Family members in the field.

“This is a cost-effective way to be able to reach a larger sort of total Army audience,” she said. “We’re trying to increase support to the Soldiers that can’t travel, so they still can benefit from professional development.”

Hamilton also said that multiple events will be live-streamed at the same time, and will also be recorded. Soldiers will be able to go back at a later time to watch panels they missed.

# Master Fitness Trainer courses still on track

By David Vergun  
Army News Service

WASHINGTON – The Master Fitness Trainer courses are still being conducted Army-wide despite the partial government shutdown and reduction in temporary duty travel funds.

“The MFT training has not stopped,” emphasized Maj. David Feltwell, a lead MFT instructor and physical therapist at the U.S. Army Physical Fitness School, Fort Jackson, S.C. “We have six contractor teams in place and they are running those classes remotely with a total of 265 students in them.”

Since the training teams travel to the installations, it means the majority of the Soldiers don’t need to go on temporary duty, and this has been a real plus, Feltwell said.

The funding issue has had somewhat of an impact on the periphery of the program, he continued. Active-duty team leaders of the six mobile training teams, as they are called, returned to



ARMY PHOTO

Master fitness trainers get some exercise instruction.

the MFT’s headquarters at Fort Jackson, where they are having a team leader summit.

Also “a few students had to return to their home stations, but since the vast majority of students are all residents at the (six) locations, they were not impacted by the TDY cancellations.”

Funding for the contractors was already in place before the

month.

The pilot course for the new MFT course began Aug. 27, 2012. Before then, the last time the Army had an MFT program was in 2001.

Besides training the active component, MFT instructors conducted a course for Army Reserve Soldiers at Fort Knox, Ky., and one for the National Guard at Camp Mabry, Texas. Another permanent Guard MFT facility is planned for Yakima, Wash.

Within a few months, MFT classes are planned first in Korea, followed by Europe, Hawaii and Alaska.

Classes are four weeks long and include in-depth classroom and hands-on training in exercise physiology, anatomy, injury prevention, exercise science, and Army regulations and doctrine regarding physical training policy and philosophy.

The MFT is an additional skill identifier, meaning Soldiers with the MFT certificate also assist commanders in designing

and teaching physical readiness programming for their units, Feltwell said.

They also advise Soldiers on an individual and group basis. They are able to incorporate other performance-related programming like nutrition and sleep. Experts from Army Ready and Resilient Campaign programs like Comprehensive Soldier and Family Fitness and Performance Triad have linked their instruction into the MFT classes.

The ultimate goal, according to the Army chief of staff’s directive, is to embed an MFT Soldier down to the company level, Feltwell said.


He added that the training has been well received by the students and by their commanders, who appreciate the impact MFT has on unit morale and readiness.

The free Physical Readiness Training app has been downloaded 30,000 times, and viewed 4 million times, according to Feltwell. MFT has its own Facebook and YouTube sites as well.


## Prevention tip #2

Cough or sneeze into your elbow, thus covering your nose and mouth to avoid spreading cold germs.

Health bulletin




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# Health: Event provides opportunity to ‘give back’

Continued from Page A1

Drug and Home Health, Eye Center South, ReBath, Military Officers Association of America, Hearing Associates of Dothan, Gentiva Hospice, Southeast Alabama Rural Health Associates, Southeast Alabama Medical Center, Gulf Coast Dermatology, Dale Medical Center, Bay County Vet Center, Dr. Chancey Dentist, The Terrace at Grove Park, Mentoring

and Behavioral Services, and Hollowell Chiropractic.

Pending availability, it is planned for flu vaccinations to be available for the retiree community at the fair along with the host of other assessments that people can partake.

Last year’s fair was the biggest the installation has seen, Moore said, and this year’s fair hopes to be just as successful with a quarterly retirement ceremony

after the fair at 2 p.m. to honor retirees, followed by a retiree dinner at The Landing at 5:30 p.m.

During the dinner, retired Lt. Gen. Jack Klimp, National Association for Uniformed Services president, will speak to inform guests on changes, if any, that will be made throughout NAUS due to recent fiscal uncertainty, said Moore. To register for the dinner, call 255-9124.

“(The fair) is something that we owe

to the generations that have come and gone before us,” said Moore. “We have a tendency to get focused on what we do on a day-to-day basis, but I think if we back up and look at a broader scale, it gives us an opportunity to recognize some of those that have fought and died for the freedoms that we have.

“This is just a small opportunity for us to be able to give back to that community (that came before us),” he added.

# Program: Free, confidential sessions provide outlet

Continued from Page A1

“Sometimes people just need to vent,” he said. “While they are venting, people tend to put their issues in some sort of orderly perspective, and if not, I’ll help them put it in some sort of order.”

Hunt said that just talking out an issue can help reduce stress levels significantly, and help a person see what the root of the issue might be.

From there, the person is provided with steps and recommendations they need to take to start to remedy the situation, but Hunt said it’s completely up to the individual whether they take the advice or not.

“If you want this program to be successful, you’ve got to be the one to get on the stick and make some changes to your life,” he said.

The program normally consists of six visits, but Hunt said he won’t limit the number of times people can visit with him.

“I’ll talk to people as long as they need because sometimes people just need someone to talk to,” he said. “The issues that they have can be like carrying around a sack of bricks, and sometimes it’s nice to just get some of those bricks out (to lighten the load).”

From the assessments, Hunt can decide whether a person might need additional services and can make referrals

to professionals who are trained to identify and deal with their specific need.

The program is no cost to civilian employees and sessions are completely confidential in accordance with state and federal laws.

“This is a great option that people have, and hopefully we can assess the needs of people here on the installation and get them connected,” said Sheppard. “There are some great resources out there that can help people get through these (uncertain times), and the EAP is a great point of contact for that.”

For more information or to make an appointment, call 255-7678.

# Take-Back: Drop points provide safe disposal of medications

Continued from Page A1

Administration’s National Survey on Drug Use and Health, more than 6 million Americans Abuse prescription drugs.

There are three other locations that people can drop off their unused or unwanted medications, which include Daleville Grocery Outlet parking lot, Enterprise police station’s hallway entrance and the Dothan police station’s walkway entrance.

This will be Fort Rucker’s fifth time participating in the program, which is in place to help promote awareness about drug abuse, as well as educate people on the proper ways to use their medications.

“People need to know when to take their medications properly,” said Hunt. “They need to know where they are on the pain scale and decide if they re-

ally need that medication or not,” adding that people shouldn’t take medications just because they have them, but make informed decisions whether it’s the right choice.

People should be taking “get well” doses of medication, not the “get high” doses, which can lead to addiction, he said.

“People should shoot for a pain level of two or three on the scale, not for a pain level of zero,” Hunt explained, adding that trying to use medication to get to the point of no pain is a dangerous road that could lead to addiction.

Just because a person is prescribed a certain type of medication doesn’t mean they must take it, he said, and another reason people should drop off their unused medications is to ask questions.

“People can ask the (Fort Rucker criminal investigation

command) officer or officer on duty at the drop-off points about anything they have questions about and they should be able to answer just about anything they need,” said Hunt.

Some of the questions people might have about medications are how long they last, said Hunt, who explained that it depends on the type of medication.

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

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

might dig it out of the trash.”

Medications must be properly disposed of because if they are thrown in the trash or flushed down the drain, they can contaminate the environment and even seep into drinking water, he added.

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

Since police will be on hand at the drop points, some people may be hesitant when turning in their unused medications for fear

of legal ramifications, but Hunt assures people that law enforcement is there only to make sure the medications are properly collected and disposed of.

They will not be checking people’s personal belongings or anything of that nature, he said, and it is even safe for people to turn in medication that has been obtained illegally, and encourages people to do so.

“This is completely anonymous, people don’t have to give their name or fill anything out,” said Hunt. “They can just drop off their drugs and be on their way.”

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## NEW LISTING



**2801 Quail Cove ~ \$169,550**

3 BR/2 BA, large corner lot. Grandroom with tray ceiling, hardwood floors and wood-burning fireplace. Master suite features a cathedral ceiling, walk-in closet and a small office or nursery. Bath has his-and-hers vanities, Jacuzzi tub and walk-in shower. Kitchen has all the appliances. Breakfast area features windows on two walls, grocery pantry, breakfast bar and entry to dining room with hardwood floors and windows overlooking the back yard. Inside laundry and step down to oversized double garage with pull down stairs for attic storage, pegboard on the wall and side entry door to exterior.

**EVELYN HITCH 406-3436 MLS# 20131907**

## NEW LISTING



**3370 Ozark Hwy ~ \$162,000**

If you don't like to waste a minute, see this 3 bedroom, 2 bath brick home convenient to offices, shops, restaurants and Fort Rucker. Features open floor plan, living area with fireplace, bonus room, separate dining room, eat in kitchen and separate laundry room. Living area and large master bedroom suite open onto a covered patio overlooking large fenced back yard. Two-car garage and circular drive.

**JUDY DUNN 301-5656 MLS# 20131990**

## NEW LISTING



**100 Brookstone ~ \$202,000**

New construction, 3 bedrooms, 2 bathrooms, new subdivision, Stonechase. Level corner lot, home will feature open floor plan, energy efficient low e windows, granite counter tops, custom tiled master shower, privacy fence and sprinkler system. Seller is a licensed REALTOR in the state of Alabama.

**NORMAN RILEY 406-6746 MLS# 20132012**

## NEW LISTING



**101 Brookstone ~ \$219,000**

New construction, 4 bedrooms, 2 bathrooms in Stonechase Subdivision. Features an open plan with granite counter tops, stainless appliances, wood, tile and carpet flooring, custom tile master shower, low e windows, privacy fence and sprinkler system. Seller is a licensed REALTOR in the state of Alabama.

**NORMAN RILEY 406-6746 MLS# 20132023**

## NEW LISTING



**108 Moates ~ \$91,400**

Move-in ready 3 BR/2 BA located near Enterprise State Junior College, Pinedale Elementary School, churches, shopping and more. Over 1,500 sq. ft. with newer oven, kitchen vinyl and water heater. Air conditioning replaced in 2010. Screened-in porch and inside laundry room. Has been a reliable rental for several years. Do you have children attending ESJC? Stop paying rent with this great investment.

**JAN SAWYER 406-2393 MLS# 20132033**

## NEW LISTING

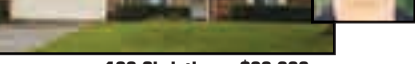


**123 W Edgewood ~ \$188,000**

Immaculate 4 BR, 2.5 BA, granite countertops and stainless steel appliances! Separate breakfast room with three sets of double windows. The back has a covered porch and a block fence. Convenient to the historic downtown and Fort Rucker.

**JACKIE THOMPSON 406-1231 & TEXT TERRI 406-2072 MLS# 20132037**

## UNDER CONTRACT



**188 Christian ~ \$88,000**

A home of your own! Planning on downsizing? A first time buyer? This home is perfect. Come see this 3 bedroom, 2 bath with wood burning brick fireplace in living area, dining area with double doors opening to patio and fenced yard, sunny kitchen with cheerful breakfast nook and two-car attached garage.

**JUDY DUNN 301-5656 MLS# 20132062**

## NEW LISTING



**118 Tumbleweed ~ \$249,000**

Foyer with tile details leads to the formal dining room and open space living room with lots of details on ceiling. From the living room you will see the breakfast nook and great kitchen with tiled backsplash. Bedrooms have big closets with sliding doors. Two of them connect to a bathroom with double vanity sink. The hall of the living room leads to the half bath, master suite with Jacuzzi tub, separate shower and huge walk-in. Huge back yard with wood deck.

**NICOLE ANNICELLI 464-0782 MLS# 20132065**

## NEW LISTING



**32 Blue Ridge ~ \$199,900**

Great neighborhood, large rooms, plantation shutters and lots of crown molding. Zoned for Holly Hill and Dauphin. Priced to sell!!!!

**ROBIN FOY 389-4410 MLS# 20132073**

## NEW LISTING



**105 Dogwood ~ \$169,900**

Like-new home for a great price. Hardwood, tile & carpet flooring, granite counter tops in kitchen, gas fireplace and sprinkler system. Move-in ready. Also convenient to Fort Rucker.

