



Story on Page A3

Story on Page C1

Story on Page D1

ARMY FLYER

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OCTOBER 24, 2013

Soldier earns Air Medal with Valor

By Sara E. Martin
Army Flier Staff Writer

Army Aviation's primary mission is to support commanders and troops on the ground, and one Soldier put his life and his aircraft on the line to complete that mission one summer day in Helmand Province, Afghanistan.

And for the heroism CW3 Michael Otto, E Company, 1st Battalion, 212th Aviation Regiment, and his crew performed that day, he received an Air Medal with Valor device Oct. 18 at Lowe Army Heliport.

"We still have Soldiers from the Vietnam era doing great things for our Army, and we honored one today," said Lt. Col. Raymond Herrera, 1st Battalion, 212th Aviation Regiment commander. "We want to recognize those things that we want others to emulate, and in the face of danger, one of the most dangerous things you can do is to try to accomplish your mission."

In 2011, Otto, then with C Company, 1st Battalion 214th Aviation Regiment, heroically distinguished himself by valorous

conduct in the face of the enemy as a UH-60 Black Hawk pilot in command during Operation Enduring Freedom.

"On May 15, as a medevac crew commander in Forward Operating Base Edinburgh, he took on the mission," said Herrera. "He couldn't launch at the point of injury, knowing that the enemy was active in the area."

During his recon of the landing zone, Otto noticed that the area was in a triangle-shaped, confined area with extreme moon dust, and during the approach the entire LZ was engulfed, prohibiting the visibility of the victim's location.

"The landing zone could barely fit my helicopter, and the fine dust that was about six inches thick was everywhere and I could barely see five feet in front of me," said Otto. "It was pretty dangerous between that and the amount of incoming fire."

"I had to make the decision right then on if we could land, and I decided by looking outside my helicopter and I could



PHOTO BY SARA E. MARTIN

Lt. Col. Raymond Herrera, 1st Battalion, 212th Aviation Regiment commander, awards CW3 Michael Otto, E Company, 1st Battalion, 212th Aviation Regiment, the Air Medal with Valor device Oct. 18 at Lowe Army Heliport.

SEE MEDAL, PAGE A5



PHOTO BY SARA E. MARTIN

Nice shot

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, receives a flu shot from Spc. Zachary Fennell, Lyster Army Health Clinic medic, as part of the kickoff of the annual influenza vaccination effort. For more on flu vaccines, see Page A3.

Riding stables events frightening, fun, festive

By Sara E. Martin
Army Flier Staff Writer

Nothing foul was in the air during the Fort Rucker Riding Stable's Fall Festival despite the fact that Frite Nite was just around the stable's corners, but both events went off without a hitch, though a few pants were reportedly soiled.

More than 400 children and parents attended this year's Riding Stables Fall Festival, a new high, but it is nothing compared to the 1,500 people that attended Frite Nite Friday and Saturday nights.

"These are the biggest crowds we have had to date," said Aida L. Diaz-Carter, riding stables business manager. "The event gets bigger and bigger and bigger every year. This year we were surprised at the attendance because we were worried about the weather and the other events in town that our going on, as well. But it's amazing!"

The events received kudos from all sorts of characters and patrons, from young girls to teenagers in wheelchairs.

"My favorite part was when me and my dad got turned around (at Frite Nite) and sort of got lost and trapped in one of the houses," said Shelby Connoloy. "I came last year, too, and it was just as good. I like to come with my dad because he is fun."

With both events growing in popularity on post as well as in the Wiregrass, the events themselves have matured



PHOTO BY SARA E. MARTIN

Patrons walk through a haunted daycare area of Frite Nite and are frightened when a stuffed animal monster jumps out at them Saturday at the Fort Rucker Riding Stables.

SEE FALL, PAGE A5

Weather threats continue through fall season

By Jim Hughes
Command Information Officer

'Tis the season when many people's thoughts turn to ghostly hauntings, the zombie apocalypse and things that go bump in the night, but post officials hope people don't forget a real danger — fall severe weather.

While many may think of spring and summer as prime time for severe weather, the fall months can also bring their share of severe thunderstorms and even tornados, said Willie Worsham, Fort Rucker emergency manager.

"With the transition of the seasons, the polar front jet stream starts pushing further southward and starts pushing that weather down closer to the South," he said. "It creates pretty much the same thing we see in the spring. The fronts will come through, and during the fall, the gulf is still open and still has moisture being funneled up into our area. With the colliding of the two air masses you can get volatile weather out of it — severe thunderstorms, tornados. Remember, there was a tornado on Christmas day in Troy last year."

The key to successfully navigating Mother Nature's nastiness is preparedness, Worsham said.

"Make sure that you have a plan," he said. "Go on the Ready Army site — it gives you all kinds of information on what to expect, how to make a kit, how to get prepared for the very things that occur around here — spring and fall severe weather seasons and even hurricane season."

"Army Ready is a good site you can use to help you make a plan," he added. "There are forms on there, checklists, and what actions you should brief your Family on, like designating a rally point if something happens to the Family home."

People can find the Army Ready site at <http://www.acsim.army.mil/readyarmy/>.

Additionally, Worsham said people should monitor the weather, and can sign up for the free CodeRED

SEE WEATHER, PAGE A5

PERSPECTIVE

CSA lays out strategic priorities for uncertain future

By Gen. Raymond T. Odierno
38th Chief of Staff of the Army

(Editor's note: Chief of Staff of the Army Gen. Raymond T. Odierno laid out his strategic priorities Oct. 16 in an email to the entire force, with an attached document, for the Total Army so it will remain ready to accomplish the range of military operations it may perform in an unpredictable future.)

As your 38th Army chief of staff, I have visited with Soldiers serving around the world as well as at our installations across the United States. At every location our Soldiers, civilians, and Family members have inspired me with their passion, courage, and commitment to each other, to our Army, and to the nation.

Our Army serves in a period of dynamic uncertainty. International threats by both state and non-state actors to America's national interests and those of our Allies and partners are in the headlines every day. The unpredictability so prominent in the contemporary security environment will almost certainly remain a characteristic of the future.

In this challenging environment, it is essential that our Total Army – the active-duty Army, the Army National Guard, and the U.S. Army Reserve – be ready to ac-



Chief of Staff of the Army Gen. Raymond T. Odierno.

complish the range of military operations we are directed to perform. Our leaders and the American public rightly place their

confidence in our professional competence and character, and they expect us to succeed.

While we continue to support our Soldiers and civilians who are in harm's way around the world, we are making changes to our institutions and processes to ensure that we are maximizing the limited resources available to the Army.

To communicate my intent for how the Army must move forward, I am publishing here the following five priorities:

- Adaptive Army Leaders for a Complex World;
- A Globally Responsive and Regionally Engaged Army;
- A Ready and Modern Army;
- Soldiers Committed to Our Army Profession; and
- The Premier All-Volunteer Army.

These priorities are the basis for the objectives outlined in the upcoming 2014 Army Strategic Planning Guidance. That strategic guidance will provide the Total Army a definitive statement of our mission as we look ahead to build upon our hard-earned experiences of the previous decade of war and toward a future that poses distinct challenges of its own.

The attached document explains my priorities. I expect every member of the Total Army to know these and to implement decisions and actions in accordance with them. I look forward to discussing them with you further as I visit your duty locations.

Army Strong!

PHOTO BY C. TODD LOPEZ

This month in Army Aviation history

This month we're spotlighting the October 1975 issue of the *U.S. Army Aviation Digest*. This issue features:

That First Battle

We now have an antitank helicopter capable of doing the heaviest of battlefield tasks: that is, routinely killing enemy armor. The AH-1 Cobra TOW does this and is being deployed as these words are written.

Le 'HOT' is hot!

For the benefit of the uninitiated, HOT is a French acronym for "Haut – Subsonique Optiquement Teleguide"

(high-subsonic-optically-teleguided). It applies to an antitank guided missile system that is creating comments and controversy in both the United States and Europe.

The Mark of the Professional

Professional — having much experience and great skill in a specific role; as a professional Army Aviator. This definition (modified only in the last two words) is found in Webster's New World Dictionary. The purpose of this article is to explore for a few moments just which skills and what experience measure the professionalism of today's Army Aviator.

OHR – Passport to Safety

Army Aviation is currently enjoying one of the best safety records in its history. During the period July 1974 through June 1975, Army pilots were involved in only 6.4 accidents per 100,000 hours of flight – a good reason to be jubilant. But let's pause for a moment and take a closer look at what these statistics are really telling us.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-oct75>



Rotor Wash

“There are many Halloween events held in Fort Rucker every season. How does your Family celebrate the spookiest season of the year?”



Moses Davenport,
retired military

"I help with a haunted house with the local police department for the city of Brundidge Halloween night."



Armand Franco,
retired military

"We like to celebrate quietly by giving out candy and making a jack-o-lantern."



WO1 Matthew Plicque,
B Co., 1st Bn.,
45th Avn. Regt.

"I like to dress up, hang out with friends and Family and give out candy."



Martina Freeland,
military spouse

"I just like to stay home and give out candy to the children that come by."



Tim Lee,
basic warfighter
skills director

"We like to stay home, decorate the house and give out candy."

COMMAND

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

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FORT RUCKER GARRISON COMMANDER

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

Flu vaccinations start for military

By Jim Hughes
Command Information Officer

Lyster Army Health Clinic kicked off the influenza vaccination season Friday with a visit to the U.S. Army Aviation Center of Excellence and Fort Rucker command group in Bldg. 101.

Maj. Gen. Kevin W. Mangum, USAACE and Fort Rucker commanding general, and dozens of others were among the first to receive the immunizations as Lyster began its plan to vaccinate 90 percent of the post’s military population before opening up the vaccines to Family members and retirees, said Lt. Col. Samuel Jones, Lyster’s chief of preventive medicine.

The Department of Defense’s operations order wants the 90-percent goal met by Dec. 1, but Jones expects to achieve it earlier, and open up the vaccinations to Family members and retirees in mid November, with one exception.

“We are opening it up to retirees at the Fort Rucker Retiree Health Fair Friday,” he said. “Regardless of meeting the goal or not, we will support retirees at the health fair. If they drop by and get it then, they won’t have to wait. We usually get quite a few who show up for that.”

An announcement will be made through the “Army Flier” and other post media to let people know when the immunizations open up to other beneficiaries.

“We’ll let people know the dates and times when it’s best to come get it,” Jones said. “We also set up after-school vaccination clinics every year to give the flu shot. We don’t want kids pulled out of school because we know they can only miss so many days.”

He said people can talk to their provider if they have questions about flu immunizations, and they can also call the immunization clinic at 255-7754, adding that if no one answers, the technician is probably busy serving patients and callers should leave a message and they will receive a return call.

No notifications are necessary for active-duty military

members, as their units will tell them when and where to get the immunizations. Lyster officials worked closely with units to schedule dates, times and places for Soldiers to get the flu immunizations, Jones said.