**BOB KUYKENDALL 369-8534 & ROBIN FOY 389-4410 MLS# 20132086**

## NEW LISTING

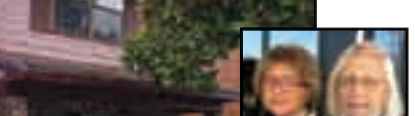


**102 Jessica ~ \$205,000**

Spacious entertaining home with room for everyone to enjoy. 4 bedrooms, the fourth was used as a den with custom bookcase added to closet. Formal foyer and dining room with chair molding, eat in kitchen with bar and cozy breakfast area. Beautiful fireplace, extra room next to kitchen for an office or mud room. New roof April 2013, home warranty and termite bond. Custom deck and bug free time on screened patio. Play set and wired work shop.

**NANCY CAFIERO 389-1758 MLS# 20132074**

## NEW LISTING



**124 Brian ~ \$51,500**

Townhouse end unit, convenient to Fort Rucker, available now, move in fast. Early occupancy with credit approval. Owner is a licensed REALTOR in the state of Alabama.

**FRAN & DON KALTENBAUGH 790-5973 MLS# 20132091**

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**\$60,000**



**209 MARTIN:** Why make the landlord's mortgage payments when you could be buying this 4 BR/2 BA cottage convenient to historic downtown? Some original hardwood floors in living room, dining room and one bedroom. Roof in September 2009. Call now and see what your rent money will buy! **EVELYN HITCH 406-3436**

**\$242,000**



**274 HANNAH:** Immaculate brick home with sod landscaping, sprinklers in front and back yard, sparkling pool with extra-large back covered porch. Inside, find a perfect home with beautiful fireplace. No carpets. Tile and vinyl flooring. Fabulous kitchen with large separate bar with double deep sinks. Appliances stainless and black trim. Separate formal dining as well as eat-in kitchen to look out over the pool area. Mostly 2-inch blinds that will remain with the home. Double marble sinks in the master bath with a great Jacuzzi tub. **DEBBIE SUNBROCK 406-9079**

**\$92,500**



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

## NEW CONSTRUCTION



**248 JASMINE ~ \$152,500:** Low energy windows, hardwood in kitchen, foyer and grandroom, 2" faux wood blinds, 3 BR/2 BA, be the first owner. (Maple Leaf Plan) Owner is licensed residential home builder and Realtor in the state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**

## NEW CONSTRUCTION



**113 BROOKE ~ \$267,750:** 4 BR/3 BA, very convenient to Falkner Gate. Owner is licensed residential home builder and Realtor in the state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**

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From 11 a.m.-1 p.m. at the Old Rawls Warehouse (201 N. Main St.), Century 21 will host the characters of the "Wizard of Oz," and kids can travel down the Yellow Brick Road for a chance to win a cupcake!!

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**3363 AUGUSTA**  
Great 4 bedroom home, very unique. Two living rooms, great entryway. 25'x25' building outside with window air conditioning and electrically makes a great work shop. Pavilion has a Jacuzzi to enjoy your evenings. Great wraparound covered porch and the oversized two-car garage has two garage doors and plenty space with built-in shelves. This property offers a big yard and plenty of opportunity and is located just 3 minutes from Fort Rucker. **NICOLE ANNICELLI 464-0782**

## NEW LISTING! 5+/- ACRES



**3965 CR 655:** 5 +/- acres with lovely 3 BR/2 BA home with large den, living room, large laundry room. Above-ground pool, large deck with hot tub. Barn, workshop, outbuildings, cover for camper. Great place to live. **ANGIE GOODMAN 464-7869**

## REDUCED! 20+/- ACRES



**3384 HWY 105 ~ \$329,000:** Awesome home has 4 BR/3 BA and a covered patio for outdoor entertaining, a three-car garage and over 2,430 sq. ft. of heated and cooled living space. Fresh interior with neutral paint lends itself to your personal touches. Peaceful country living on 20 +/- acres located in the George W. Long school zone. **JAN SAWYER 406-2393**

## REDUCED!



**104 EDINBURG ~ \$198,500:** Quality family home! If your family needs more room, consider this spacious home. Plenty of TLC is reflected in the 4 BR/3.5 BA home featuring two living areas, two dining areas, shady landscaped lot, fenced back yard, covered front porch and a two-car garage. Large detached workshop/garage with roll-up door provides space for extra vehicle parking, storage or hobbies. **PAT LEGETT 406-7653**

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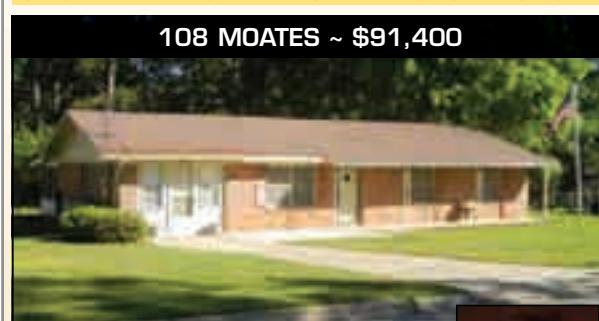
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**108 MOATES ~ \$91,400**

**MOVE-IN READY.** 3BR/2BA located near Enterprise State Junior College, Pinedale Elementary School, churches, shopping and more. Over 1,500 sq. ft. with newer oven, kitchen vinyl, and water heater. A/C replaced in 2010. Screened in porch and inside laundry room are two more bonuses for this home. This property has been a reliable rental for several years. Come make it your first place! Do you have children attending ESJC? Stop paying rent with this great investment.

**Directions:** From E. Park toward BWC turn right on Becky Ln, left on Averett. Follow Averett around curve to first right which is Moates. House is on right.

## MEET OUR AGENTS of the month

### SEPTEMBER TOP LISTER



**JUDY DUNN**  
**301-5656**

### SEPTEMBER TOP SELLER

**MAGGIE HAAS**  
**389-0011**





# 4-6th ARS deploys to South Korea

By Staff Sgt. Bryan Lewis  
16th Combat Aviation Brigade

JOINT BASE LEWIS-MC-CHORD, Wash. — The main body of the 4-6th Attack Reconnaissance Squadron, 16th Combat Aviation Brigade, rounded up its remaining Soldiers and took off Sept. 24 for a nine-month rotational deployment to South Korea.

About 380 Soldiers will link up with their equipment, to include 30 OH-58D Kiowa Warrior helicopters, in support of the defense of the Korean peninsula.

Maj. Gen. Stephen R. Lanza, 7th Infantry Division commander, said that 4-6th ARS will operate in support of the 2nd Combat Aviation Brigade, 2nd Infantry Division, U.S. 8th Army.

“The task for the 4-6th Redcatchers is clear ... deploy a trained and combat-ready force to the Republic of Korea,” said Col. Paul A. Mele, 16th CAB commander. “The 4-6th will then enhance the ROK and U.S. combined forces by increasing the capability for reconnaissance, security

and deterrence.”

The squadron’s return to the Korean peninsula after a five-year absence marks them as the first rotational unit in the Army’s focus to rebalance the Pacific.

“We are the first battalion-level unit in the Army to exercise the rotation of forces concept. We are literally the tip of the spear and for good reason,” said Lt. Col. Brian T. Watkins, 4-6th ARS commander.

Soldiers and their Families gathered for one final time in the early morning of their departure day at the Redcatcher hangar on Gray Army Airfield. The hangar was lined with bags, rolled-up guidons, and cavalry Stetsons as Families and friends embraced for the final time.

“The support of our Families has always been outstanding through any event or mission that we’re apart of,” said Command Sgt. Maj. Stanley W. Williams, 4-6th ARS command sergeant major. “We couldn’t do what we do without them, and with a strong FRG [Family Readiness Group] program set up, we will continue to have one of the strongest teams in the

Army.”

After final embraces from Families and final checks from their leaders, Soldiers exited their hangar and loaded buses with a mindset of what would lie before them.

“Led by servant leaders and so full of esprit do corps, these professionals will show the way for additional rotational forces,” Mele said. “Their performance will develop trust with our allies and partners, proving that rotational units do indeed equal trained and lethal combat-ready forces.”

The squadron will uncase its colors at Camp Humphreys where it will set the tone for follow-on units.

“Before you today are the best trained Soldiers and most cohesive squadron team I have served with in my 18-year career,” Watkins said. “I have complete faith in the ability of our Soldiers to take on the challenges we will face during this deployment.”

After their rotation to South Korea, 4-6th ARS will return to Joint Base Lewis-McChord and the 16th CAB, however, its Kiowa helicopters will remain in South Korea for follow-on units.



PHOTO BY STAFF SGT. BRYAN LEWIS

Soldiers and Families from 4-6th Attack Reconnaissance Squadron, 16th Combat Aviation Brigade say final goodbyes Sept. 24 at the 4-6th ARS hangar on Gray Army Airfield prior to the main body rollout for a nine-month deployment to South Korea.



PHOTO BY CAPT. PETER SMEDBERG

## ON A MISSION

AH-64 Apache helicopters depart Forward Operating Base Fenty in Afghanistan’s Nangarhar province Oct. 3 to continue a security and reconnaissance mission.

# A night on a mountaintop in Afghanistan

By Staff Sgt. Jerry Saslav  
129th Mobile Public Affairs Detachment

NANGAHAR PROVINCE, Afghanistan — A squad of Soldiers and their Afghan interpreter gathered in the darkness outside of a building on Forward Operating Base Torkham in late September.

Their mission was simple: climb a nearby mountain where the forward operating base is operating an observation post, link up with the Afghan Security Group personnel manning the observation post and partner with them to guard the base through the night.

“We set [up] our security [element], just to see what they see,” said the squad leader, Staff Sgt. Shelby Johnson, C Company, 2nd Battalion, 30th Infantry Regiment, 4th Brigade Combat Team, 10th Mountain Division (Light Infantry), “(and) also [to] build some rapport with the ASG as well.”

The Soldiers started out at a moderate pace and the bright, nearly full, moon in the cloudless sky meant that the Soldiers did not need their night vision devices.

“The climb’s not the best,” said Pfc. Justin Singleton, an infantryman from Deland, Fla., “but we do what we got to do.”

Singleton was not alone in his thinking. “That walk is a beast, especially in full kit (body armor, ammo, water, etc.),” said Sgt. Michael Peterson, an infantryman, “You’ve got Singleton carrying the 240 (machine gun), you’ve got Snook being his [assistant] ... he’s got [his ammo] on his back, plus whatever else he had to bring. That walk is definitely a killer.”

The men made their way up the mountain in silence. Every Soldier learns in basic training that sounds carries farther at night. Every now and then the Soldiers stopped for a few minutes of rest. They still had a long night ahead of them.

When the men approached the observation post, the ASG personnel took notice. The Sol-



PHOTO BY STAFF SGT. JERRY SASLAV

Pfc. Justin Singleton, an infantryman with 2nd squad, 3rd Platoon, C Company, 2nd Battalion, 30th Infantry Regiment, 4th Brigade Combat Team, 10th Mountain Division, and a native of Deland, Fla., surveys the surrounding area before heading down the mountain after spending the night on a night observation post on Forward Operating Base Torkham, in Nangahar Province, Afghanistan, Sept. 27.

diers hadn’t told the ASG they were coming.

“As we were coming up, they were calling out to us,” said Johnson, a native of Alex, Okla. “Our [interpreter] said, ‘friendlies coming up.’”

After reaching the summit of the mountain, the Soldier’s quickly and quietly took up their position. The squad’s machine gun was set up, as well as their night vision equipment.

While this was happening, Johnson, his translator and an ASG Soldier talked in hushed whispers, updating each other on what had been seen in the surrounding area.

“You have to maintain noise and light discipline,” said Peterson, a native of Winder, Ga., “You don’t want anybody to know that you’re up there.”

Peterson had carried some snacks for his

men, as well as the ASG. He passed these out. The ASG brought out chilled water for the Soldiers.

Johnson and Peterson went to the back of the OP to fine tune the night’s mission with the new information. His machine gun set up, Singleton, with the help of the translator, talked to one of the ASG.

“Has he ever been to another country,” asked Singleton?

“He has been to Pakistan,” replied the interpreter for the ASG man.

“Are there a lot of snakes and bugs up here,” asked Singleton?

“More scorpions than snakes,” answered the ASG man.

# 1st Army, Guard add UAS capability as deployment tool

By Capt. Clay Murray  
and Capt. Michael Cabic  
3-315th Engineer Battalion,  
158th Infantry Brigade

CAMP SHELBY, Mississippi – Getting a clearer picture of the enemy helps Soldiers more effectively accomplish their mission, and Army National Guard Soldiers deploying through the Camp Shelby Joint Forces Training Center have a new intelligence tool to help get that picture.

Dubbed the Company Intelligence Support Team workstation, Soldiers have access to a One-Station Remote Viewing Terminal, a Tactical Ground Reporting system and other tools to better assess their environment and keep Soldiers safer.

“Our new COIST workstation has proven to be extremely valuable as a way to reinforce the Intelligence Warfighting Function at the company level,” said Lt. Col. Chris Kuhn, commander of the 3-315th Engineer Battalion, 1st Army Division East. Kuhn’s Soldiers oversee training on the COIST system. “We can do an initial analysis based on the last 30 days of significant activities and add in new data into the workstation for the current situation.”

First Army Division East partners with Army Reserve and National Guard leaders to advise, assist and train reserve-component units to support overseas military operations. Observer-controller/trainer strive to ensure mobilization training is relevant, realistic and reflects the most current conditions Soldiers will face in theater.

The COIST workstation, introduced in March by the Camp Shelby-based 3-315th Engineer Battalion, 158th Infantry Brigade, 1st Army Division East, can also access real-time aerial reconnaissance video feeds from a RQ-7B Shadow unmanned aircraft system.

“A UAS feed gives units patrol overwatch (for convoys),” said Sgt. 1st Class Jason Thomas, a senior counter-improvised



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# UAS: Shadow can remain aloft for 6 hours of flight



PHOTO BY SPC. ANDREW INGRAM

Spc. John Vance, UAS mechanic, and Spc. Luke North and Spc. Adam Carpio, UAS operators all assigned to A Co., 1st Special Troops Battalion, 1st BCT, 4th Inf. Div., mount an RQ-7B Shadow 200 UAS onto its launcher prior to a training mission at Camp Buehring, Kuwait.

Continued from Page B1

explosive devices observer-controller and trainer at Camp Shelby. “This is crucial for early warning of threats. Intelligence teams are able to communicate with the UAS operator and the convoy patrol leader.”

The remotely-piloted RQ-7B Shadow is used by the Army and Marine Corps for reconnaissance, surveillance, target acquisition and battle-damage assessment. The Shadow has a 14-foot wingspan and can stay aloft for up to six hours of flight.

Based on all the information pre-posted in the COIST workstation, intelligence teams can quickly synthesize the information into a complete intelligence brief that describes terrain and weather effects as well as enemy forces and tactics.

Operators at the UAS Regional Flight Center also benefit from 1st Army coordinated CIED training.

“Mission planning with ground units is often absent from UAS operators’ training at Camp Shelby,” said Maj. Jay Lovelady, former officer in charge of the Mississippi Army National Guard UAS Regional Flight Center located at Camp Shelby. “Providing 1st Army our UAS coverage at Camp Shelby is a perfect opportunity for our UAS operators to get more realistic training.”

Overall, the introduction of COIST into CIED training reinforces the importance of intelligence in company operations, which pushes the unit to a higher state of readiness earlier in their training at Camp Shelby, he said.

# Night: Surveillance invaluable to battlefield security

Continued from Page B1

“Oh man,” said Singleton. “Do you like scorpions?”

“No,” replied the ASG man.

“Me neither,” said Singleton.

Both men softly laughed in the darkness.

For Singleton, who is on his first deployment, this is one of the few chances he has to interact with Afghans.

“You get to talk to the guards up here. You get to know a little bit of their culture,” said Singleton, “[you learn] their perspective ... how they live their lives [and] take risks doing this job.”

The men split up into two groups: one group would try to sleep nearby while the other kept watch. Sometime during the night, the groups would switch places, ensuring that a fresh set of eyes were always scanning the area. The Afghan interpreter stayed with the Soldiers on duty. The ASG men kept watch with those on duty.

As Singleton manned his machine gun, Spc. Hoang Ngyun, an infantryman, scanned the surrounding mountain ridges and

valleys and Peterson sat nearby, using an earpiece to monitor the radio.

“You look around,” said Ngyun, a native of Westminster, Calif. “If you see anything suspicious, you use [the enhanced night vision optical telescope].”

For hours the Soldiers sat in the darkness and scanned the area. Talking was kept to the bare minimum. The silence was broken by dogs from some nearby dwellings who would occasionally bark. Every time this happened the Soldiers would use their night vision devices to scan the area where the noise came from.

Eventually it was time to change groups. Johnson was awakened and briefed by Peterson, then fellow infantrymen Spc. Robert Snook, a native of Owosso, Mich., and Spc. Dali Carrillo, a native of Winston Salem, N.C., the rest of Johnson’s team, were awakened. Peterson, Ngyun and Singleton, went to try and grab a few hours of sleep on the ground nearby.

For a while the routine remained the same, and then every-

thing changed as the sun began to rise and people began to move about the surrounding area. If the Soldiers or their ASG counterparts stood up they could be seen by people traveling on nearby roads or mountains.

“What type of vehicle is it?” asked Johnson, when a vehicle traveling toward them on the road below began to slow down.

“Some type of van,” replied Snook as he looked through a pair of binoculars.

Snook kept watching the vehicle, making sure that its occupants were looking at the road and not looking up in their direction. The vehicle had slowed because there was a deep dip in the road. As soon as it was past the dip, it accelerated and continued on its way.

This was how the Soldiers spent their last hour-and-a-half on the mountain top. As they packed up their equipment and began to move back down the mountain, one of the ASG men called Johnson over.

On a nearby mountain ridge there was a lone figure slowly moving in their direction. For

about a half hour, Johnson and the ASG man looked through their binoculars at the figure. They were trying to determine if he had a weapon, maybe a pair of binoculars and was trying to gather intelligence on their position for a future attack, or maybe he had climbed that mountain top to see the sunrise. Johnson’s position was between the figure and the sun.

Eventually other assets were able to observe the figure and it was determined that he was a not a threat to the outpost or its men.

Johnson was pleased, not only because the ASG had notified him of the figure on the nearby moun-

tain top, but also that he and his men may have been seen.

“Hopefully, identifying that guy possibly stopped something that could have happened,” said Johnson. “It also lets them [anyone who may be watching the outpost] know that we’re not just relying on the ASG for security. We can pop up anywhere at any time.”

There was one thing left to do before Johnson and his men could grab a few hours of sleep before they had to head out on another mission, they had to walk down the mountain.



“It’s just as bad as going up,” said Johnson.

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OCTOBER 17, 2013

# HALLOWEEN

## Family, frightening fun for all

By Sara E. Martin  
Army Flier Staff Writer

A host of Halloween activities are scheduled for this chilling, yet lively, season around post.

Fort Rucker has a diverse community, and event organizers always want to offer something everyone can enjoy. Whether patrons are civilians or military, everyone will be able to find something to do with the many activities planned for this holiday season, according to Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director.

"We are very proud to be able to share with the entire Wiregrass community the experiences of what all (DFMWR) has to offer with the many programs planned," she said. "From spooky fun at the Monster Bowl, to a more frightening experience with Frite Nite at the riding stables, to the more Family-fun Children's Fall Festival, I think we have something everyone can enjoy."

The Fort Rucker Riding Stables will offer up thrills with Frite Nite Friday and Saturday from 7-11 p.m. Admission is \$12 a person, cash only.

The trail is geared towards ages 12 and older. This year's designs are the Trail of Horror, Crazy Clown Shack and the Barn of Screams, which organizers promise is not like any other.

"Those who love to be scared will receive the adrenaline that they are looking for at this event," said Aida L. Diaz-Carter, riding stables business manager.

The "victims" will start with a short trailer ride to the entrance of the Trail of Horror, which will lead them into the Cemetery of the Dead, then into the Crazy Clown Shack and finally making their way into the Barn of Screams, said Diaz-Carter, adding that her favorite part is watching people run frantically screaming out of the Barn of Screams.

This year, drinks, chips and barbeque sandwiches will be on sale for an additional cost. Better Opportunities for Single Soldiers will be collecting canned goods both nights. Everyone is encouraged to bring a canned good with them.

"We will have a palm reader in a special tent for anyone that is curious about the past, present or future. People need to come prepared for the fright of their lives," said Diaz-Carter. "With that said, if they cannot continue to the end, there are no refunds."

The trail is a walking event and people are encouraged to wear closed-toed, comfortable shoes.

"Although running is not recommended, there may be an area or two that they won't be able to help themselves. We also encourage everyone to dress for the weather, because they will be walking through haunted trails with dust, dirt and debris."

The stables also offer up Family fun with the Children's Fall Festival Saturday from 11 a.m. to 1 p.m.



PHOTOS BY NATHAN PFAU

Parents and children laugh and scream during the BOSS Haunted House last year. BOSS Soldiers this year have volunteered their time to enhance Frite Nite with a canned food drive. Patrons are asked to bring a canned food item for donation.



Geniah Adamson, military Family member, gets her face painted by Patsy Scarbrough, volunteer, during the Children's Fall Festival at the Fort Rucker Riding Stables last year.

"Since we put on Frite Nite, we want to also provide entertainment and activities for the under 12 age group," said Diaz-Carter. "This is a great time for the younger children to come out and ride the pony or horses; play carnival-type games, where of course everyone is a winner; eat cotton candy; jump in the bouncy houses; ride a train and wear their costume."

The Landing will have hot-dogs, chips and cold drinks on-site for an additional cost.

Only cash will be accepted at the event, where children can participate in the activities for tickets – each ticket costs \$1.

"Last year we had Families come out dressed in theme. That was so great to see. So this year we will continue and have a costume contest for children," added Diaz-Carter. "There will

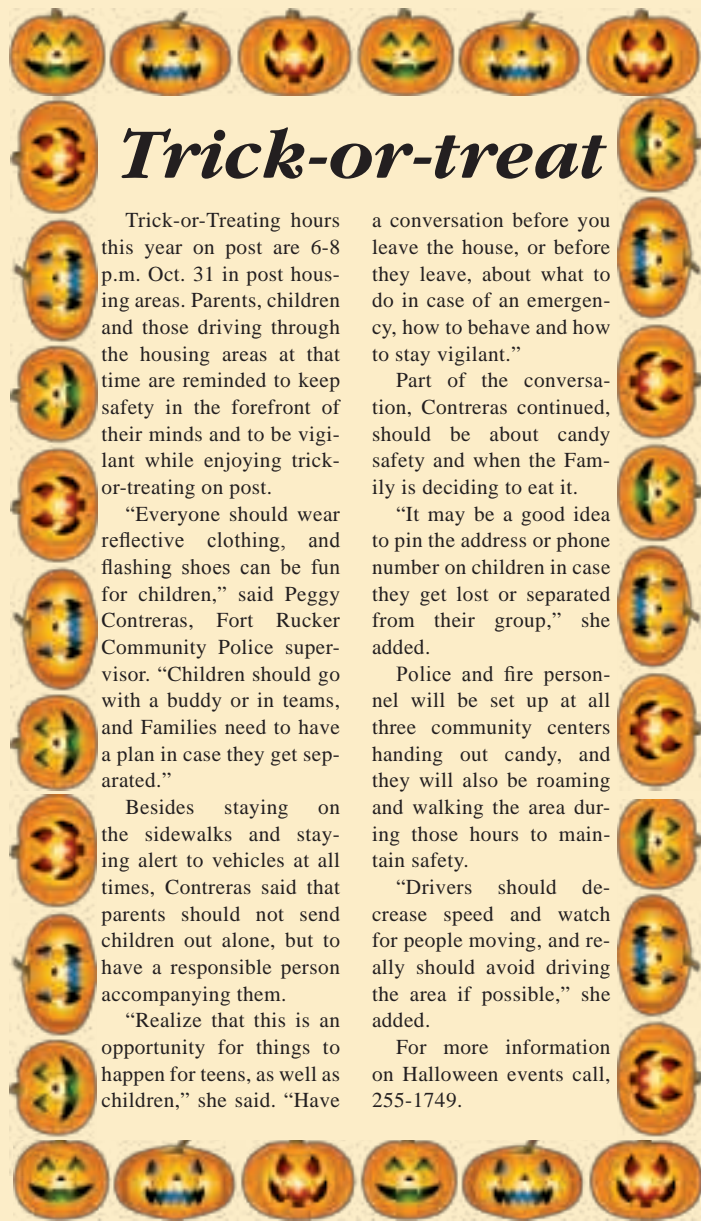
be a special performance by members of the Enterprise State Community College Entertainers, too."