Getting immunized comes in two varieties: a needle in the arm or a spray up the nose, depending on people’s ages and medical conditions.

“For the nasal spray, it’s one spray up each nostril. There’s no special procedure with it, and people don’t have to inhale, but some people like to do that,” Jones said. “The nasal one is a weakened virus, similar to the flu virus they think will be out this year.

“Some call it ‘live,’ but it is weakened, so it won’t cause the flu, but it may give some people symptoms of what the flu is like,” he added. “That is your body’s response to the virus – it knows it doesn’t belong there, so it develops antibodies so it can fight it off when it comes into contact with it again.

“The injectable one – some call it the shot – that is a dead virus,” Jones continued. “It is given to some of those people who have some type of illness or disease that puts them into a high-risk category. Again, it evokes a response in the system that says, ‘Hey, if you see anything like this again, you’re supposed to come out and kill it.’”

When people report to get their immunization, they will fill out a worksheet that will lead the technician to a decision on which form the person will receive, Jones said. The nasal spray is generally for those 49 and younger, while those 50 and older receive the shot.

People aren’t allowed to choose since Lyster officials use the current year’s numbers to more accurately project how many of each type to order the following year, Jones said.

Although the immunization is mandatory for military and health care providers who don’t have a condition that prevents them from receiving it, it is not demanded of Family members and retirees. But it is highly encouraged that people protect themselves and those around them by getting it, Jones said.

“If they look at the data, like on the CDC (Centers for Disease Control and Prevention) website, there are about 30,000 deaths from influenza every year, on average, and about 150k hospitalizations due to serious complications from getting flu,” he said. “So, it’s things like that we try to avoid. Also, if not for yourself, think about those who can’t get it – the youngest who can receive the flu shot is 6 months and many people older than 65 can’t get it because of medical conditions. If you don’t get the immunization, you might give the flu to that individual – you could be the reason they get hospitalized or pass away.”

And, despite the assertions of some, flu immunizations won’t make you sick, Jones said, adding that it takes about two weeks for a person’s body to build the antibodies necessary to fight the flu.

“Typically, some people can come into contact with someone who has the flu while the body is still developing those antibodies, but they will attribute getting the flu from the flu shot,” he said. “Or, they picked it up before they received the vaccination and didn’t know it, and had no symptoms, but then got it after they were vaccinated and say, ‘It’s the flu shot – it gave me the flu!’ That’s not the case.”

Flu immunization or no flu immunization, everyone should also take certain precautions, Jones said.

“Wash your hands,” he said. “Be cognitive of the things that you touch, because if you don’t wash your hands after touching things, then germs are spread. People may cough in their hands, and then touch a doorknob or a keyboard, and then you touch it and touch your eyes or mouth, and then you pick up the germs.”

He also advised people to use anti-bacterial hand sanitizer when soap and water aren’t available, and also for people who are sick to “stay home, and see a provider if you run a temperature that lasts more than 24-48 hours. That way, if you have something else going on, it’s caught early and they can take care of you appropriately.”

FY 2013 – Army’s safest year

By Julie Shelley
U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. — Fiscal year 2013 was the Army’s safest year to date, according to end-of-year data recently released by the U.S. Army Combat Readiness/Safety Center.

Accidental fatalities declined 9 percent between fiscal years 2012 and 2013, falling to an all-time low of 137 losses. The previous benchmark was set in fiscal year 1997, when 150 Soldiers were killed in accidents.

“This is an outstanding accomplishment for our leaders and Soldiers,” said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. “It not only testifies to their safety commitment and leadership at all levels across the Army, but also strengthens evidence that we are moving in the right direction.”

On duty, accidental losses fell 6 percent from 2012, continuing a years-long downward trend in work-related deaths. The drop in off-duty fatalities was even more impressive, with a 17 percent reduction that was more than double last year’s decline. A marked drop in fatal private motor vehicle accidents, historically the number one accidental killer of Soldiers, was largely responsible for this success.

The 40 percent decline in sedan deaths, and 15 percent decrease in motorcycle fatalities, the latter coming after a three-year upward trend, validates steps the Army has taken in recent years to combat these losses, said Command Sgt. Maj. Richard



USACR/SAFETY CENTER GRAPHIC DESIGN

Fiscal year 2013 was the Army’s safest year to date, according to end-of-year data recently released by the U.S. Army Combat Readiness/Safety Center.

D. Stidley, USACR/Safety Center.

“We can’t overstate how important this is for our PMV (private motor vehicle) safety programs,” Stidley said. “More Soldiers are home now than in at least the previous 10 years, so that means greater exposure to the hazards of driving and riding. Engaged leadership, Soldiers looking out for one another and better training opportunities are making a real difference.”

While most accident categories experi-

enced double-digit reductions throughout fiscal year 2013, water-related fatalities were up 225 percent from the previous year. Seven Soldiers drowned during the last quarter alone.

“Boating and drowning deaths tend to rise during the third and fourth quarters every year because that’s when Soldiers are on the water most,” Edens said. “While this isolated cluster of incidents doesn’t necessarily indicate a trend, it and the rash

of all-terrain vehicle accidents we experienced earlier this year show we can’t let down our guard, no matter how well we’re doing in the big picture.”

While 2013 was a banner year for safety, senior Army leaders called for a further 10-percent reduction in fatal accidents service-wide in the 2014 Army Safety and Occupational Health Objectives. The signed memorandum is available at <https://safety.army.mil>.

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.

Retiree health fair

The 39th annual Fort Rucker Retiree Health Fair will take place Friday 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.

Retirement ceremony

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

Gym closure

The Fort Rucker Physical Fitness Center on Andrews Avenue basketball and volleyball courts will be closed Oct. 25 until 6 p.m. during the Retiree Appreciation Day Health Fair

For more information, call 255-2296.

Got drugs?

Fort Rucker will take part in National Prescription Drug Take-Back Day Saturday 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.

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.

240th Assault Helicopter Company

Former members and Families of the 240th Assault Helicopter Company who served in Vietnam from May 1967 to October 1971 are invited to a 240th AHC memorial dedication Nov. 8 at Fort Rucker.

For more information, send an email to Bob Cooper at bob.bcooper@gmail.com, or call (334) 347-7076.

Hollyday Bazaar

The Fort Rucker Community Spouses Club will hold its Hollyday Bazaar Nov. 16 from 9 a.m. to 4 p.m. at Yano Hall. The pre-holiday shopping event has been a Wiregrass tradition for more than 30 years, according to FRSC officials. This year’s event features more than 75 vendors, holiday goods, music, entertainment, prizes, a visit from Santa and more. Proceeds will benefit FRSC scholarship and community welfare programs. Admission will be \$5, while those ages 12 and younger are admitted for free.

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.

Intramural sports survey

The Directorate of Family, Morale, Welfare and Recreation conducts 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.

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 Pavilion. 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 longer 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.



Sgt. 1st Class Matthew Oliver suits up in a futuristic combat uniform with a Tactical Assault Light Operator Suit-like look at the 2012 Chicago Auto Show.

U.S. ARMY PHOTO

‘Iron Man’-style suit in early stages of development

By David Vergun
Army News Service

WASHINGTON – U.S. Special Operations Command wants its operators to be protected with what it informally calls an Iron Man suit, named after the fictional superhero.

In September, SOCOM made a Broad Agency Announcement for proposals for prototypes of the Tactical Assault Light Operator Suit.

The goal of TALOS is to provide ballistic protection to Special Operations Forces, along with fire-retardant capability, said Michel Fieldson, SOCOM TALOS lead.

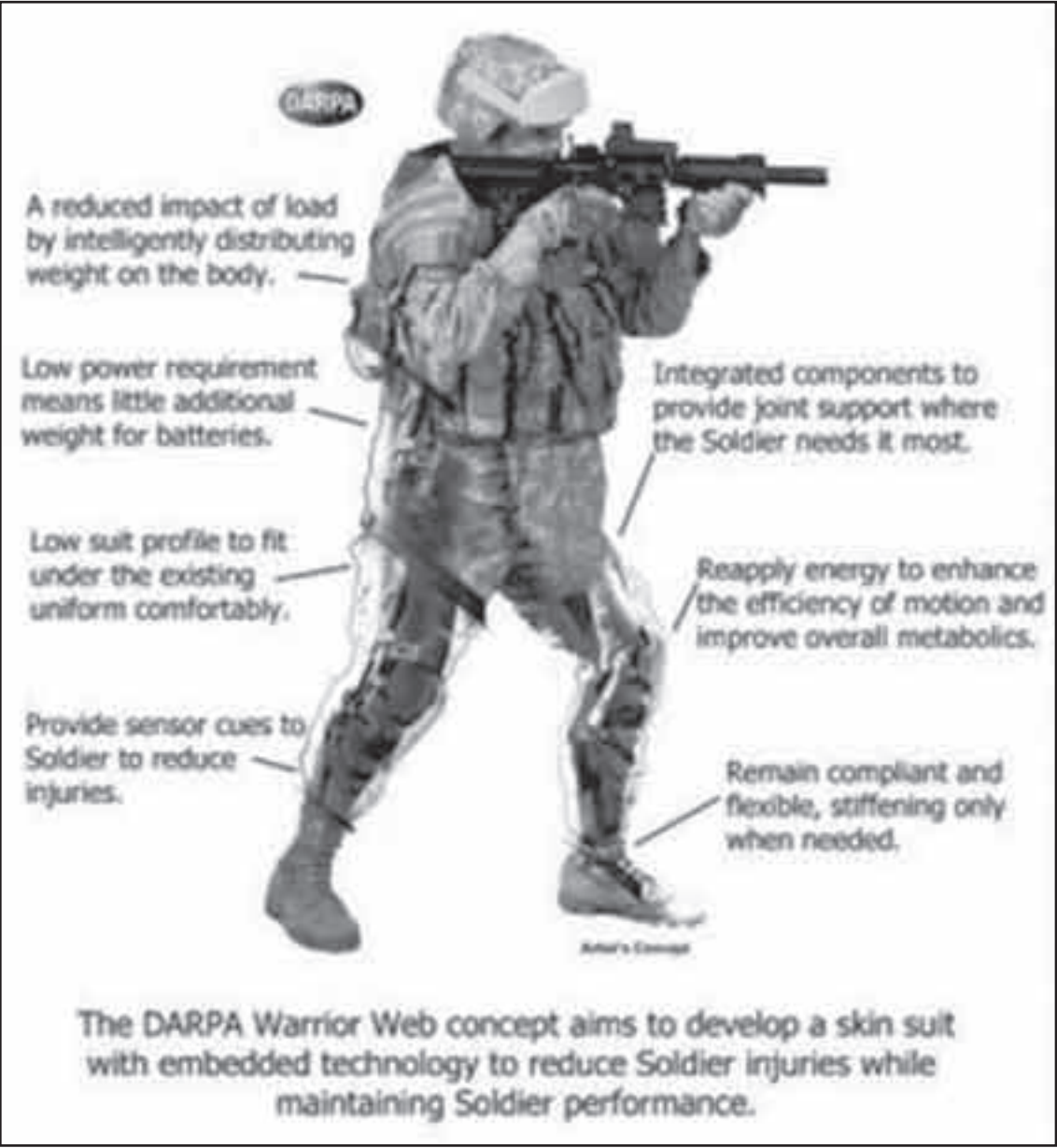
“We sometimes refer to it as the Iron Man suit, frankly to attract the attention, imagination and excitement of industry and academia,” he said.