Also Family oriented, Rucker Lanes will host a Monster Bowl Oct. 26 from 8 p.m. to midnight. Adults and children are encouraged to come in costume for an unlimited night of bowling.

Each lane costs \$50 and includes up to six people. Lanes include shoes, a 16-inch one-topping pizza, a pitcher of soda or tea, and a bowl of chips and salsa.

"We have new lanes and new lighting," said Melissa Prichard, assistant manager. "It's a great time for a Family night out, because it promotes Family time and it is something different for everyone to do besides just trick-or-treating."

The scariest run of the year,



## Trick-or-treat

Trick-or-Treating hours this year on post are 6-8 p.m. Oct. 31 in post housing areas. Parents, children and those driving through the housing areas at that time are reminded to keep safety in the forefront of their minds and to be vigilant while enjoying trick-or-treating on post.

"Everyone should wear reflective clothing, and flashing shoes can be fun for children," said Peggy Contreras, Fort Rucker Community Police supervisor. "Children should go with a buddy or in teams, and Families need to have a plan in case they get separated."

Besides staying on the sidewalks and staying alert to vehicles at all times, Contreras said that parents should not send children out alone, but to have a responsible person accompanying them.

"Realize that this is an opportunity for things to happen for teens, as well as children," she said. "Have

a conversation before you leave the house, or before they leave, about what to do in case of an emergency, how to behave and how to stay vigilant."

Part of the conversation, Contreras continued, should be about candy safety and when the Family is deciding to eat it.

"It may be a good idea to pin the address or phone number on children in case they get lost or separated from their group," she added.

Police and fire personnel will be set up at all three community centers handing out candy, and they will also be roaming and walking the area during those hours to maintain safety.

"Drivers should decrease speed and watch for people moving, and really should avoid driving the area if possible," she added.

For more information on Halloween events call, 255-1749.

the Spooky 5k, will take place on post Oct. 26 at the Fortenberry-Colton Physical Fitness Center at 8 a.m.

There will be a fun run, costume contests and a gift card giveaway this year along with new running categories and awards. For more information on the run, call 255-2296.

"This is the kickoff for the fall events that can easily let weight gain creep up on a person," said

Lynn Avila, fitness programs coordinator. "Staying active like training for a run or just participating for fun will help in the battle of weight gain associated with the holiday season."

"This time of year depression rates rise, and any activity is counter active to this, but joining the run events, competitive or not, is a great way to stay active and meet new friends," she added.



# ON POST

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

### Newcomer’s Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30–10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

For more, call 255-3161 or 255-2887.

### Purple Day

October is Domestic Violence Awareness Month, and to help raise awareness the Purple Day campaign is ongoing as people wear purple on Fridays in October as a communitywide effort to recognize the collective responsibility to prevent all forms of domestic violence.

For more, call 255-9641.

### Frite Nite

The Fort Rucker Riding Stables hosts Frite Nite Friday and Saturday from 7-11 p.m., featuring the Haunted Trail and Barn of Screams. Tickets will be on sale for \$12 per person per night and can be purchased at Leisure Travel Services or the stables, and at the door the night of the event — only cash will be accepted the night of the event. Concessions will be available at the event for an additional cost. There will be strobe lights and fog machines present, and the event is not recommended for people that have seizures, asthma and anyone younger than 12. Children younger than 12 require parental supervision. This event is designed for older children and adults.

For more information, call 598-3384.

### Children’s Fall Festival

The Fort Rucker Riding Stables will host the Children’s Fall Festival Saturday from 11 a.m. to 1 p.m. There will be pony and horse rides, a bouncy house, train rides, carnival games and more. Children are welcome to wear Halloween costumes and enter into the costume contest. Food and beverages will also be available. Only cash will be accepted at the event. Cost is \$1 per ticket, with the price for each activity ranging from one to four tickets. This event is designed for children ages 12 and younger.

For more information, call 598-3384.

### Outdoor Yard Sale and Flea Market

The Directorate of Family, Morale, Welfare and Recreation will host an Outdoor Yard Sale and Flea Market Saturday from 8-11 a.m. at the Fort Rucker Festival Fields. The event provides the community the opportunity to buy used household items, clothes, electronics and more in a consolidated fashion.

For more information or to register, call 255-1749.

### Peanut Festival tickets

Peanut Festival tickets are being sold at Leisure Travel Services located at the Soldier Service Center, Bldg. 5700, Rm. 130 until Oct. 28. The 70th annual National Peanut Festival will be held Nov. 1-10 at the Peanut Festival Fairgrounds in Dothan. Prices are: general admission, \$7; ride strips (22 tickets per strip), \$12; mega pass (gate admission and armband for one night), \$25.

For more information, call 255-2997 or 255-9517.

### October EDGE! Programs

This month’s EDGE! activities include indoor swimming, wood



PHOTO BY SARA E. MARTIN

## Spooky 5K

A scene from last year’s Spooky 5K. The Fortenberry-Colton Physical Fitness Center will host this year’s Spooky 5K, 1-Mile Fun Run and Costume Contest Oct. 26 beginning at 9 a.m. Registration on the day of the event will begin at 7:30 a.m. and end at 8:45 a.m. at the Fortenberry-Colton Physical Fitness Center. Participants are encouraged to pre-register for this event. Forms are available at either physical fitness center. The fun run is free and open to all children and begins after the 5K is completed. Each fun run participant will receive a medal. There will be a costume contest with first place trophies for overall best costume, scariest costume, and most original costume for both adults and children categories. The costume contest is free to enter and will begin at 8 a.m. Cost for the run is \$20-25 per individual and \$120-160 for teams. For more information, call 255-2296.

burning, personalized pillow making, bowling and popcorn balls. EDGE! events cost \$5 per hour for children 6-10 years old and are free for children 11-18 years old. Activities occur every weekday from 4-5 p.m. A valid child, youth and schools registration is required for participation. Enrollment for all EDGE! activities is located at parent central services in the Soldier Service Center, Bldg. 5700, or online at [webtrac.mwr.army.mil/webtrac/ruckercyms.html](http://webtrac.mwr.army.mil/webtrac/ruckercyms.html).

For more information, call 255-0666 or 379-1363.

### Batting Cages’ new hours

The youth sports batting cages hours have changed to Tuesdays and Thursdays, 4-8 p.m.; Saturdays, 10 a.m. to 6 p.m.; and Sundays, 1-5 p.m. The cost is \$1 per token and the group rate is \$20 for unlimited pitches for one hour. For group rates, there must be a minimum of five people. People should schedule an appointment with the youth sports and fitness department.

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

### Family member resilience training

Army Community Service hosts its free Family member resilience training Monday and Tuesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The deadline to register is today. The Army recognizes the increased sacrifices that Family members make on a daily basis, so it designed its Family member resilience classes to provide the thinking skills and coping strategies Families need to meet and overcome life’s challenges. The classes focus on strengthening relationships, effective thinking strategies, building confidence and increasing people’s general well being.

For registration and childcare information, call 255-2382 or 255-3735.

### Halloween craft making

The Center Library will offer a Halloween craft-making activity Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Children are welcome to wear their Halloween costumes. Space is limited to the first 65 children registered.

To register or get more information, stop by or call the Center Library at 255-3885.

# DFMWR Spotlight

FORT RUCKER RIDING STABLES

FEATURING  
THE HAUNTED TRAIL HAIRIDE,  
CRAZY CLOWN SHACK  
AND THE BARN OF SCREAMS

OCT 18 & 19  
7 pm - 11 pm

QUESTIONS YOU MAY HAVE:

1. What's the recommended ages?  
Ages 12 and above. Children under 12 require parental supervision.
2. How long is the ride/tour?  
Each tour will last anywhere from 30-45 minutes.
3. How often does the ride/tour depart?  
Tours will depart every 6 minutes.
4. What time is the last tour?  
No later than 10:45 p.m.
5. Can people bring their pets?  
Sorry, no pets allowed.
6. Is there a lot of walking?  
Yes, this is a walking event. We recommend close-toed shoes.

TICKETS \$12

BOSS will be collecting non-perishable canned food items to support the Installation Food Locker Program.

Open to the Public  
Fort Rucker Riding Stables,  
(334) 598-3384

Fort Rucker MWR

ARMY

MWR



# Tinnitus: What the buzz is all about

**By Maj. Melissa Leccese**  
*Army Hearing Program Staff Officer*  
*U.S. Army Public Health Command*

Even if you are unfamiliar with the term tinnitus, many of you may have experienced this distracting ringing, buzzing, clicking, roaring or rushing sound in the ears at one time or another.

Tinnitus is not a disease; however, it is likely related to an underlying condition. The most common condition that tinnitus relates to is noise exposure, both work related and recreational. Other conditions that tinnitus may relate to include aging, ear or sinus infections, head or neck injury, heart or vascular disease, some medications, stress or fatigue.

An estimated 50 million Americans experience constant tinnitus. More than 16 million that suffer from tinnitus have

sought medical attention to find relief. Among veterans, tinnitus is the most common service-connected disability.

Tinnitus can interfere with ability to concentrate for short or long periods of time. It is most noticeable in quiet, not because the sound grows louder in this setting, but because the sound is more easily heard in a place where there is little sound competition. In severe cases, depression and insomnia plague the individual affected. Tinnitus can be a source of severe mental stress for some.

Despite ongoing research efforts, the exact cause of tinnitus is unclear. Tinnitus that is related to noise exposure is believed to be the result of damage or stress to cells in the inner ear. These cells are known as hair cells because of the hair-like projections that are attached to these cells. Hair cells play an important role in

the hearing process and damage results in damaged hearing.

Because noise-induced hearing loss is often related to tinnitus, any measures taken to limit hazardous levels of noise will help prevent tinnitus. In pre-existing cases, these protective measures will prevent tinnitus from worsening. Turning down the volume or moving away from the noise is a wise noise-limiting practice. Use hearing protection in situations where noise levels cannot be limited.

There is no cure for tinnitus, but there are many treatments and treatment programs available that help some individuals cope with and manage this condition.

- Counseling programs exist for individuals as well as for groups that assist in changing reactions toward the tinnitus. A primary goal is to facilitate relaxation by decreasing awareness

- of the tinnitus.
- Individuals that have hearing loss in conjunction with the tinnitus may find treatment for both by using hearing aids. Hearing aids amplify speech and environmental sounds, which often makes the tinnitus less noticeable.
- Sound generators facilitate relaxation and sleep. These devices produce gentle, repetitive, soothing sounds such as waterfalls or soft music. Some sound generators can even be worn in the ear and are used as part of tinnitus retraining therapy.

Now that you know what the buzz is all about, you can make wise choices to prevent this troubling condition from happening to you. For those who are already experiencing tinnitus, there is help available in several different forms.



PHOTO BY SARA E. MARTIN

## Pick-of-the-litter

Meet Bagheera, a 6-month-old male available for adoption at the Fort Rucker stray facility. He is shy around new people but wants to be in people's laps once he is comfortable. He plays well with other cats. It costs \$80 to adopt Bagheera and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. 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.

## Religious Services

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

### HEADQUARTERS CHAPEL, BLDG. 109

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

### MAIN POST CHAPEL, BLDG. 8940

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

### WINGS CHAPEL, BLDG. 6036

9:30 a.m. Protestant Sunday School

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

### SPIRITUAL LIFE CENTER, BLDG. 8939

9:30 a.m. Protestant Sunday School  
10:45 a.m. CCD (except during summer months).

### BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday  
11 a.m. Above the Best Bible Study, Yano Hall, Wednesday  
10 a.m. and 6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday  
Noon Adult Bible Study, Soldier Service Center, Wednesday

5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Tuesday  
6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday

### MOTHERS OF PRESCHOOLERS

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

### PROTESTANT MEN OF THE CHAPEL

PMOC meets the first Saturday of each month in the Fort Rucker Spiritual Life Center

from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

### Protestant Women of the Chapel

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

For more information, call 255-9894.