“We’re hoping to take products we’re developing in several technology areas and integrating them into a consolidated suit to provide more protection for the [Special Operations Forces].”

Other technologies include sensors, communications, energy and material that can store and release energy to prevent injuries and increase performance.

Materials that can store and release energy might be similar to the Intrepid Dynamic Exoskeletal Orthosis, now used by some wounded warriors for lower leg limb injuries. (See “Device gets Soldiers back to work” at <http://www.army.mil/article/109400>).

So TALOS would be something that wounded warriors might benefit from, he said.



COURTESY DARPA

Artist's rendering of what the Tactical Assault Light Operator Suit might look like with its desired capabilities.

efit from, he said.

Besides wounded warriors, Fieldson said Homeland Security

and firefighters have expressed an interest in this technology. Also, it might eventually become available

for other Soldiers.

“Our goal right now is to try to get the word out and bring industry

partners together,” he said, since the technologies that will go into its development are varied and it is unlikely one contractor would be able to specialize in the entire ensemble.

The traditional approach, he said, was to pick a prime contractor, usually a traditional defense partner, give them the design requirements and let them come up with the solution. That would take a long time, he noted.

“In this case, the government will be the lead integrator and we’ll look to work with traditional or non-traditional partners in industry and academia who are innovative,” he said. “We’ll leave no stone unturned.”

The goal, he said, is to begin integrating capabilities over the next 12 months and have the first suit ready for full field testing in four to five years.

Fieldson thinks TALOS will become a reality because “it protects the warfighters and has the backing of SOCOM’s commander, Adm. William H. McRaven.

“I’m very committed to this,” McRaven said to industry representatives at a TALOS demonstration July 8 in Tampa, Fla. “I’d like that last operator that we lost to be the last one we ever lose in this fight or the fight of the future; and I think we can get there.

“I’m committed to this,” he continued. “At the end of the day, I need you and industry to figure out how you are going to partner with each other to do something that’s right for America.”

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CENTURY 21 SPONSORS USA BOBSLED AND SKELETON TEAM

Century 21 Real Estate LLC, the franchisor of the world's largest real estate sales organization, is the official real estate company of the USA Bobsled and Skeleton Federation. The Century 21/USBSF sponsorship includes a dedicated sled wrapped in black and gold featuring the brand's iconic logo. The sled made its debut at the Century 21 Senior Leadership Conference.

"Our sponsorship of the USA Bobsled and Skeleton Team is another example of our position as the 'Smarter. Bolder. Faster.' real estate team in the industry," said Bev Thorne, Chief Marketing Officer, Century 21 Real Estate LLC. "Whether it's the Super Bowl, the Bobsled team, U.S. Soccer, or the Indy 500, we are committed to showcasing the capabilities of our sales professionals in front of the largest audiences on a global scale, and in association with world-class events."

The CENTURY 21 bobsled will be seen during the entire 2013-2014 World Cup season. The tour includes stops in Calgary, Canada; Park City, Utah; Lake Placid, N.Y.; Winterberg, Germany; St. Moritz, Switzerland; Igls, Austria; and Koenigssee, Germany.

"We have an ambitious growth plan and this initiative will help us as we continue to build our presence in the United States and around the globe," said Rick Davidson, president and CEO, Century 21 Real Estate LLC. "Our brokers and agents will benefit from the visibility and credibility a campaign like this will generate from real estate consumers and fans of the Games."

"We couldn't be more excited about partnering with Century 21 for the Olympic season," said Darrin Steele, USBSF CEO. "They are industry leaders who know what it takes to be the best, and we are proud to team with them."

In addition to the dedicated bobsled, the Century 21 logo will receive placement on all national team sleds, team jackets and speed suits. Century 21 will be recognized as an "Official Sponsor" on the USBSF's official website and in all team press releases and newsletters. Plus, Century 21 is including a smaller logo on the team's bobsleds for Easter Seals, the Century 21 System's philanthropic partner.

"We're continually amazed by and grateful for the Century 21 System's generous support of our organization," said James E. Williams, Jr., president and CEO, Easter Seals. "Adding our logo to the Bobsled is yet another way Century 21 shows that they are Easter Seals Champions."



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Convenient to schools, shops and offices just around the corner. Brick house with covered front porch and patio. Bonus room with beautiful brick fireplace, large detached shop/storage area, sprinkler system, fenced yard, excellent condition and new roof in 2007.

Directions: Main Street to E Watts, house on left.



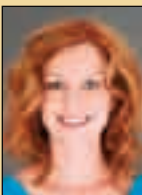
**HOSTED BY:
LUDA STRECK
449-2626**

SUNDAY, OCT. 27 • 1PM-3PM

125 PINERIDGE ~ \$76,500



Great price, stainless appliances and community pool.



**HOSTED BY:
MAGGIE HAAS
389-0011**

Directions: Briarwood West: Take a right on Briarwood and go to end of street, take right onto Pineridge

SUNDAY, OCT. 27 • 2PM-4PM

279 TRENT ~ \$199,900



4 bedrooms and 3 bathrooms, so conveniently located to Enterprise and Fort Rucker. Large fourth bedroom and third bath are split from the other bedrooms making it the perfect in-law suite or teenager's retreat. Kitchen has oak cabinets, solid surface countertops, new refrigerator, new microwave hood and a pantry. Lovely Tiffany-style lighting in the breakfast room. Back yard is private, has a covered patio and storage shed.

Directions: The Woodlands: From Enterprise take 84E. Turn left on CR 445 by Collins Small Engines. Trent is first right (no sign). Street curves around into a cul de sac. House is on left in the curve.



**HOSTED BY:
JAN SAWYER
406-2393**

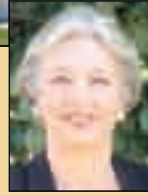
SUNDAY, OCT. 27 • 2PM-4PM

23 MAREE ~ \$227,000



4 bedrooms, 3 bathrooms, two-car garage house on a landscaped, level lot that is privacy fenced. Outside, there is an above-ground pool, patio with pergola and a covered front porch. Inside are 11' ceilings in the main living area and kitchen, laundry room, pantry, separate dining room and an eat-in kitchen.

Directions: The Woodlands: US Hwy 84 to Joe Bruer Road, house on corner of Joe Bruer and Maree.



**HOSTED BY:
JUDY DUNN
301-5656**



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3381 ROCKY HEAD ROAD: 12 plus acres, country living within the city limits, salt water pool, 40' by 20' barn with three roll-up doors and full bathroom. Over 3,000^{sq} square feet with 4 bedrooms, 3 and a half bathrooms. TEXT TERRI 406-2072

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3370 OZARK HWY: 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 make parking easy for the family. JUDY DUNN 301-5656

\$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

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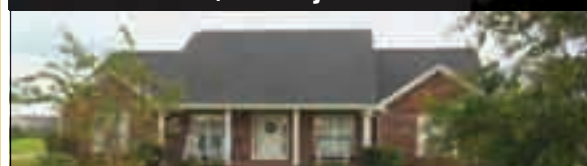


\$199,500



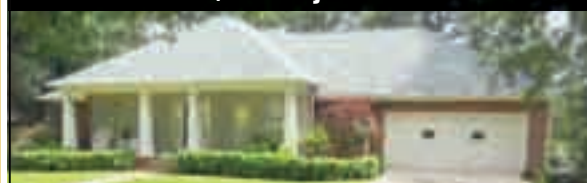
5406 COUNTY ROAD 69 - \$199,500: Must see this amazing home on approx. 2 acres of beautiful land, convenient to Fort Rucker. Lot of space and peaceful living, with two master suites, two living areas with fireplaces, magnificent kitchen, stainless steel appliances, extra loft room. Overlooking a large back yard with a covered porch and open deck. Too many amenities to mention. This is Fannie Mae HomePath property. Purchase this property for as little as 3% down, approved for HomePath Mortgage Financing. MLS# 20132162

\$237,000



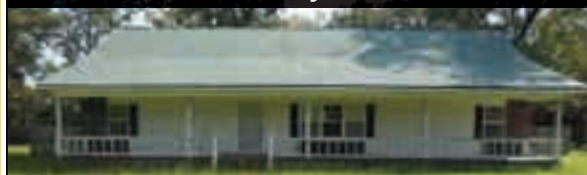
876 COUNTY ROAD 722 - \$237,000: 1.81^{ac} acres of level land, 4 bedroom, 2 bath brick home features all new hardwood flooring in all areas except bathrooms, kitchen, laundry and foyer. Oversized double garage with two separate doors could easily be converted to a large family room as it has been pointed and the floor is an epoxy speckled finish. Enjoy sitting on the front porch in your rocking chairs rain or shine. Enter the front door with sidelights and the foyer opens to the formal dining room and grandroom. Crown molding in the tray ceiling in the grandroom, corner gas log fireplace, and French doors to the covered patio. Kitchen and breakfast area are very open with bar and access to laundry room. The master bath features double vanities with large mirror, as well as Jacuzzi, shower, and closets. Very bright and open floor plan, this one won't last long. MLS# 20131798

\$249,900



209 S Oakridge - \$249,900: Upon entering the raised foyer, off to the left is a formal living room, to the right a formal dining room, and straight ahead the grandroom with cathedral ceiling, gas log fireplace, crown molding and French doors leading to the deck which overlooks the pier and dock for fishing. Split bedrooms give you the ability to have your own private area and guest quarters for the visitors. Entertaining is easy here as you can walk from room to room. Breakfast area looks on to deck. Partially finished basement. MLS# 20131512

\$109,900



4028 CR 4 - \$109,900: Very nice cottage style home with beautiful wood floors, huge front and back covered porches, concrete driveway takes you around the house through the carport in the back yard. Nice stairs takes you to the nice loft in the living area. Open floor plan, great for entertaining. You can purchase this Fannie Mae property with only 3% down, approved for HomePath Mortgage Financing. MLS# 20132163

\$99,000



116 Scott - \$99,000: This is a property you must see. Whether you are a first-time homebuyer or sizing down, there is nothing that needs to be done other than to move right in. Architectural shingle roof, double pane windows that tilt in for cleaning, new paint, new floor covering, new light fixtures, new kitchen appliances to include refrigerator, half bath off the kitchen/laundry room, crawl space for storing lawn mowers, workshop with power, and huge lot that goes into the trees. Make your appointment to see NOW! MLS# 20132122

Former captain receives Medal of Honor

By Lisa Ferdinando
Army News Service

WASHINGTON — Former Army Capt. William D. Swenson received the nation's highest military award for valor, the Medal of Honor, for actions during a fierce, six-hour battle following a deadly ambush in Afghanistan.

Swenson, who is the first Army officer to receive the Medal of Honor for actions in Iraq or Afghanistan, was honored at the White House Oct. 15.

Guests at the ceremony included other Medal of Honor recipients, members of Swenson's team and the Families of service members who died in battle.

Secretary of the Army John McHugh, Chief of Staff of the Army Gen. Ray Odierno, Under Secretary of the Army Dr. Joseph W. Westphal and Sgt. Maj. of the Army Raymond F. Chandler III also attended.

Before draping the medal around Swenson's neck, President Barack Obama recounted the heroic ac-

tions of the Army officer who saved more than a dozen lives during the Battle of Ganjal in Kunar Province Sept. 8, 2009.

Swenson is the second person to receive the Medal of Honor for that battle. Then-Marine Cpl. Dakota Meyer was honored for his valor two years ago.

Swenson is a remarkable example to the nation of the professionalism and patriotism that everyone should strive for, the president said.

"Captain Will Swenson was a leader on that September morning," Obama said. "But like all great leaders, he was also a servant — to the men he commanded, to the more than a dozen Afghans and Americans whose lives he saved, to the Families of those who gave their last full measure of devotion on that faraway field."

Swenson was an embedded adviser to the Afghan National Border Police, Task Force Phoenix, Combined Security Transition



PHOTO BY LISA FERDINANDO

President Barack Obama presents the Medal of Honor to former Army Capt. William D. Swenson, citing his extraordinary heroism in the Battle of Ganjal, in Kunar Province, Afghanistan.

SEE MEDAL, PAGE B4



PHOTO BY CAPT. PETER SMEDBERG

MIGHT AS WELL JUMP

A paratrooper with the 82nd Airborne Division's 1st Brigade Combat Team steps off the ramp of a CH-47 Chinook helicopter Sept. 27 over Luzon Drop Zone on Fort Bragg, N.C. Paratroopers from throughout the 82nd participated in cultural exchange jumps with jumpmasters from the Brazilian army.

Air Cav on target — improves Soldier skills

By Sgt. Daniel Schroeder
25th Combat Aviation Brigade Public Affairs

POHAKULOA TRAINING AREA, Hawaii — Soldiers and pilots from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, qualified at the Pohakuloa Training Area on the Island of Hawaii during September.

The CAV conducted the training to increase its Soldiers' skills and confidence in the squadron while establishing a relationship with units from Schofield Barracks to efficiently operate as the Pacific Contingency Response Force Task Force.

"The training has been going great," said Maj. Matthew Scher, operations officer for 2-6th CAV, originally from Washington, N.J. "All Soldiers assuming CRF in October and all of 2-6th CAV were trained during this rotation. It is imperative we maximize our efficiency now to provide the max capabilities with the smallest force to protect the Pacific."

The training ranged from small arms ranges to aerial gunneries with a forward arming and refueling point, downed aircraft recovery team and convoy live-fire operations.

"OH-58D pilots provided convoy security, route reconnaissance, and close combat attack support during the convoy live-fire training and completed their aerial gunnery at the same time," Scher said.

The 2-6th CAV integrated units from Schofield Barracks in the training to familiarize with how the other units operate in the Pacific Contingency Response Force Task Force.

"By training with other units now, we were



PHOTO BY SGT. DANIEL SCHROEDER

CW4 Tobias Long, Aviation tactical operations officer assigned to the 25th Combat Aviation Brigade, 25th Infantry Division, heads out to conduct a landing zone reconnaissance flight in an OH-58D Kiowa Warrior assigned to 2nd Squadron, 6th Cavalry Regiment, at Pohakuloa Training Area on Hawaii Sept. 19.

able to build a working relationship with the ground Soldiers calling for support," said Scher. "This put us in a good position to effectively operate as a whole CRF Task Force."

The Kiowa Warriors also worked with fire support teams from 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, Infantry Division, and Soldiers from 2nd Battalion, 11th Field Artillery, 2nd Stryker Brigade Combat Team, Infantry Division, to mark targets and coordinate for air support.

Capt. Bryan Painter, fire support officer for B Company, 2-35th IN, 3rd BCT, coordinated with CAB elements during target identification for the OH-58Ds.

"We served as an observer role in the 2-6th CAV gunnery by identifying and walking them onto targets," said Painter, a native of Abington, Pa. "This gave my younger Soldiers the opportunity to develop and hone

SEE SKILLS, PAGE B4

TF Dragon passes torch to 10th CAB's Tigersharks

By Capt. Peter Smedberg
10th Combat Aviation Brigade Public Affairs

NANGARHAR PROVINCE, Afghanistan — The 1st Attack/Reconnaissance Battalion of the 501st Aviation Regiment, Task Force Dragon, attached to 10th Combat Aviation Brigade, marked the end to its nine-month deployment with a transfer of authority ceremony Oct. 11 at Forward Operating Base Fenty, Afghanistan.

During the ceremony, TF Dragon commander, Lt. Col. Glen Heape, thanked his Soldiers for their hard work and dedication during what is being described as the most critical fighting season in the history of the U.S.'s involvement in Afghanistan.

"Task Force Dragon has served honorably on behalf of their nation, and enhanced the sacred trust that exists between Army Aviation and the units we support," said Col. David Francis, 10th Combat Aviation Brigade commander. "Task Force Dragon provided discriminately lethal fires, time-on-target air assaults and tactical overmatch that can't be replicated by any other force or capability on the battlefield."

TF Dragon also took a moment to recognize the sacrifices made by CW3 Matthew Ruffner and CW2 Jarett Yoder, two AH-64 Apache helicopter pilots from the Pennsylvania National Guard who were killed in a helicopter crash April 9 in Nangarhar Province while serving under TF Dragon.

During the ceremony, the 1st Attack/Reconnaissance Battalion, 10th Combat Aviation Brigade, TF Tigershark, commanded by Lt. Col. Chad Ward, assumed responsibility for all Aviation operations in the Nangarhar, Nuristan, Konar and Laghman provinces region of Afghanistan.

Ward and his Soldiers are no strangers to Afghanistan. TF Tigershark recently completed an impressive move of their task force headquarters from Forward Operating Base Salerno to Forward Operating Base

SEE TORCH, PAGE B4

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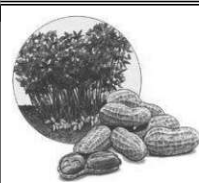
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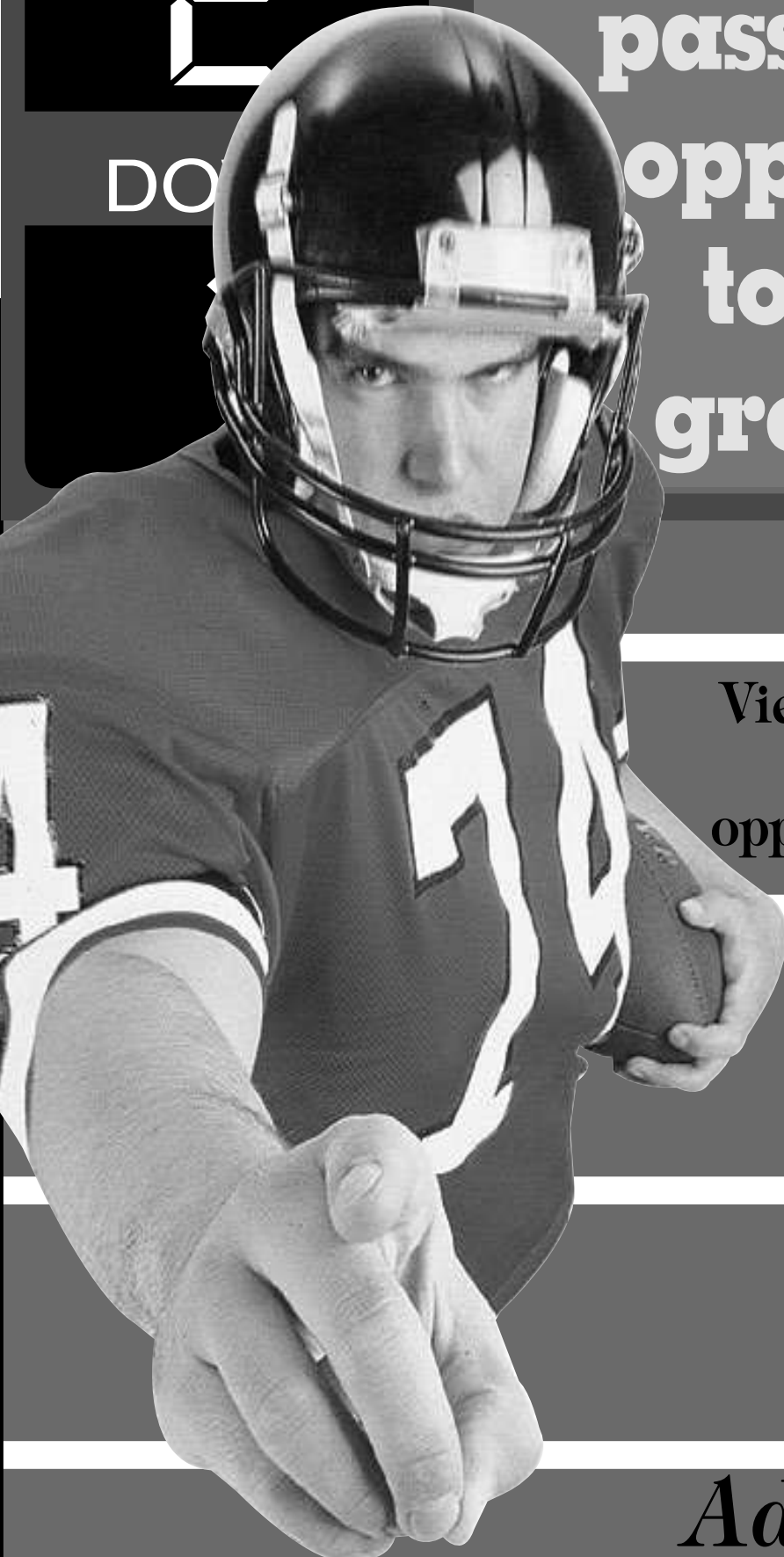
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Medal: Soldier credits teamwork for rescue

Continued from Page B1

Command-Afghanistan, in support of 1st Battalion, 32nd Infantry Regiment, 3rd Brigade Combat Team, 10th Mountain Division (Light Infantry).

Swenson said the honor is for all who served that day and for the Families of those who were killed in the battle.

“The value of an award is truly what we as a nation put into it, what we value it as,” he told reporters after receiving the award.