### Military Council of Catholic Women

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

For more information, call 255-9894.

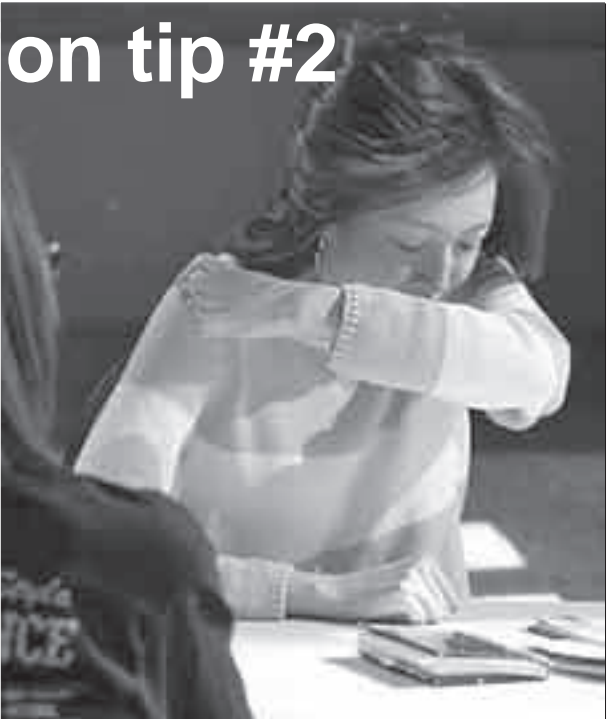
### Catholic Adult Fellowship

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

## Prevention tip #2

Cough or sneeze into your elbow, thus covering your nose and mouth to avoid spreading cold

Health bulletin



## Post housing questions?

Visit Picerne Military Housing at  
[www.ruckerpicerne.com](http://www.ruckerpicerne.com)

# Church Directory

*"Be ye followers of me, even as I also am of Christ."*  
**1 Corinthians 11:1**

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

*"Small things done with great love will change the world"*  
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8:45AM & 11:00AM  
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5:45PM  
Sunday School  
10:00AM  
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Office: 334-347-3467  
cfumc@adelphia.net  
Prayer Line (24 Hours) 334-393-7509

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



# Landmark Park hosts quilt show



PHOTO COURTESY OF ALABAMA TOURISM DEPARTMENT  
Linda West offers a quilting demonstration at last year's show.]

**By Laura Stakelum**  
*Landmark Park Public Relations Director*

The Landmark Park Quilt Show celebrates its fifth anniversary Oct. 25-27 in conjunction with the Wiregrass Heritage Festival in the Stokes Activity Barn.

More than 150 quilts entered last year's juried show, as well as a non-juried exhibit of antique and contemporary quilts. This year's theme is Friendship Tea.

A special exhibit of Friendship Quilts will be on display at the show. Friendship quilts are made of blocks from the same or similar patterns signed by friends or family. These quilts were given to someone as a token of friend-

ship and a tangible reminder of the love and support of others.

Sewing- and quilt-related vendors will also be at the Landmark Park Quilt Show, plus, a silent auction will take place Oct. 26 during the Wiregrass Heritage Festival.

Admission to the quilt show is free with paid gate admission (\$4 for adults and \$3 for children on Friday and Sunday; \$8 for adults, \$6 for seniors and active military, \$4 for kids on Saturday. Free every day for park members).

Landmark Park is a 135-acre historical and natural science park located on U.S. Highway 431 North in Dothan.

For more information, contact the park at 794-3452.

## WIREGRASS COMMUNITY CALENDAR

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

### ANDALUSIA

**ONGOING** — The American Legion Post 80 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](http://www.andalusialegionpost80.org).

### DALEVILLE

**ONGOING** — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

**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, 598-1292 or 598-6211/379-9187.

### DOTHAN

**NOW THROUGH OCT. 31** — Dothan Area Botanical Gardens hosts its annual Scarecrows in the Gardens daily. Stroll through the gardens to see all the different scarecrows that have been created by local schools, civic organizations and local artists. The event is free and open to the public. For more information, call 793-3224 or visit [www.dabg.com](http://www.dabg.com).

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

**NOV. 7** — The Farm to Table Dinner will be held at Landmark Park in the barn. The meal will be a fine-dining experience using local ingredients. Cost is \$100 per person with limited seating. Call 794-3452 to reserve a ticket.

**NOV. 12-14, 19-21** — People can experience living and working on a Wiregrass farmstead in the early 1900s with hearth cooking, gardening and sewing, wood splitting, fire building and animal care at Landmark Park's Farm Living program. People will be divided into small groups in order to participate in the different workstations. This half-day program will conclude with lunch in the Waddell House. The fee is \$12 per person. For more information, visit [www.landmarkpark.com](http://www.landmarkpark.com).

**NOVEMBER** — November is retired military appreciation month at Landmark Park. Retired military who join Landmark Park during the month of November will receive \$10 off any membership level.

They will also get in free Nov. 9-11, receive a free ice cream cone on Nov. 16 and have a free digitarium planetarium program experience on Nov. 23. For more information, visit [www.landmarkpark.com](http://www.landmarkpark.com).

**NOV. 20-23** — Flagship Performing Arts Program presents "Seussical the Musical" at 7 p.m., and a special 2 p.m. matinee Nov. 23 at The Flagship Theatre. Tickets are \$11 for adults and \$9 for students, seniors and active-duty military. For more information, call 699-3524 or visit [www.theflagshiptheatre.com](http://www.theflagshiptheatre.com).

### ENTERPRISE

**ONGOING** — The American Legion Post 73 meets at the American Legion/Dor's Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church on Lee Street. For more information, call Post Commander Jerry Goodson at 347-5961 or 447-8507.

**ONGOING** — Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, on County Road 537, every third Tuesday of the month at 7 p.m. For more information, call Connie Hudson at 406-3077, Randy Black at 393-6499 or Bob Cooper 347-7076, or visit the VFW Post 6683 on Facebook.

**ONGOING** — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

**SATURDAY** — Habitat for Humanity of Coffee County will host its first-ever Heroes for Habitat 5k run and 1-Mile Fun Run downtown at the Trinity Bank parking lot. Participants are encouraged to dress up as superheroes. Registration and check-in will be at 6:30-7:45 a.m. The 5k run begins at 8 a.m., and the 1-Mile Fun Run begins at 8:30 a.m. Registration fee for individual adult with shirt is \$25, individual adult without shirt is \$20, individual youth with shirt is \$15, four-person team with shirt is \$80 and dog's competition is \$5. Pre-registration forms are available and may be dropped off at the following locations by Saturday: Gifts on the Hill, Anytime Fitness of Enterprise, Pink Poodle Boutique, Just Folk Coffeehouse and Love 2 Run. Walkers are welcome to participate. For more information, email [CoffeeCountyHabitatAL@gmail.com](mailto:CoffeeCountyHabitatAL@gmail.com) or

call 475-0616.

**SATURDAY** — The Emerging Young Leaders Wiregrass Community Summit will be held at Enterprise State Community College from 10 a.m. to 2 p.m. for boys and girls in grades 6-8. Lunch will be provided. Summit seeks to encourage, educate and empower young people in the area. This summit is part of Emerging Young Leaders, which seeks to impact the lives of middle school students by providing opportunities for leadership development, character building, education enrichment, bullying prevention, civic engagement and enhanced academic preparation. Parents and guardians are encouraged to participate in the Parental Involvement Workshops. Students should wear Sunday best attire. Register online by Saturday at [www.eylwiregrasscommunitysummit2013.eventbrite.com](http://www.eylwiregrasscommunitysummit2013.eventbrite.com) or by calling 718-3321.

**OCT. 26** — The 4th annual Spooky in the Park will be held at the recreational complex on Hwy 167 N. from 5-9 p.m. There will be a costume contest, food, haunted pavilions and more. The Fright Night 5k and Fun Run will be held at the complex at 9:15 p.m. Registration will close at 9 p.m. For more information, call 348-2684.

### 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 Veterans Chapter No. 99 meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. Chapter No. 99 maintains a DAV service office in the New Brockton Police station Each Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

**NOW THROUGH DEC. 15** — The New Brockton DAV Chapter No. 99 offers a college scholarship of \$500 to applicants who are the children of a U.S. military veteran who has fallen or been wounded, medically discharged honorably wounded veterans, or spouses of fallen Soldiers in the Global War on Terrorism. Applicants

may be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the DAV counselor office at the New Brockton Police Department at 202 South John Street, Tuesdays and Wednesdays 10 a.m. to noon. Deadline for applications is Dec. 15.

For more information, call 718-5707.

### OZARK

**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](http://www.das.ozarkcityschools.net).

### PINCKARD

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

### SAMSON

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

### TROY

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

### WIREGRASS AREA

**SATURDAY** — The Pride of Vernon Band's second annual Car Show and Bandtoberfest will be held from 8 a.m. to 3 p.m. in Wausau, Fla. Family friendly with festivities, vendors, live music, food and homemade goodies. Activities include face painting, inflatables and games.

**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, vendors, live band, bonfire, food, refreshments and more will 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

### PCB Seafood and Music Festival

The Panama City Beach Chamber of Commerce and the Florida Restaurant and Lodging Association host the 2013 Panama City Beach Seafood and Music Festival.

The festival will celebrate seafood, fishing, culinary arts, music, entertainment, arts and culture in Panama City Beach. The event will include a culinary experience, live entertainment, fishing tournaments, children activities, waterfront activities and educational opportunities.

The event is 5-8 p.m. today through Saturday at Aaron Bessant Park. Admission is \$15 a person.

The second annual Lionfish "Lion-Tamer" Dive Tournament and Deep Sea and Bay Fishing Tournament will be held in conjunction Saturday.

For more information, visit [www.visitpanamacitybeach.com/things-to-do/events](http://www.visitpanamacitybeach.com/things-to-do/events).

### Masquerade Gala

The Wright Foundation presents a fundraiser event, The Annual Gala, Friday from 6-11 p.m. at the Marianna Fla., National Guard Armory. The reception begins at 6 p.m. and dinner at 7 p.m.

Tickets are \$50 a person and are tax deductible. Tickets are available for purchase at the Marianna Chamber of Commerce.

For tickets or more information, call (850) 526-1600.

### 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](http://www.baypointwyndham.com)

### Cemetery Tour

Hauntings abound in Apalachicola Oct. 26 at the Historic Chestnut Street Cemetery on Hwy 98.

From 7-9 p.m. local history enthusiasts from the Apalachicola Area Historical Society will don the garb and take on the persona of several of the cemetery's more notable inhabitants to tell their tale of life in Apalachicola more than 100 years ago. For more information, visit [www.apalachicolahistoricalsociety.org](http://www.apalachicolahistoricalsociety.org).

### Haunted Trail

The Fourth annual Haunted Trail and Night Critters will be held at the Science and Discovery Center of Northwest Florida today through Saturday from 5-10:30 p.m. each night. Admission is \$5 per person.

There will be crafts, food, entertainment, activities, a costume contest and more. For more information, call (850) 769-6128.



# Army seeks to overcome depression stigma

By Ben Sherman  
Fort Sill Public Affairs

FORT SILL, Okla. – October is National Depression Awareness Month, with the theme, “The courage to seek help.”

The Army is calling on commanders and leaders to inform Soldiers, Family members and civilian personnel that depression is treatable, and help decrease the stigma associated with seeking treatment.

“We are trying to raise awareness regarding depression and encourage Soldiers and other people to seek help. It involves screening, with efforts to try and reduce the stigma associated with depression, so people will feel more comfortable about seeking help,” said David Dodd, clinical psychologist and deputy director of Fort Sill’s Behavioral Health program. “This year’s theme, ‘The courage to seek help,’ is good because it does take a fair amount of courage for people to make that initial contact and admit that they are feeling down or discouraged to the point of being depressed.”

Dodd said there are several aspects to the stigma that Soldiers face. The first is a personal or internal perception that most service members feel. When they seek out help and admit there is a problem, they feel that they are seen as weak or inadequate in some way.

“Nobody really likes that feeling. But even if they get beyond that aspect of it, there’s a stigma that is reinforced by the system, by people who don’t understand and have never experienced depression. Therefore they treat people differently. A lot of people in the military, instead of feeling depressed, express their feelings with anger, frustration and rage. It is more acceptable in the Army to be angry and irritable, and to yell at people than to be sad or depressed. That’s part of the system,” Dodd said.