“This award is earned with a team, a team of our finest Marines, Army, Air Force, Navy and our Afghan partners standing side by side,” he said. “Now that team includes Gold Star Families who lost their

fathers, sons and husbands that day. This medal represents them ... it represents us.”

Around sunrise that day four years ago, Obama said, a column of Afghan soldiers and their American advisers were winding their way up a narrow trail toward a village to meet with elders.

“But just as the first Soldier reaches the outskirts of the village, all hell breaks loose,” Obama said.

The American forces and their Afghan partners were ambushed by more than 60 well-armed, well-positioned enemy fighters, the Medal of Honor citation said.

Insurgents surrounded three Marines and a Navy corpsman, Obama said, and rocket-propelled grenades, mortar and machine-

gun fire poured in from three sides.

“Will and the Soldiers in the center of the column are pinned down,” he said.

Swenson called in fire support, Obama said, but initial requests were denied because Swenson and his team were too close to the village.

After finding out his NCO, Sgt. 1st Class Kenneth Westbrook, was injured, Swenson risked his life to aid him.

“Will breaks across 50 meters of open space, bullets biting all around,” said Obama. “Lying on his back, he presses a bandage to Kenneth’s wounds with one hand and calls for a medevac with the other, trying to keep his buddy calm.”

Swenson continued to fight the enemy

and risked his life getting Westbrook to the medevac, said Obama. Before the helicopter left, Swenson kissed Westbrook on the forehead in “a simple act of compassion and loyalty to a brother in arms,” said Obama.

Risking his own life again, Swenson then drove an unarmored vehicle straight into the kill zone to rescue injured Afghan forces, said Obama.

He returned into the path of enemy fire again, when he and a Humvee crew recovered the four fallen service members, said Obama.

“Will and the others carry them out, one by one,” said Obama. “They bring their fallen brothers home.”

Torch: Relocation proves to be massive undertaking

Continued from Page B1

Fenty in support of 4th Brigade Combat Team, 10th Mountain Division, while providing continuous Aviation support to Regional Command-East.

According to Maj. Jonathan Easley, TF Tigershark executive officer, TF Tigershark’s relocation to Forward Operating Base Fenty was a massive undertaking executed flawlessly by Ward and his Soldiers while continuously providing rotary wing air support to commanders on the ground from multiple brigade combat teams.

“Unlike a normal relief in place where the incoming unit is going from a cold start, already having six months of experience in country has helped the task force (Tigershark) hit the ground running,” said Easley. “Morale has remained high as we have transitioned to (Jalalabad Airfield); the reception from Dragon has been phenomenal and the Tigershark troopers have been able to get after the mission at hand in the N2KL region with renewed vigor.”

TF Tigershark executed this relocation while supporting elements from 4th Brigade Combat Team, 101st Airborne Division, as well as the 2nd and 4th Brigade Combat Teams from the 10th Mountain Division.

With any large scale relocation effort, maintaining property accountability can be a daunting task.

“As always, property accountability can make or break a relief in place; detailed involvement by the logistics officer, 1st Lt. Andrew Lang, logistics section noncommissioned officer-in-charge, Sgt. 1st Class Tanya Green-Johnson, and the company supply representatives ensured a smooth process” said Easley.

Skills: Surveillance invaluable to battlefield security

Continued from Page B1

their proficiency with controlling CCA. I have seen an exponential increase in knowledge and experience in controlling close combat attack with my Soldiers.”

Pvt. Tyler Blanchard, Co. B, 2-35th IN’s newest Soldier, stated, working directly with the aircraft was a great experience and opportunity that benefited the training.

The 2-6th CAV was also validated as mission command for the overall task force after the training.

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OCTOBER 24, 2013

CAMP RUCKER



Post traces Army roots to early 1940s

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker covers about 63,100 acres of southeast Alabama countryside in an area known as the Wiregrass, and though the post is relatively small compared to other Army installations, and has no official historical sites, it is steeped in rich Southern history with pre-Civil War cemeteries predating 1854, a former WWII prisoner of war camp and historical buildings that pre-date the installation's founding.

According to local historian Val McGee's book, "The Origins of Fort Rucker," around 200 years ago wealthy farmers created the community of Westville, located about two miles west of Lake Tholocco.

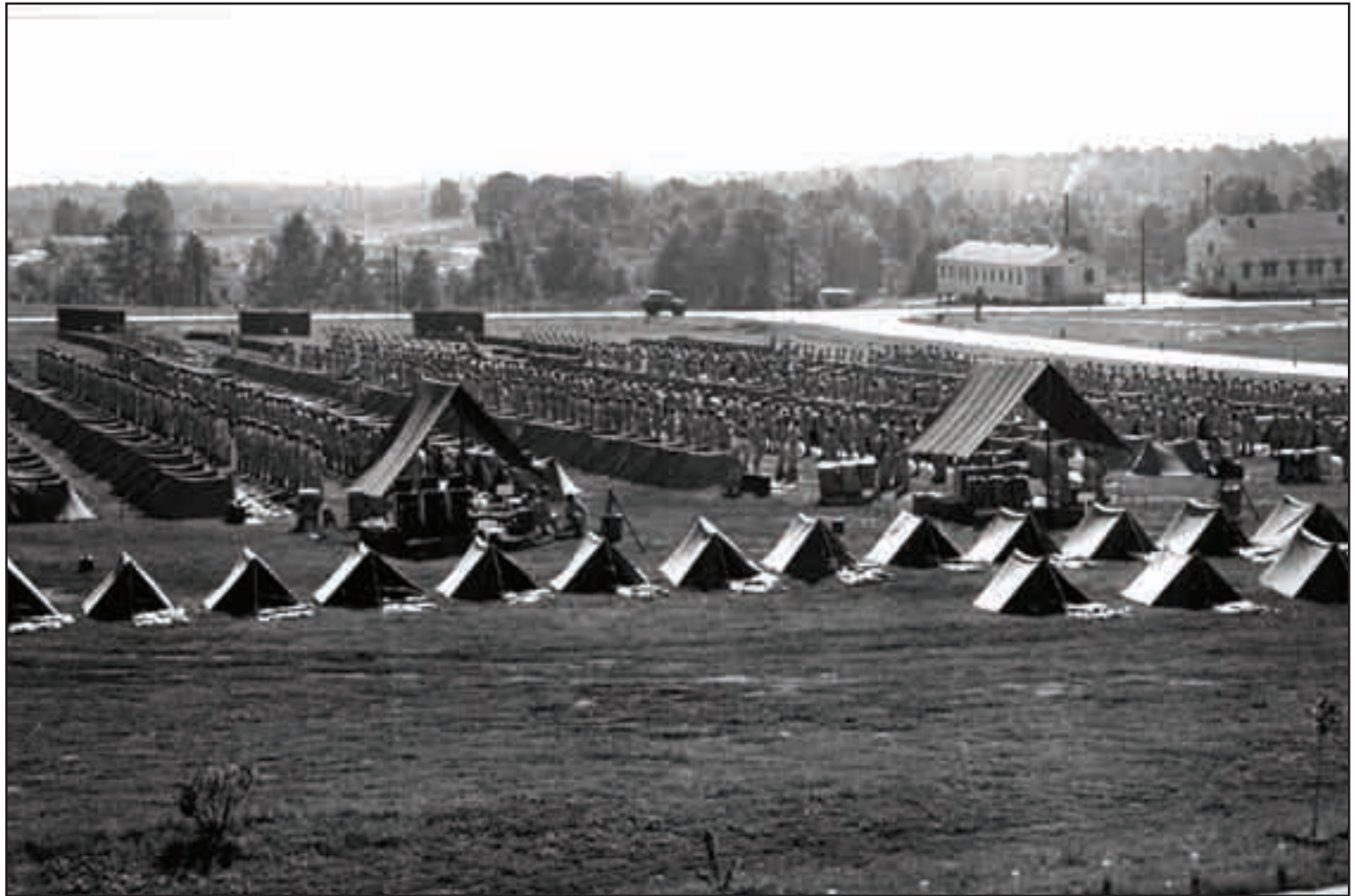
The buildings of the town were demolished long ago, but many of the farmsteads that were established by Families, such as the McCarty's and the Bryd's, who bought large pieces of land in what is now Fort Rucker in the early 1840s, still have their bones on post, proof that life in the area flourished before the government bought the area from settlers.

In the 1930s, a 35,000-acre tract of land in Dale and Coffee counties was purchased by the federal government, withdrawn from cultivation and converted into a wildlife refuge — the Pea River Land Use Project.

The mobilization that followed the attack on Pearl Harbor called for the creation of new training camps and military bases, one of which was Camp Rucker, said J. Patrick Hughes, Aviation Branch historian.

"The original name of the installation was Ozark Triangular Division Camp, but before it was officially opened on May 1, 1942, the War Department re-named it Camp Rucker," he said. "As Fort Rucker grew in mission, so it grew in the land required. There are the sites of former structures on the installation . . . that existed prior to the creation of the camp and fort."

According to the official history of Fort Rucker, in January 1942, the U.S. Army Corps of Engineers



ARMY PHOTO

A bivouac camp is set up at Camp Rucker in the early 1940s.

completed construction plans for the 4,600 acre cantonment area of the camp.

The J.A. Jones Construction Company of Charlotte, N.C., constructed 1,500 buildings, developed streets, utilities, wells, railroads, sidetracks and other facilities. This work was completed in fewer than the 120 days allotted by the contract and cost \$24,620,160.

One of the more ambitious projects, supposed Michael B. Maxwell, Directorate of Public Works master planning division chief, was building an earthen dam across Claybank Creek to create an 850-acre lake — later given the Muskogee name Tholocco.

The camp was named in honor of Col. Edmund W. Rucker, a Civil War Confederate officer.

An additional 30,000 acres of land between Newton and Enterprise, including all privately owned lands within the boundaries of the former wildlife refuge, were purchased in September

1942. Later that year, 1,259 supplementary acres south of Daleville were acquired for the construction of an airfield to support the camp.

Fort Rucker was not always used as an Aviation hotspot. In July 1941, the birth of Camp Rucker began when the War Department selected the lands to be used as an infantry training camp. According to the Fort Rucker Master Plan Digest, the first troops to train at Camp Rucker were those of the 81st Wildcat Infantry Division. Three other infantry divisions received training at Camp Rucker during World War II — the 35th, the 98th and the 66th.

Camp Rucker was also used to train dozens of other units. These included tank, infantry replacement and Women's Army Corps units.

As a result of the expansion of both Aviation and artillery training, Fort Sill Okla., became overcrowded, and the Army decided to move the Army Aviation School to

a different post, a temporary post, Camp Rucker, thus beginning the Aviation training that would one day take hold of the camp.

Though the camp was inactive from 1946 to 1950 and again in 1954, the school began moving to Alabama and the first class began in October.

On Feb. 1, 1955, the Army Aviation Center was officially established at Rucker. In October of that year, the post was given permanent status and the name was changed to Fort Rucker.

With the creation of the Army Aviation Branch, Aviation officer basic and advanced courses began in 1984, and a gradual consolidation of Aviation-related activities followed, according to Maxwell.

In 1986, the U.S. Army Air Traffic Control Activity became part of the branch. In the following year, a Noncommissioned Officers Academy was established, and in 1988, the Army Aviation Logistics School was incorporated into the Branch.

More recently, in 2003, the Aviation Branch assumed overall responsibility for unmanned aircraft systems within the Army.

"What I have always been told is it's hard to plan for the future if you don't know your past or where you came from," said Maxwell. "We try to maintain the integrity of the original site and land use, and we are very dependent on the people who did the original national plan. We will continue to use those original plans when we have construction in the future."

Though Fort Rucker now holds a research laboratory, the Warrant Officer Career College, test centers and several regiments, the installation is still one of the smallest in the Army, sometimes being called the Army's best kept secret when it comes to duty stations. It remains the home of Army Aviation and its history cannot be forgotten when those who train here carry the installation's legacy forward, often with the nickname, Mother Rucker.

Fall festival

Brittany Moore, 14, Army Family member, plays Disc Drop at Corvias Military Living's Fall Festival Oct. 18. The festival was held for those living on the installation. Attendees danced, played festival games, ate cotton candy and other goodies, as well as enjoyed the company of neighbors.



PHOTO BY SARA E. MARTIN

ON POST

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

Financial readiness training

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

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

Command team spouse seminar

Army Community Service hosts a command team spouse seminar Tuesday and Wednesday from 8:30 a.m. to 2:30 p.m. at The Commons, Bldg. 8950. The seminar will provide enlisted and officer spouses with the information and skills they will need to take on the role of an informed, involved, productive and proactive member of the Army command team. This interactive training will include topics such as: structure of the Army, communication, role of the command spouse, conflict management, courtesies and protocol, etc. Advance registration is required.

For registration and childcare information, call 255-2382.

Monster Bowl

Rucker Lanes is hosting the annual Monster Bowl Saturday 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 Into Fitness Youth Lock-In

The Fort Rucker Youth Center will holding its Fall Into Fitness Lock-In from 6 p.m. Nov. 2 through 6 a.m. Nov. 3. The event will feature sports and fitness competitions, including dodgeball, basketball, kickball and flag football. Dance competitions will also be held, to include Dance-Dance Revolution and Makoto in the fitness room. There will also be arts and crafts activities, food, prizes and more. The event is open to registered child, youth and schools service members ages 11-18 years old.

For more information, call 255- 2260 or 255-2271.

Christmas tree ornament contest

Fort Rucker Directorate of Family, Morale, Welfare and Recreation holds its Christmas tree ornament contest Nov. 4-27 for children ages 3-11. Ornaments may be turned into the youth center, child development center or parent central services located in the Soldier Service Center, Bldg. 5700. Participants should label their entry with the child’s name and age, and the guardian’s name and contact information. All entries will be displayed on the post Christmas tree and awards will be presented during the Christmas Tree Lighting Ceremony Dec. 5. Prizes will be awarded to first-place entries in the following categories: 3-4 years old, 6-8 years old and 9-11 years old.

For more information, call 255-1749.

ACS instructor training

People who want to make a difference in their community, and help Soldiers and Family members are welcomed to take part in the Army Community Service instructor training taking place Nov. 5, 6 and 8 so they can become certified to instruct. The training will take place 8:30 a.m.



FILE PHOTO

Go fish

Fishermen take part in a previous Fort Rucker fishing tournament on Lake Tholocco. Outdoor recreation will host a Two-Man Buddy Bass Tournament Saturday 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. 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.

to 2:30 p.m. Nov. 5 and 6, and 8:30-11:30 a.m. Nov. 8 at The Commons, Bldg. 8950 on Seventh Avenue.

Instructor training will include introduction to effective instruction, managing the learning environment, the adult learner and more. Attendees must attend all of the training.

For child care information and registration, call 255-2382 by Nov. 1.

Teen AFAP

Army Community Service is looking for teens, ages 13–18, to join it for the Teen Army Family Action Plan workshop Nov. 6 from 5-8 p.m. at The Commons, Bldg. 8950 on Seventh Avenue. The Teen AFAP gives Army teens a voice to address issues that impact their lives and be heard by Army leadership. Issues may range from entertainment and program options to volunteer and job opportunities to leisure time activities.

Teen AFAP issues may be submitted on the Fort Rucker Directorate of Family, Morale, Welfare and Recreation Facebook page – people can click on Events, Teen AFAP, and post their comments, or call 255-2382 for more details.

BEST kickoff

Fort Rucker’s Better Empowered Soldier Today’s kickoff will take place Nov. 7 from 1:30-3-p.m. at The Commons, Bldg. 8950. The event offers people the opportunity to take steps to build a bold future and discover their essential you through hands-on, engaging, fun experiences designed to create an opportunity to realize your life’s ambitions, according to organizers. The program will also help people learn how to become a better, empowered Soldier today and feel more in control of their lives by developing a strong network of friends, relatives, co-workers, fellow Soldiers and more. The goal is to help people develop a diverse network of many people with similar interests and backgrounds that they can turn to for help and advice when needed. BEST will explore topics of interest and concern to women in the Army. The relevance of topics will be determined by the network members, and appropriate speakers, exhibits, activities and venues will be incorporated into the quarterly meetings to address the topics.

For more information or to RSVP, call Army community Service at 255-3735.

DFMWR Spotlight

Family & MWR Spooky Events

SPOOKY 5K & 1-MILE FUN RUN

October 26th / Fortenberry-Colton PFC / 9 am - 12 pm

- Registration: 7:30 - 8:45 am
 - Costume Contest: 8 am
 - 5K Run: 9 am
 - Fun Run: After 5K has completed
- Call the Fortemberry-Colton PFC at (334) 255-3794.

MONSTER BOWL

October 26th / Rucker Lanes / 8 pm - 12 am

- Cost: \$50 per lane
 - Includes: Unlimited Bowling (up to 6 people per lane), Shoe Rental, a 16" One-Topping Pizza, a Pitcher of Soda or Sweet Tea and a Bowl of Tortilla Chips and Salsa.
- Reservations, call Rucker Lanes at (334) 255-9503.

SPOOK-TACULAR BINGO

October 29th / The Landing

- Doors open at 2 pm
 - Games begin at 6:30 pm
- Open to authorized patrons and sponsored guests ages 18 years and older. Call Fort Rucker Bingo at (334) 255-9626.

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Flu shot or nasal spray vaccine: which is better?



Staff Sgt. Leonardo Delgado, medical protection system coordinator for U.S. Army Central in Kuwait, prepares to administer a flu shot to Soldiers at Camp Arifjan.

PHOTO BY SPC. MONTE SWIFT

By Sgt. Terence Ellis and Zachary McCormic
*Disease Epidemiology Program,
U.S. Army Public Health Command*

Each year, the influenza virus makes millions of people ill worldwide.

Children, the elderly, pregnant women and those with weakened immune systems are at highest risk of developing flu-related complications that can lead to hospitalization or even death.

The best way to prevent the flu is by receiving an annual influenza vaccination. The Centers for Disease Control and Prevention recommends everyone over the age of 6 months get vaccinated against influenza.

There are two primary types of influenza vaccine: the flu shot and the nasal spray. The flu shot comes in several different forms that target a variety of age groups from 6 months and older. All forms of the flu shot contain inactivated, or killed, virus, and are administered as an injection in the upper arm or in the thigh for infants. Your healthcare provider will determine which form is right for you based on age, allergies and health conditions.

The nasal spray vaccine, or the live, attenuated influenza vaccine, is commonly known by its trade name, FluMist and offers protection to healthy adults from 2-49 years old who are not pregnant. FluMist contains a live, but weakened flu virus that cannot cause flu illness.

Studies comparing the flu shot to the nasal vaccine have shown the shot, or inactivated, vaccine to be more effective in protecting against influenza A in healthy adults. Both vaccinations were more effective in preventing influenza than those receiving no vaccine. However, studies conducted in children have found the nasal spray or attenuated vaccine more effective in preventing influenza than the shot.

The influenza vaccination for the 2013-2014 influenza season protects against the strains of the virus influenza experts believe are most likely to circulate during this season.

Before any influenza cases develop, get the flu vaccine. It may take up to two weeks to develop complete protection against influenza after vaccination.

Vaccination of people at high risk for serious flu-related health complications and their close contacts is especially important. Talk to your healthcare provider to see if you fit this high-risk category, or if you have any questions regarding which flu vaccine options are best for you and your Family.



PHOTO BY JAN CAROLAN

Tapestry of thanks

Sgt. Maj. Jeffrey Pinnell, Lyster Army Health Clinic senior enlisted adviser, and Col. James Laterza, LAHC commander, stand next to a tapestry donated by Shirley and Bobby Enfinger. A dedication ceremony held Oct. 11 unveiled the piece to Lyster staff and patients. Bobby Enfinger, a member of the Disabled American Veterans Ozark chapter, donated the tapestry in appreciation of LAHC's support and relationship with local veterans. The tapestry can be viewed in the Lyster Patient-Centered Medical Home clinic.



PHOTO BY SARA E. MARTIN

Pick-of-the-litter

Meet Cole, a 3-year-old mixed breed who knows simple commands. He also knows how to fetch a ball and bring it back to you. He is gentle and charming. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over 6 months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the veterinary clinic or the commissary. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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St. James, Lanark host gumbo cook-off



COURTESY PHOTO

Franklin County Tourist Development Council Press Release

The St. James/Lanark Volunteer Fire Department annual charity gumbo cook off is Nov. 9 from 10 a.m. to 4 p.m. at the Lanark Village Boat Club and Marina located at 2364 US Hwy 98, Lanark Beach, Fla., directly on St. George Sound.

With views of Alligator Point, Bird Island, Dog Island and the east end of St. George Island, a more picturesque setting is hard to find in Franklin County.

Since 2009, the cook off has grown a little more each year. The event now includes contestants from volunteer fire departments, law enforcement, local restaurants and private individuals, all preparing differ-

ent and delicious gumbo recipes for competition.

Rules allow for competition gumbo to be sold after judging, allowing the general public to enjoy the dishes.

Gumbo dinners, prepared by the Lanark VFD culinary staff, are also available for sit-down or to-go orders.

Initially, awards were plaques for first, second, and third place finishes. But last year, the event offered a first place prize of \$500 to go to the winner to represent the area at the World Championship Gumbo Cook Off in New Iberia, La.

Other activities include a live auction, silent auction, live music and Cajun music played throughout the day.

For more information, call (850) 567-4161.

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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.andalusialegiopost80.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, 598-1297 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.