He added that it is common for people to come to behavioral health seeking help, because they are finally so miserable they can’t function. Often a good friend or battle buddy has suggested they seek help.

“But then they go back to their units and somebody will say they are pathetic, weak, broken or whatever, and that is the other side of



COURTESY PHOTO

Help is available for people suffering from depression – call Lyster Behavioral Health Services at 255-7028.

the stigma. So battling depression and stigma should be a multi-level approach from different angles,” he said.

In addition to the behavioral health clinics here, Fort Sill now has a new resource to help deal with depression – the Army Wellness Center. Stephanie Ryan, the new AWC director, says the center takes a holistic approach to their services, focusing on the mind and body as a whole, through multiple disciplines.

“Our core disciplines are fitness, nutrition, stress management, healthcare, tobacco education and responsible drinking. And those multiple disciplines provide many opportunities to manage depression,” Ryan stated. “One of our six programs is stress management and our goal is to increase the number of clients who maintain healthy stress levels. That includes stress evaluation, stress management education classes and biofeedback – with one-on-one sessions with a health educator.”

Ryan explained that biofeedback evaluates a person’s stress levels using instruments that measure the body’s response to external factors. That information teaches a person how to become more in control of their body’s responses to

those factors.

“We use software that monitors your heart rate variability, and based on that we are able to determine what’s called your coherence level. A low coherence level would be a frustrated state, while a high coherence level would be a relaxed state. So it gives the patient a visual picture of what it looks like when they are stressed out, as opposed to being calm. It’s common for some people to be in a low coherence state and not even realize how stressed they are because they just think that’s just the way life is,” said Ryan. “It helps you learn to control what you can control and let go of the things that are beyond your control.”

Dodd said that behavioral health also uses biofeedback to provides information on what is going on biologically in a person’s body. When people have a stress response, it causes things that happen in their bodies.

“Some responses are due to acute stress, such as a threat – someone is trying to kill us, a near-fatal car accident or a dog is chasing us. And your body has that flight-or-fight response in order to get away. And that is natural. But some people develop a more chronic, high level of stress and it becomes so common that people aren’t even aware,” Dodd said. “So it’s not un-

common to put someone on the machine, and it shows they are not nearly as relaxed as they think they are. And that’s when we begin to educate them and train them to know how to relax and how they feel when they really relax. The biofeedback gives you data and information on how to develop a relaxed response. Once you can control that, you can implement it whenever you need to.”

Dodd said that using biofeedback doesn’t mean that when a person is being chased by a dog or someone is trying to hurt them that they won’t still have that response of fight or flight. It just helps a person be more in control so they can take their emotions down a notch when they want to. “It helps shift the control of my stress response from external to internal. In the biofeedback response, it is just one way of saying I can control my breathing, I can control my thinking and help get myself down to a somewhat mellow state,” he said.

“The wellness centers are the wave of the future across our country. It’s the way of determining how to prevent illnesses and maintain your health over time. Research says if you are mildly depressed one of the best things you can do is exercise. And so you may

not want to go into the wellness center and start with stress management, but you can go and work out. If you exercise regularly during the week, and do it week after week, that can actually modulate stress as well. So the wellness center focuses on those six core areas and it is a great place to start,” Ryan said.

But if someone is dealing with moderate or severe depression, they are well past the wellness stage. That’s when it is important to pay attention to the moods and behaviors of those around you.

“If someone you know, a Soldier, Family member or coworker, shows signs of severe depression and says that they don’t feel like living, you shouldn’t leave that person alone. You should go with them to get help. And if you have moderate or severe symptoms of depression for over two weeks, and it’s impairing your ability to function, then it’s probably time

to go get some help,” Dodd said. “You can get help anywhere at any time. Most behavioral health treatment is not done in behavioral health clinics, it’s done in primary care. So people don’t need to feel bad that they are going to be labeled or stigmatized.

“We have a system of referral that can put someone in the care of medical personnel. It used to be that you could only get help at behavioral health but now there’s help in every direction. You can go to the chaplain, you can go to your commander or you can go to your NCO. At every primary care visit for active duty Soldiers they do screenings to measure for depression, post-traumatic stress disorder and anxiety. The key is – if you have the courage, seek help somewhere.

If you or someone you know is dealing with depression, contact the Lyster Behavioral Health Services at 255-7028.

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# VA secretary warns of shutdown impact on vets

By Donna Miles  
American Forces Press Service

WASHINGTON—Veterans Affairs Secretary Eric K. Shinseki painted a dire picture of the impact of the government shutdown on benefits and services to veterans — from a slowdown in claims reviews to the threat of cancelled compensation checks to more than 5 million beneficiaries if funding isn't restored soon.

"All the effects ... are negative," Shinseki reported during testimony before the House Veterans Affairs Committee Oct. 9. "It is an impediment to VA's ability to deliver services and benefits that veterans have earned through their service."

VA's health care system continues to function under advance appropriations provided through fiscal 2014. This means all VA medical centers, clinics and other health services remain open for business as usual.

But cancellation of overtime payments when appropriations lapsed at midnight Sept. 30 has had an immediate impact on benefit claims reviews, Shinseki told the panel. This not only has stalled progress made in recent months toward eliminating the claims backlog, but actually increased it by about 2,000 claims, he reported.

"The shutdown directly threatens VA's ability to eliminate the backlog," he said. "We have lost ground we fought hard to take. Roughly 1,400 veterans a day are not receiving decisions on their disability claims due to the end of overtime."

If the impasse contin-

ues through late October, Shinseki said, claims processing for compensation, pension, education, vocational rehabilitation and employment benefits will be suspended.

"Once mandatory funds are depleted at the end of this month, nearly 5,600 veterans a day will not receive a decision on their disability claims," he said.

Meanwhile, Shinseki warned of more severe consequences in terms of programmed compensation benefits, pension payments and educational benefits if funding isn't approved soon.

"VA will not be able to assure delivery of [Nov. 1] checks to more than 5.18 million beneficiaries," who collectively are scheduled to receive \$6.25 billion in benefits, Shinseki said. This includes payments to more than 3.8 million veterans — some suffering the most severe disabilities — as well as more than 364,000 survivors and more than 1,200 children with birth defects and other conditions related to a parent's military service.

Pension payments, too, will stop for almost 315,000 veterans and more than 202,000 surviving spouses and family members if the shutdown continues into late October, he said.

A prolonged shutdown will also stop education benefits and living stipends under GI Bill programs for more than a half-million veterans and service members, he reported.

Shinseki said employee furloughs at VA already are affecting operations that directly support services and benefits for veterans.

Exhausting carryover funds that had sustained

the Veterans Benefits Administration through Oct. 8, VA furloughed more than 7,800 VBA employees, he said. That's on top of almost 2,800 employees from VA's Office of Information and Technology who were furloughed Oct. 1, Shinseki reported. In both cases, more than half of the furloughed VA employees are veterans themselves, he noted.

Shinseki told Congress that a piecemeal approach to restoring funding isn't the answer, because VA partners with so many other federal agencies to deliver veterans services.

He noted, for example, his department's work with the Labor Department to promote veterans jobs programs, and with the Department of Housing and Urban Development to end veteran homelessness.

VA has weathered government shutdowns in the past. But during the last one, in 1996, the United States was enjoying a sustained period of relative peace, Shinseki said.

"Today we are in the 13th year of war in Afghanistan, providing care and benefits to veterans of that war and the war in Iraq as well," he told the committee. "Members of this latest generation of veterans are enrolling in VA at a higher rate than ever before. They, along with the veterans of every preceding generation, will be harmed if the shutdown continues."

Shinseki urged Congress to resolve the fiscal impasse now, "so that VA and our federal partners on whom we have to rely to do our work can get back to work full-time, fulfilling President Lincoln's call to care for those who have borne the battle."



VA PHOTO

Eric K. Shinseki

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## Tips to quit tobacco

### Use the 5 Ds to help with urges

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

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Online sales at [www.nationalpeanutfestival.com](http://www.nationalpeanutfestival.com)  
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OCTOBER 17, 2013

RESILIENCE

Hunt benefits area wounded warriors

By Sara E. Martin  
Army Flier Staff Writer

The Wounded Warrior Fall Hunt enhanced the quality of life of Soldiers from the Southeast and even grew in both kills and participants despite being hindered by the government shutdown and summer furloughs.

Through local supportive sponsors, the fall hunt was deemed a success by participants and organizers alike, with one Soldier saying that the event helped him sleep, and another crediting it with his being able to better cope with post-traumatic stress.

CW3 Stuart Bennett, 1st Aviation Brigade, who uses the aid of his service dog, Jessie, to help him get through his workdays as well as his down time, said the hunt meant a lot to him because it enabled him to meet others like him.

“Being stationed here, I usually only see students, so it is nice to spend time and hunt with other wounded warriors,” he said. “To be here and hear the stories of the guys you are with helps you get through whatever you might be going through. It makes it easier for us to participate and have a good time.”

The title sponsor for the Wounded Warrior Fall Hunt was the Fort Rucker Thrift shop, which donated \$5,000 to the cause.

“The funding this year was really bad, so we were not able to have some of our bigger door prizes that we had last year,” said John Clancy, outdoor recreation and Lake Tholocco lodging program manager. “We have done really well as far as getting local people to sponsor the event. These local people really supported it while everyone is under budget constraints.”



PHOTO BY SARA E. MARTIN

SEE HUNT, PAGE D4

Retired CW3 Tony Vilardo is wrapped in a Quilt of Valor by volunteers during the Wounded Warrior Fall Hunt at West Beach Oct. 12.



FILE PHOTO

Gone fishing

Two fishermen participate in a previous fishing tournament on Lake Tholocco. Outdoor recreation will host a Two-Man Buddy Bass Tournament Oct. 26 from 6 a.m. to 2 p.m. at West Beach, Lake Tholocco. Entry fee is \$100 per two-man team. All entrants must have an Alabama State Fishing License, Fort Rucker Post fishing permit, and a Fort Rucker boater safety course completion card. There are only 25 slots available, so early sign ups are recommended. The top three weigh-in totals will receive a cash prize. Door prizes will also be rewarded, as well as a prize for the biggest fish. For more information, call 255-4305.

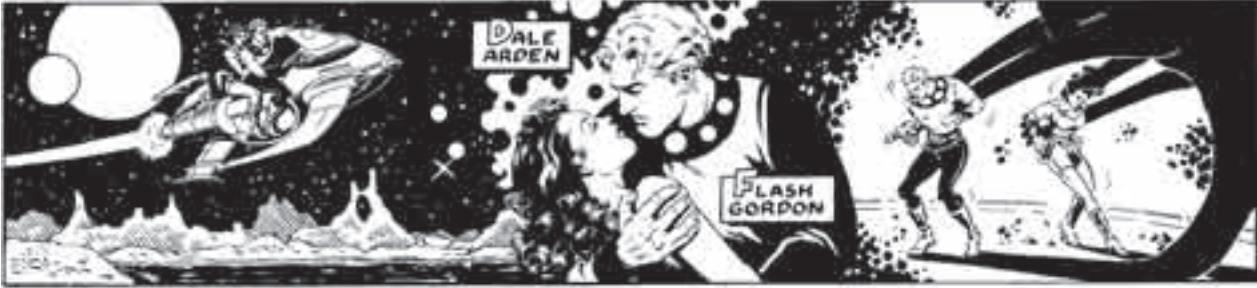
PIGSKIN PICKS



	Seattle vs. Arizona	Tampa Bay vs. Atlanta	Dallas vs. Philadelphia	New England vs. N.Y. Jets	Cincinnati vs. Detroit	Cleveland vs. Green Bay	Denver vs. Indianapolis
 Jim Hughes Public Affairs (26-16)							
 Brian Jackson DFMWR (24-18)							
 John McGee CDID (32-10)							
 Capt. Mike Simmons Directorate of Public Safety (27-15)							
 Sharon Storti Network Enterprise Center (25-17)							



# DOWN TIME



## Just Like Cats & Dogs

by Dave T. Phipps



## Trivia test

by Fifi Rodriguez

# T R I V I A

1. ANIMAL KINGDOM: What is a group of owls called?
2. U.S. STATES: In which state is the Adirondack Park located?
3. LANGUAGE: What is a pangram?
4. MOVIES: What movie contained the line "They're here"?
5. MEDICAL: What was Viagra originally developed to treat before it was used to combat erectile dysfunction?
6. GEOGRAPHY: In which country is the region of Lombardy located?
7. GAMES: The game of skittles closely represents what other game?
8. LITERATURE: How many stories are contained in "The Canterbury Tales"?
9. TELEVISION: On which show did the phrase "Sock it to me!" originate?
10. ADVERTISING SLOGANS: What company's advertising slogan is "Can you hear me now?"

See Page D4 for this week's answers.

## Super Crossword IN TWO

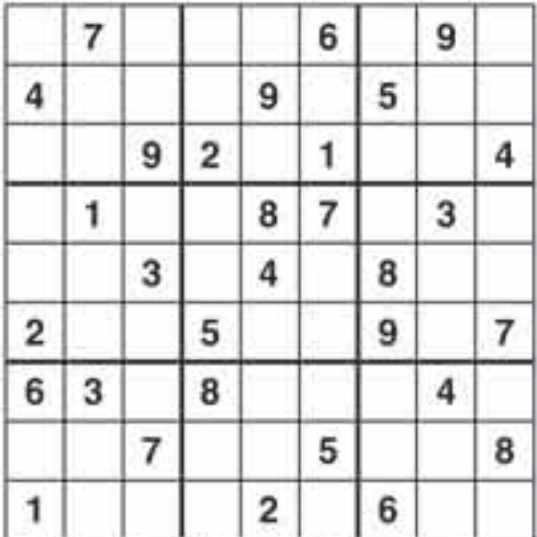
- ACROSS**
1. Edible gifts for teachers
  7. Quadri-times two
  11. Sudden gush
  16. Partners for pas
  19. Lead-in to "I can't hear you!"
  20. Corrida yells
  21. Quite severe
  22. ETs' carrier
  23. Philadelphia museum since 1824
  26. Flapper — Jon
  27. Tim or Tara of acting
  28. 1836 Texas siege target
  29. Morsel for an echidna
  30. The first "M" of MGM
  32. Suffix with west
  33. Chou En —
  34. They may result in amnesia
  38. Sounded like an explosion
  41. Surreptitious
  42. Picture prop
  43. Ross of pop
  45. Strong, lustrous fiber
  48. Habitation
  49. Not for
  52. Native Americans living along the Ottawa River
  56. Apollo's instrument
  57. Capitalize on
  58. Evening meal
  59. Letters before rhos
  60. In first place
  61. Song from "South Pacific"
  63. Turn to hit, in baseball
  66. Wax-winged flier of myth
  67. Base components of a dish
  71. Eddying
  74. "Bye-bye!"
  75. Stuck with a harpoon
  79. Beaker's kin
  80. Chiang — -shek
  81. Like very gory films
  84. Great pitcher
  85. Turns bad
  86. Get liberated
  90. Be in the red
  91. William of "Hopalong Cassidy"
  92. Banishes
  93. Al of Indy
  94. Rodeo rope
  96. Pay-to-stay place
  97. Start of a line by Juliet
  100. Line of Japanese sport bikes
  105. Round body
  106. Many a yuppie's deg.
  109. Molecule's makeup
  110. Go off — tangent
  111. Prod
  113. Santa — (not desert winds)
  114. Road goo
  115. Conditions of dermatitis
  120. Glass
  121. Church path
  122. Charles Lamb's pseudonym
  123. Clan cloth
  124. City trains
  125. Chest pictures, perhaps
  126. City in west Germany
  127. Collectible Ford cars
  3. Deli item with no toppings
  4. Alight
  5. Wild bugler
  6. Bow of respect
  7. The final Mrs. Chaplin
  8. Ascend
  9. Operatic male
  10. Horse cousin
  11. 8-Down, as a tree
  12. Singer
  13. Country south of Braz.
  14. String past O
  15. 1999 film with Albert Brooks and Sharon Stone
  16. Like onions
  17. In flames
  18. Recital highlights
  24. "Why would —?"
  25. Shadowed
  31. Up 'til
  33. Shylock
  35. P — "Peter"
  36. Bright colors
  37. Clogs up
  39. Lennon lover
  40. Faucet noise
  43. Finger-paint
  44. Rick's love in a classic film
  46. Hex- ender
  47. Desert illusion
  48. Voodoo land
  50. Munich Mrs.
  51. "Bill & — Excellent Adventure"
  53. State bird of California
  54. Curt — bed
  55. 2010 Apple release
  56. With 83-Down, terrier from Tibet
  60. Behaved like a bonehead
  62. "Did — something?"
  64. Take a shot
  65. Goat hangers?
  66. Using ink, as a signature
  68. See 95-Down
  69. No, in Essen
  70. Noble Italian family name
  71. Pickled haindo
  72. Snaillike
  73. They're turned on when one starts crying
  76. A kidnapper may write it
  77. "Behold!" to Brutus
  78. Elk's cousin
  82. Like emeriti: Abbr.
  83. See 56-Down
  86. Ray Charles' "I — Woman"
  87. Sea off Sicily
  88. Former senator Sam
  89. Detroit-to-Toronto dir.
  91. Large reed instrument
  95. With 68-Down, 1971 Neil Diamond hit
  96. Some navels
  98. Hotel unit
  99. Very fancy
  100. Courier of ABC News
  101. In any way
  102. "If — Had a Heart"
  103. Jiggly food
  104. From the top
  107. Mundane
  108. Clubs: Abbr.
  112. Fed of a sort
  113. Snootiness
  116. Dry white wine aperitif
  117. "This — test —"
  118. Short mo.
  119. Small bit



See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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See Page D4 for this week's answers.

# KID's CORNER

### Junior Whirl

by Hal Kaufman

**SIDE SHOW!** Someone wants to be visiting from the state of the future. (It is a little hard, isn't it?) Let's see, 1000 years from now we can fly, the entire house around. That is to say, we can fly the house in a second for transportation. (It's a little hard, isn't it?) Use if you can't puzzle it out by setting up house with toothpicks or paper clips.

**TIME TO THINK!** Two minutes.

**SAY WHAT!** Open this book to "A Visit from St. Nicholas" to read the poem. 1. The children were divided up by age in the poem. 2. The children were divided up by age in the poem. How about it now?

**HAD MISSING SUBJECT**

Let's adjust ourselves here, though you hardly can be blamed for turning away. Turn away from the sun. Draw lines on a compass with a ruler and a compass. (It's a little hard, isn't it?) Use if you can't puzzle it out by setting up house with toothpicks or paper clips.

**WANT TO GO!** Who knows the way to Grandmother's house? Get dressed, of course. Or does he? Take note of length above.

### Wishing Well

WITE SUGGEST! Riddling for apples — you can still write your teeth into the word game. Colored 1—Red, 2—Blue, 3—Yellow, 4—Green, 5—Purple, 6—Light green, 7—Dark green, 8—Black, 9—Blue.

**SPELLBINDER**

SCORE 10 points for using all the letters in the word below to form real complete words.

**PLATEFUL**

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

Try to score at least 10 points.

### Wishing Well

3	5	2	4	7	8	6	7	6	7	6	5	6
S	B	B	D	B	L	N	E	E	P	W	E	F
8	3	4	7	3	7	5	6	4	7	3	6	2
O	P	I	R	E	A	A	R	S	C	N	I	E
4	3	6	2	5	7	6	2	4	2	8	5	2
P	D	E	C	U	T	N	H	E	A	V	T	R
6	4	5	4	5	8	3	7	2	5	2	3	8
D	L	Y	I	E	E	W	I	N	T	I	S	
4	2	7	5	4	3	7	8	6	4	6	7	4
L	A	C	D	L	S	A	A	H	U	I	L	S
5	4	8	2	6	5	3	7	4	6	4	7	2
U	I	B	B	P	R	E	T	O	S	N	O	L
3	7	8	7	5	8	2	7	8	3	8	5	8
L	D	O	A	E	U	E	Y	N	Y	D	S	S

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

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### HOCUS-FOCUS

BY HENRY BOLTON

CAN YOU TRUST YOUR EYES? There are at least 10 differences in clothing items between the two children. Can you find them? Check answers with those below.

1. The boy is wearing a red shirt. The girl is wearing a blue shirt.  
2. The boy is wearing a red tie. The girl is wearing a blue tie.  
3. The boy is wearing a red jacket. The girl is wearing a blue jacket.  
4. The boy is wearing a red hat. The girl is wearing a blue hat.  
5. The boy is wearing a red scarf. The girl is wearing a blue scarf.  
6. The boy is wearing a red belt. The girl is wearing a blue belt.  
7. The boy is wearing a red bag. The girl is wearing a blue bag.  
8. The boy is wearing a red shoes. The girl is wearing a blue shoes.  
9. The boy is wearing a red socks. The girl is wearing a blue socks.  
10. The boy is wearing a red pants. The girl is wearing a blue pants.

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# Resilience story: From local ballpark player to all-Army champ

By Staff Sgt. Heather A. Denby  
4th Maneuver Enhancement Brigade  
Public Affairs

FORT LEONARD WOOD, Mo. – It didn’t take long for one 4th Maneuver Enhancement Brigade Soldier to elevate her softball game from playing at the local park to helping the 2013 All-Army Women’s Softball team successfully defend its armed forces softball championship title.

Spc. Tonya Martin, a military police Soldier with the 92nd Military Police Battalion, and her fellow team members, beat the U.S. Air Force with a score of 6-3 in their final game of the Armed Forces Softball Tournament at Fort Sill, Okla., Sept. 18.

Going into the championship game, the team was undefeated with a record of 8-0 – an impressive showing considering that the best players from the Army, Navy, Air Force and Marine Corps gathered to compete against each other in the five-day, round-robin annual event.

This was the first time the All-Army team won gold back-to-back since the 1996-1997 seasons.

“I’m a natural athlete – I play basketball, volleyball, anything really,” said Martin. “But softball is just what I love to do – I could play it year round.”

Martin, a three-year Army veteran and native of West Plains, Mo., joined Headquarters and Headquarters Detachment, 92nd Military Police Battalion, in May.

She said when she first came to the unit, she felt like she needed to prove herself at the workplace before pursuing an extra-curricular activity like softball.

But her performance at the local park left one senior enlisted Soldier thoroughly impressed, helping Martin take her game to a bigger stage in less than 40 days.

“I often visit the parks to watch the local softball teams play,” said Sgt. 1st Class Rob Bailey, an instructor at the U.S. Army Military Police School and previous coach of three national championship All-Army Women’s Softball teams. “A friend of mine came up to me and said that I really needed to see her play, and I’m glad that I did, because she’s one hell of a player.”



PHOTO BY STAFF SGT. HEATHER A. DENBY

Spc. Tonya Martin, a military police Soldier assigned to Headquarters and Headquarters Detachment, 92nd Military Police Battalion, poses with her 2013 Armed Forces Softball Tournament gold medal.

Bailey said that Martin was more than just an athlete, and that she has a Soldier’s drive to excel.

“As a coach, there are three things I tell (members of) my team that they should strive to represent: yourself, the unit, and the Black and Gold,” said Bailey. “With Tonya, it’s really apparent that she represents three for three. She is just the ideal Soldier athlete.”

After speaking with Martin, Bailey went to the 92nd Military Police Battalion leadership to gain approval for Martin to try out for the team.

“Sergeant First Class Bailey approached me about the talent level that Specialist Martin possessed,” said Command Sgt.

Maj. James Schultz, senior enlisted adviser of the 92nd Military Police Battalion. “He said that she stood a great chance of making the team and he speaks from experience. I think that it is important to allow Soldiers to embrace an opportunity to showcase their skills, especially when it represents not only the unit, but the Army very well.”

With her unit’s approval, Martin submitted her application to the All-Army team and was selected for a 24-Soldier squad. She left for camp Aug. 20. Three tournaments and several rounds of cuts later, she was still standing alongside 14 other Soldiers selected to advance. She and her team members practiced for up to eight

hours a day, in addition to playing double-header games and scrimmages.

“After the first week of camp, the coaches called me and said that they were surprised at the dedication and determination that she had shown on the field,” Bailey said. “She not only wanted to perform better, but she wanted to represent the team in the best way possible.”