FRIDAY – Night at the Museum will be hosted at the Wiregrass Museum of Art from 6-8:30 p.m. Event includes Family fun, art and food. There will be a showing of Disney and Pixar's Monsters, Inc. in the gardens along with activities for all ages. Costumes are encouraged, but no masks will be allowed. This is a free event for all ages, children must be accompanied by an adult. For more information, call 794-3871 or visit www.wiregrassmuseum.org.

FRIDAY — Landmark Parks hosts Harvest Hey Days on its grounds where patrons can visit the pumpkin patch and enjoy many other fall-related activities such as corn pulling and cotton picking 9 a.m. to 1 p.m. New this year is the Kernels of Fun area. Cost is \$7 per person. For more information, visit www.landmarkpark.com.

SATURDAY – The Wiregrass Heritage Festival will be held at Landmark Park from 10 a.m. to 4 p.m. Patrons will

learn how peanuts were harvested in the Wiregrass a half-century ago and can enjoy the sights, sounds and smells of cane grinding, syrup making, butter churning, basket weaving, soap making and other traditional farm activities. There will be food, music and antique tractors and farm equipment. Cost is \$8 for adults, \$6 for seniors and active-duty military, and children are \$4. For more information, visit www.landmarkpark.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.

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.

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.

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 — 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.

TUESDAY – The Pike Regional Child Advocacy Center Fall Festival will be held at the Pike Regional Child Advocacy Center from 5:30-6:30 p.m. Attendees are encouraged to wear costumes while playing games.

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.

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

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

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

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.

Fall Fishing Challenge

Until Nov. 3, beginning at 5 a.m. Friday morning through Sunday at 5 p.m., anglers can compete in the challenge at the M.B. Miller County Pier or the Russell-Fields City Pier in Panama City Beach.

A winner at each pier will be awarded in each fish category every weekend. A total of \$1,200 in prizes will be awarded each weekend. A \$250 prize will be awarded to the overall winner who catches the heaviest fish between the two piers in each of the four categories.

Winners of the Children's Division who catch the largest fish each weekend will receive a \$50 prize. Children's Division is open to children 12 years of age and under. No tournament entry fee, but participants must pay pier fishing fee.

For more information, call (850) 236-3035 or (850) 233-5080.

Wolf Fall Festival

The 12th annual How-O-Ween Fundraiser, Friday through

Sunday, will be held at the Seacrest Wolf Preserve. The fall wildlife festival is structured around the wolves and other wild species.

Camping opportunities are available near the wolf habitats where visitors can sit at their campsites and observe and howl with them. Food, haunted hay rides, costume contests, special appearances by Mr. Wolf and Little Red Riding Hood, live entertainment, storytelling, jumpy houses, cake walks and many other events occur all day and into the evenings.

For more information, call (850) 773-2897.

Halloween Run

The Tricker Trek 5K Zombie Run and 1-Mile Ghoul Drool will take place Saturday at 100 Conservation Drive, Panama City Beach, Fla., at 7 a.m. There will be a costume contest following both runs. Registration will begin at 6:30 a.m.

For more information, visit www.visitpanamacitybeach.com/includes/calendar-of-events/Tricker-Trek-5K-Zombie-Run-1-Mile-Ghoul-Drool/18238.



PHOTO BY JAN CAROLAN

Lyster Army Health Clinic staff wears pink to help raise awareness during Breast Cancer Awareness Month. Three of LAHC's staff members (front row) have beaten breast cancer and proudly show off the number of years they have been cancer free: Lisa Hale, Cathy Ward and Amy Stone.

Mammogram saves life of LAHC employee

By Katherine Rosario
*Lyster Army Health Clinic
Public Affairs*

Lisa Hale, a licensed practical nurse at Lyster Army Health Clinic, used to work at a gynecologist office, and often answered questions from nervous women about receiving a mammogram and what to expect during the exam.

Hale, then 36, decided it was time to schedule her first exam so she could tell patients about her experience.

She almost didn't go to her appointment. After all, she didn't really need to get a mammogram until she was 40, and she didn't have any Family history of breast cancer, or any other type of cancer.

The exam ended up saving her life.

"My oncologist said that if I had waited until

I was 40, it would have been too late," she said. "It made me think about all the women who schedule their appointment and then blow it off."

After an ultrasound and needle biopsy, the doctors determined that Hale had cancer in her right breast.

She was diagnosed with Triple Negative Breast Cancer, Invasive Ductal Carcinoma, and was told that it was Stage 1, Grade 3 cancer.

"Triple Negative is one of the fastest-growing breast cancers and is mostly found in women under age 40. It is also more likely to reoccur," she said.

Hale underwent a mastectomy and chemotherapy to ensure the cancer was gone. During her six months of treatment, she said she prayed a lot.

"Chemo was hard, but I was determined to get

through it for my Family," she said.

She uses her story to educate women on the importance of regular exams and taking care of themselves.

"Women can't get away with the 'no Family history' excuse anymore, especially with me," she said. "It's a few quick pictures in a matter of seconds. You can handle it."

The Centers for Disease Control and Prevention recommends mammograms every year starting at the age of 40 and every two years for women ages 50 to 74.

In 2009 (the most recent year which statistics are available) more than 211,000 women were diagnosed with breast cancer and more than 40,000 died from the disease, according to the CDC website.

Regular mammograms, a healthy diet and exercise, and knowing your Family history, can help

lower your risk of breast cancer.

To make an appointment, call your primary care provider at 255-7000.

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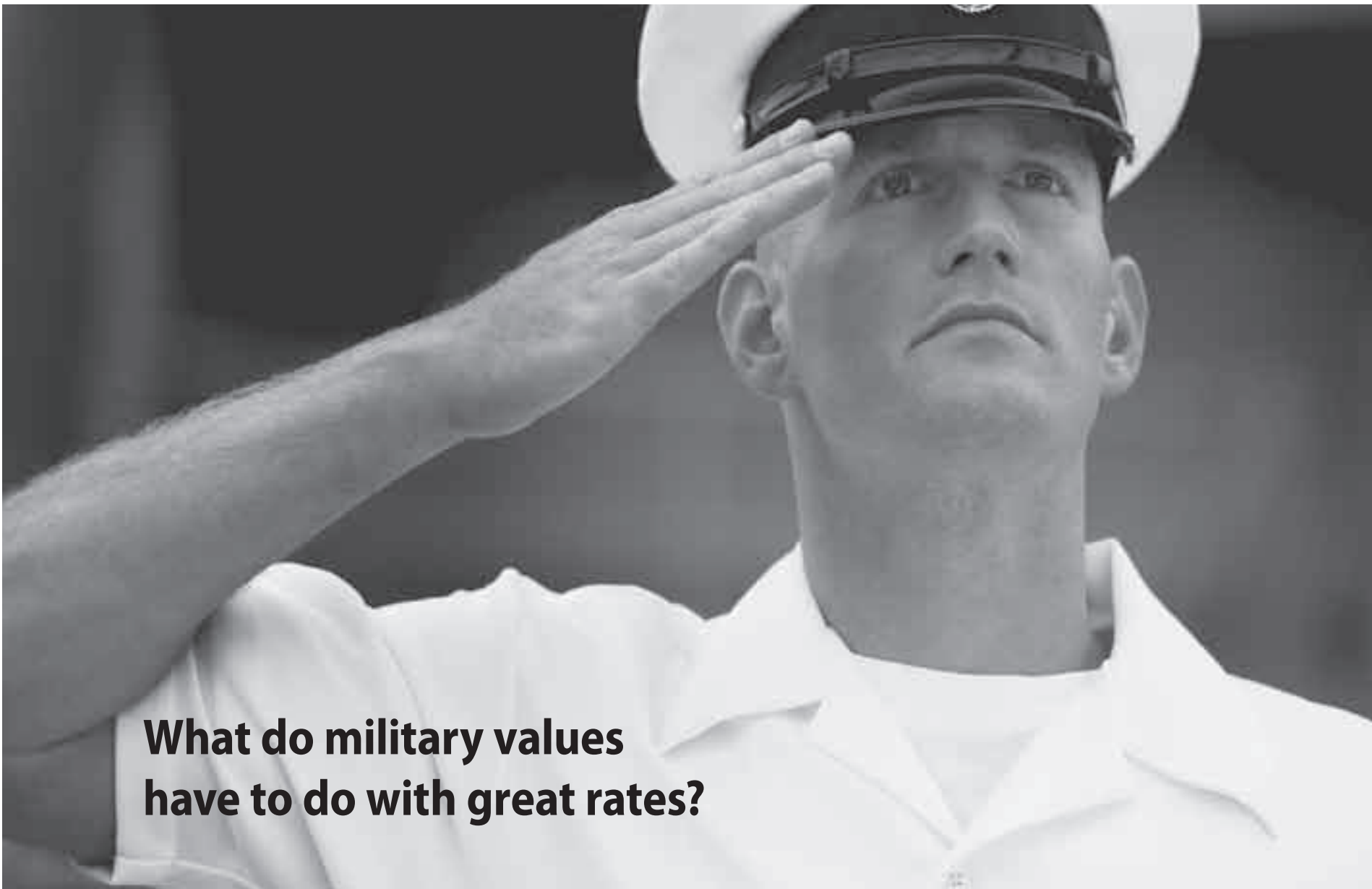
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Religious Services

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

9:30 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 1 p.m./6 p.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group

Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, 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, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the religious support office at 255-2989.

Protestant Women of the Chapel

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

Military Council of Catholic Women

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


Catholic Adult Fellowship

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

Youth Groups (CLUB BEYOND)

1836 Varsity Club (Ninth-12th Grade), Tuesday 1703 JV Club (Sixth - Eighth Grade), Thursday For more information, call Eric Gillis at (850) 333-3039.


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- Women 55 years of age or older
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334-445-9363 or visit: www.GoutAndHeartStudy.com

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National Peanut Festival Advance Tickets Now on Sale!

One Day Admission Tickets - \$6⁰⁰ (Save \$1 off gate prices)
Ages 6 and over — under age 6 is FREE

22 Ride Coupons - \$12⁰⁰ (Save \$9⁰⁰ off Midway Prices)
Advance tickets on sale at the Advance Ticket Outlets until Monday, October 28th.
Online sales at www.nationalpeanutfestival.com until 5:00 pm on Thursday, October 31st

ONE DAY MEGAPASS \$25⁰⁰
Includes Admission & Armband ticket.
May be used for any one day of the festival.
Megapass tickets on sale until 5:00 PM, Thursday, October 31st

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HERITAGE
Boxing coach uses
Hispanic heritage to
share Army stories
[Story on Page D3](#)

OCTOBER 24, 2013

Survey seeks to improve sports

By Nathan Pfau
Army Flier Staff Writer

With a large selection of choices when it comes to intramural sports at Fort Rucker, people aren't limited when it comes to the type of sports available on the installation.