The team earned the U.S. Specialty Sports Association Women’s North Atlantic National Championship All-Tournament Team with All-American’s Honors, and went on to play in the joint service round-robin tournament for best record wins.

After each tournament, the players were counseled on their performance and told whether or not they would continue through selection.

The day Martin was told she had made the team she also received a message informing her that her grandfather was about to pass away.

“It was the happiest moment for me, and yet it was very upsetting to hear that my time to spend with my grandfather was running out,” Martin said.

Martin decided to go home. “I told her that if she left she would have to be prepared to walk away for good or to come back with her game face on, prepared to win, because I knew she could do it,” said Bailey.

And she did. Two days later, Martin returned to the team as it prepared to defend its championship title.

The day the team won the championship game Martin’s grandfather passed away.

“I know that he would have wanted me at that game – he would have wanted me to be right where I was on that day, doing what I love,” said Martin.

Although her victory was bittersweet, Martin said she plans to go back to camp next year and play amongst the veterans on the 2014 All-Army Women’s Softball team.

She also decided to re-enlist in the Army, where she will continue to serve as an MP for the next three years – when she’s not at the local park playing ball.

## PIGSKIN PICKS



TCU vs. Oklahoma State

Florida vs. Missouri

Army vs. Temple

UCLA vs. Stanford

Arkansas vs. Alabama

USC vs. Notre Dame

FSU vs. Clemson

<b>David C. Agan Jr.</b> PAO (35-14)							
<b>Kent Anger,</b> DPTMS (37-12)							
<b>Wes Hamilton,</b> NEC (36-13)							
<b>Alex Tressler,</b> 1-11th AVN (31-18)							
<b>Tish Williamson,</b> USAACE (32-17)							

## SPORTS BRIEFS

### YOUTH BASKETBALL

Registration for youth sports fall basketball takes place now through Nov. 3. The cost is \$40. The teams will be broken down into five different age groups: Training League (6-8 year olds), PeeWee League (9-10 year olds), Minor League (11-12 year olds), Junior League (13-14 year olds) and Senior League (15-18 year olds). Children must have met age requirements by Sept. 1. A current sports physical and a valid child, youth and school services registration are required to play. Prospective coaches are needed for all age groups. There will be a parent’s meeting Nov. 5 at 6 p.m. at the youth service teen center gymnasium, Bldg.2800, Seventh Avenue.

For more information, call 255-2257 or 255-9638.

### BIG BUCK CONTEST

Outdoor recreation will host its annual Big Buck Contest Saturday through Jan. 31. The cost to enter is \$25. Registration is ongoing until Saturday. Participants must have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit, and a hunter education card.

For more information, call) 255-4305.

### 2-MAN BUDDY BASS TOURNAMENT

Outdoor recreation will host a Two-Man Buddy Bass Tournament Oct. 26 from 6 a.m. to 2 p.m. at West Beach, Lake Tholocco. Entry fee is \$100 per two-man team. All entrants must have an Alabama State Fishing License, Fort Rucker Post fishing permit, and a Fort Rucker boater safety course completion card. There are only 25 slots available, so early sign ups are recommended. The top three weigh-in totals will receive a cash prize. Door prizes will also be rewarded, as well as a prize for the biggest fish.

For more information, call 255-4305.

### SPOOKY 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Spooky 5K, 1-Mile Fun Run and Costume Contest Oct. 26 beginning at 9 a.m. Registration on the day of the event will begin at 7:30 a.m. and end at 8:45 a.m. at the Fortenberry-Colton Physical Fitness Center. Participants are encouraged to pre-register for this event. Forms are available at either physical fitness center. The fun run is free and open to all children and begins after the 5K is completed. Each fun run participant will receive a medal. There will be a costume contest with first place trophies for overall best costume, scariest costume, and most original costume for both adults and children categories. The costume contest is free to enter and will begin at 8 a.m. Cost for the run is \$20-25 per

individual and \$120-160 for teams.

For more information, call 255-2296.

### MONSTER BOWL

Rucker Lanes is hosting the annual Monster Bowl Oct. 26 from 8 p.m. to midnight. Cost is \$50 per lane and includes unlimited bowling for up to six people per lane, shoe rental, a 16-inch one-topping pizza, a pitcher of soda or sweet tea, and a bowl of tortilla chips and salsa. People are welcome to wear their costumes. Reservations are recommended.

For more information, call 255-9503.

### FALL DUATHLON

Fort Rucker is holding a fall duathlon Oct. 28 through Nov. 22 at the Fort Rucker Physical Fitness Center. The duathlon consists of a 2-mile run on a treadmill, followed by 8 miles on a stationary bike ride, and finishing with another 2-mile treadmill run. Participants may complete the duathlon during operating hours of the facility and may reserve the equipment one day prior to their participation in the event, if requested. Participants must be authorized to use the fitness center.

Pre-registration will take place Oct. 18-27 and costs \$15. Same-day registration will be \$17. All pre-registered competitors will receive a T-shirt. There is a no T-shirt option fee of \$5. Competitors registering after Oct. 27 will receive a T-shirt while supplies last. Pre-registration is highly recommended, but not required. Trophies will be awarded on or about Dec. 6 to the overall winner, as well as male and female master (40+) and grand master (50+). First place trophies, second- and third-place medallions will be awarded for the following age categories: 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, and 70 and up.

For more, call 255-2296 or 255-3794.

### WINTER GOLF INTRAMURALS

People can sign up now for the winter golf intramurals that begins Nov. 10 at Silver Wings Golf Course with a shotgun start at 1 p.m. Cost is \$10 as a one-time league fee per player (non-refundable) and \$10 cart fee per play, per outing -- \$5 for SWGC members. Prizes will be awarded at the end of the season to the teams with the highest points. To get started, people need to designate their team captain and put a roster together. Team captains should notify the golf course and provide Silver Wings with the roster and one-time league fee by Nov. 5.

For more information, call 598-2449.

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Thurs. Evening - Oct. 17 - 10:00 p.m. - Cin I & II  
I **CLOUDY WITH A CHANCE OF MEATBALLS 2 - IN 2D** - PG  
Mon - Fri: 7:10 & 9:10  
Sat & Sun: 2:10, 4:10, 7:10 & 9:10  
II **CARRIE - R**  
Mon - Fri: 7:00 & 9:00  
Sat & Sun: 2:00, 4:00, 7:00 & 9:00  
**WESTGATE CENTER**  
III **MACHETE KILLS - R**  
Mon - Fri: 7:00 & 9:00  
Sat & Sun: 2:00, 4:00, 7:00 & 9:00  
IV **WE'RE THE MILLERS - R**  
Mon - Fri: 7:00 & 9:15  
Sat & Sun: 2:00, 4:15, 7:00 & 9:15  
**COLLEGE CINEMA • ENTERPRISE**  
\$2.00 Upcharge for 3D  
Advance Showing - **ESCAPE PLAN - R**  
Thurs. Evening - Oct. 17 - 10:00 p.m.  
I **CAPTAIN PHILLIPS** - PG-13  
Mon - Fri: 9:00 & 9:30  
Sat. & Sun: 2:00, 4:30, 7:00 & 9:30  
II **CHRISTIAN'S CAROL**  
Mon - Thurs: 7:00 Only (not rated)  
**GRAVITY in 2D & 3D** - PG-13  
2D Fri: 9:00 • Sat & Sun: 4:00 & 9:00  
3D Fri: 7:00 • Sat & Sun: 2:00 & 7:00  
Mon-Thurs: 9:00 Only in 3D  
III **ESCAPE PLAN - R**  
Mon - Fri: 7:00 & 9:15 • Sat: 2:00, 4:15, 7:00 & 9:15



Video Game Spotlight >>

Adventure offers quality graphics, challenges



COURTESY SCREENSHOT

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.)

The Scribblenauts series has been lauded for the unique way it encourages gamers who play it to be creative. Gamers must draw or type their way through puzzles that range from easy to complex while enjoying the fun graphics and tremendous personality the game brings to the table. A good imagination, not quick trigger finger, is important. "Scribblenauts Unmasked: A DC Comics Adventure" more than doubles the fun by taking the Scribblenauts hero Maxwell (and his sister) and dumping them in the DC Comics universe. Once there, the duo's world-hopping globe gets shattered, releasing its energy into the hands of super-villains. Maxwell must team up with various super heroes from the DC Comics universe, starting with, of course, Batman. Gamers then use Maxwell's magic notebook to conjure up the various solutions and save the day.

A good portion of the puzzles re-

quire knowledge of the DC Comics universe, but it's not a requirement to be a hard core comic book fan to enjoy the game. "Scribblenauts Unmasked: A DC Comics Adventure" provides the use of the Batcomputer, where gamers can quickly research for puzzle solutions. On the other side, even the most experienced DC Comics fan will find things that surprise them in this game (there are 36 versions of Batman included, for example).

All three versions – 3DS, Wii U, PC – have pretty much the same gameplay. The 3DS version does not have the Super Hero Creator that lets gamers mix and match their favorite super heroes into new personas. Plus, only the Wii U version

has the Sidekick option that lets another gamer join in. "Scribblenauts Unmasked: A DC Comics Adventure" would be a wonderful addition to any gamer's collection, but it will be most appreciated by those with a DC Comics knowledge. The challenges are excellent, the graphics engaging and there is a lot of replay value. Don't hesitate to check it out.



**Publisher**  
Warner Brothers  
**Rated**  
Everyone  
**Systems**  
Wii U, 3DS, PC  
**Cost**  
\$40.60  
**Overall**  
3.5 out of 4

Reviewed on the 3DS

Hunt: Outdoor recreation sets \$53K goal

Continued from Page D1

Though the event had funding constraints, it didn't stop 23 wounded warriors from participating. "Normally, we have around 15 participates. So the participation this year was fantastic," said Clancy. "It is important to give back to the Soldiers who fought for this country and ... that we take for granted. We had Soldiers come from Alabama, Kentucky, Florida and Tennessee." This year the men killed 37 hogs and three coyotes, the biggest haul that the event has taken in the last three years, said Clancy. "They do everything together. They talk about what is going on and their struggles. They vent to each other, and they talk to us and tell us about the things they would like to see and what they think would benefit others like them," said Clancy, adding that the event couldn't have happened without the help to feed the Soldiers that came from Gentiva Hospice, The Landing Zone and a local couple that fed them several meals. This is the only event of its kind in the area because of the event's size, nature and function. The wounded warriors stayed in Lake Tholocco cabins, and the event is all expenses paid, Clancy said. "The best part of this whole thing is just getting back out there," said Bennett. "Many of us don't like the title of wounded warrior. I know I am one, but it is hard for me to accept things,

and ... we have to realize that it's for our own good that people want to help you. "As a Soldier, in the first place, we are too proud to ask for help, so to sit there and be told you are a wounded warrior is sometimes hard to swallow, but to have things like this, it makes you feel wanted and capable of doing the things you used to do," he added. The local Quilts of Valor chapter sewed more than 25 quilts for the event to cover the participants touched by war with comfort and healing. "Quilts of Valor does an amazing job with the quilts they make and supply to the Soldiers each year at this event," said Clancy. "It is very important that the Soldiers realize that there are many people thinking about them and to know that people haven't forgotten about them." It is outdoor recreation's goal to purchase more equipment that wounded warriors can utilize, and it has a two-year goal to raise \$53,000 to purchase a handicap-accessible travel trailer. "People would be able to leave it here and they can utilize the trailer at our (recreational vehicle) park, or they can call and reserve it and they can take it to Montana or wherever they would like," said Clancy. "We decided on the RV after talking to our warriors. Many of them like to camp, but they don't have a means to. But, with the RV they would have the equipment they would need to have a fun camping trip with their Families."



PHOTO BY SARA E. MARTIN

Wrapped in his new Quilt of Valor, retired CW2 Cody Edmondson hugs a volunteer during the Wounded Warrior Fall Hunt Oct. 12 at West Beach.

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. A parliament  
2. New York  
3. A sentence that contains all 26 letters of a language's alphabet  
4. "Poltergeist"  
5. Angina  
6. Italy  
7. Bowling  
8. 24  
9. "Rowan and Martin's Laugh-In"  
10. Verizon Wireless

PUZZLE ANSWERS

Super Crossword

Answers

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

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