But not one to rest on its laurels, the Fort Rucker Directorate of Family, Morale, Welfare and Recreation is conducting its first intramural sports survey now through Nov. 1 to learn about potential new sports that people might be interested in, according to CW3 Erik Bratton, operations officer for the U.S. Army Air Ambulance Detachment Flatiron, 1st Battalion, 223rd Aviation Regiment.

"The purpose of this survey is not only to identify possible new intramural sports offerings on Fort Rucker, but to gauge the level of interest and (level of participation) in past and present intramural sports program offerings," he said.

Bratton, who is currently interning for the Fort Rucker Sports, Fitness and Aquatics Branch, said it's imperative for people to participate in the survey in order to give the sports program an idea of the current status of their level of interest, as well as future interest in intramural sports.

It's meant to help shape the future offerings of the program to more accurately reflect the interests of the Fort Rucker community, he added. The survey is a way for people to have a voice when it comes to the type of activities that are available for them.

"The intramural sports program is driven by interest and participation, and without programs the community wants, the program itself will cease to be a fully func-



PHOTO BY NATHAN PFAU

Capt. Jeff Meinders, A Company, 1st Battalion, 14th Aviation Regiment commander, throws a disc at one of the targets at the Beaver Lake Flying Disc Course. DFMWR is conducting a survey to find out what people at Fort Rucker are looking for in intramural sports.

tioning part of offerings within the sports, fitness and aquatics branch," said Bratton. "(The survey) is absolutely integral (because) any new program has to start with an idea and be something that the community wants."

Bratton said that the new ideas that are submitted through the survey will be taken seriously due to a notable decline in intramural sports Army wide in the last 10 years.

Some of the decline in interest can be attributed to the operations tempo of the current force, deployments and a need to reconnect with Families, but also because programs can become stale over time if new ideas aren't considered, he added.

"There are a few programs that are staples of intramural sports, such as flag football, basketball and volleyball, but these are usually competitive sports and some

people feel they don't have the requisite talents to play," said Bratton. "We are trying to see if there are other sports, such as kickball, that would be fun, more inclusive of the entire community and be less on the competitive side."

In order for a new idea to be taken into serious consideration, a 40 percent or better response rate is needed to put that sport in a position to be considered for

intramural offering, he said.

"(Community feedback) is the only thing that matters," he said. "Intramural sports are not driven by money, but by participation, and in order to have a successful program, there must be a buy in from the target audience."

People can participate in the survey by either visiting the Fort Rucker Physical Fitness Facility or going online at <http://www.surveymonkey.com/s/FJ3TS9G>.



PHOTO BY SARA E. MARTIN

Fall duathlon

Jeanina Mann, civilian, trains on a treadmill at Fortenberry-Colton Fitness Facility Monday for the fall duathlon. Fort Rucker will hold its fall duathlon Monday 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 now through Sunday 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 Sunday 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.

PIGSKIN PICKS



	Carolina vs. Tampa Bay	Miami vs. New England	Dallas vs. Detroit	Pittsburgh vs. Oakland	N.Y. Jets vs. Cincinnati	Atlanta vs. Arizona	Seattle vs. St. Louis
 Jim Hughes <i>Public Affairs</i> (31-18)							
 Brian Jackson <i>DFMWR</i> (30-19)							
 John McGee <i>CDID</i> (36-13)							
 Capt. Mike Simmons <i>Directorate of Public Safety</i> (32-17)							
 Sharon Storti <i>Network Enterprise Center</i> (29-20)							

DOWN TIME



TRIVIA

1. GEOGRAPHY: Where is the Levantine Basin found?
2. ART: Who created the work titled "Twittering Machine"?
3. LANGUAGE: What does the Greek word "dactyl" mean?
4. GENERAL KNOWLEDGE: How long is a giraffe's tongue, on average?
5. THEATER: Actor Richard Burbage was closely associated with which famous playwright?
6. LITERATURE: Who wrote the book "Where the Wild Things Are"?
7. TELEVISION: Who played the lead female character in "The Bionic Woman"?
8. MEDICAL: What is the common name for "tinea pedis"?
9. ANIMAL KINGDOM: What does a lepidopterist study?
10. MEASUREMENTS: How much champagne does a magnum hold?

See Page D3 for this week's answers.

Super Crossword

- ACROSS**
- 1 iPad
5 downloads
10 Erie, for one
15 Weapons
19 "Doggone!"
20 Greek salad morsel
21 Soprano
22 Lunch, e.g.
23 Mouse-like rodent
24 Kind of pie
25 Civil War side
26 How thumbs are twiddled
27 Start of a riddle
31 Smoothing tool
32 "A Streetcar Named Desire" director
33 Kazan
34 Sauna
35 sinner's sigh
36 Big stink
37 Former Web reference from Microsoft
38 Riddle, part 2
43 Bog grass
44 Tip of a pen
46 University of — Dame
- DOWN**
- 1 One giving counsel
2 Irreverent
3 Jack of "City Slickers"
4 Acquired pop
5 Equal business associate
6 Emmy winner
7 Specialized market
8 Is of use to
9 "Law & Order" detective
10 One reuniting
11 Filmmaker
12 Ken or Lena of Hollywood
13 Floodwater of a stream
14 Inaptitude for music
15 Lady friend, in Lyons
16 Bureaucratic busywork
17 Big stink
18 Guileful
28 Atop, to a poet
29 Build up
30 Fraternity letter
35 See 59-Down
37 Man Friday
39 French writer
40 Coup d'— (uprising)
41 Have a tiff
42 Module
43 Pals
48 Docs
49 Incision reminder
50 Operatic highlight
52 Gar of Hollywood
53 Unlike a people person
54 Circus site
55 Garciaparra of baseball
56 Steak cut
57 — it ride
58 Pixie-esque
59 With 35-Down, leave in a hurry
60 Lilylike garden plant
61 Disney mermaid's name
62 Batting game for tots
68 Jumbo tubs
69 Adam's partner
71 Forum wrap
72 Fruit waste
74 Oshawa's prov.
77 Seraph, say
79 Middle name of Presley
82 Flier's home
83 Heroic act
84 Cross in hieroglyphics
85 Lovers' god
86 Surprise candidate
90 Hold title to
91 Swatted
92 Worked hard
93 Neighbor of a Librarian
94 Toast
96 Unposed photos
97 Truancy, e.g.
98 Sweet red liquor
99 Actor Paul who played Victor Laszlo
101 Typing class stat
102 Old Missouri natives
103 Conveyed via a tube
104 "Lord Jim" star Peter
106 Fleming or McEwan
110 "Labor — vincit" (Oklahoma's motto)
113 Holy Mother
114 Statistics
115 "Parade" pennier Salie
116 Tivoli's Villa d'—
117 Ogreish
118 Bullring call



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2013 King Features Synd., Inc.

See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

WORDY CAUSE! You are asked to find five four-letter words that will make the entire ball point and down in the diagram at right.

3X1X
x4X
xxx85
x2xx8
xx4x65

PHANTOM MATH CHALLENGE

These assorted numbers have been repeated in the multiplication table below. Our gracious sponsors in the quantity of the product of multiplying numbers and their sum. If you can find the amount that result in a 5, the multiplier then must be 4.

One hint here: The second digit in the multiplier is a 5.

Jack Spot: Take a guess at how many jack-o'-lanterns are shown above. Then try counting to see if you are right.

Wishing Well

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 BOLTOWOFF

CAN YOU TRUST YOUR STEEL? There are at least six different ways to arrange the letters in the grid below. One way can give you the word "FOCUS". Check answers with those below.

FOCUS: F O C U S

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Boxing coach uses Hispanic heritage to share Army stories

By Tim Hipps
Installation Management Command

SAN ANTONIO – Staff Sgt. Alexis Ramos used National Hispanic Heritage Month to share stories about his boxing Family, the U.S Army World Class Athlete Program and Army Installation Management Command.

Ramos, 30, a three-time All-Army and armed forces boxing champion, is an assistant coach for the World Class Athlete Program boxing team at Fort Carson, Colo. MTV visited the “House of Pain” boxing facility in late August to shoot a Hispanic heritage segment on Ramos and his father, Rafael, a retired Army first sergeant and member of the Puerto Rico Boxing Hall of Fame.

Alexis appeared in early September on segments of Telemundo’s “Un Nuevo Dia,” filmed at NBCUniversal Studios in Hialeah, Fla., where he shared his Army story with international viewers of the American Spanish-language broadcast television network.

Bright television lights are nothing new to Rafael, who has refereed or judged boxing on ABC, CBS, NBC, HBO, ESPN, Showtime, Telemundo, Telefutera and “all the Spanish networks.” His careers in the Army and the ring have landed him 23 times in Japan, along with trips to Korea, Thailand, Indonesia, China, Germany, France, Italy, Panama, Ecuador, Jamaica, Mexico and his native Puerto Rico.

Alexis, on the other hand, is accustomed to being on the other side of the camera as a military journalist who shot videos of fellow Soldiers while deployed in Afghanistan. He also has written his share of Army newspaper articles.

Both father and son got started in the direction of bright lights and big cities through hard work, sweat and hustle in boxing rings around San Antonio and the U.S. Army.

Rafael served 21 years as a Soldier, six of which he boxed as a 119-pounder, including an All-Army trial camp appearance in 1979. Early on, he was a communications specialist at Fort Sam Houston, where two decades later he bypassed one last permanent-change-of-station opportunity to retire as a sergeant major. He instead did “the Family thing” and ended his Army career at Fort Sam Houston



PHOTO BY TIM HIPPS

U.S. Army World Class Athlete Program assistant boxing coach Staff Sgt. Alexis Ramos (center) does a spot on Telemundo’s “Un Nuevo Dia” at a studio in Hialeah, Fla., to share his Army story with international viewers of the American Spanish-language broadcast television network during National Hispanic Heritage Month.

so his daughter, Marelyn Ramos, could finish high school in “The Alamo City.”

Along the way, Alexis was born in 1983 at Fort Benning, Ga. From there, the Ramos family moved to Fort Bragg, N.C., where Rafael competed 1985 through ‘87 in taekwondo. During that period, he began his career as a boxing referee and judge.

He originally declined an offer to referee, but later accepted what would become one of his greatest opportunities.

“I told the guy: ‘I like to get hit and hit people,’ and I said, ‘No,’” recalled Rafael, who in 1985 made his referee debut at a “smoker” at Fort Bragg, and in 1986, competed in the North Carolina Taekwondo Championships. Later that year, he refereed an All-Army versus All-Navy boxing card in Norfolk, Va., where he was approached about refereeing professional boxing.

“Amazing. Crazy,” Alexis said while listening to a play-by-play recollection of his father’s career in the Army and the ring, capped by a 2012 induction into the Puerto Rico Boxing Hall of Fame.

The Ramos’ success story is built upon several chapters of Alexis emulating Rafael, who initially protected his son from the dangers of boxing.

“Very typical dad: definitely didn’t want me to box,” explained Alexis, who wanted to begin boxing much younger than he actually did. “He was very protective – over protective, at times.”

“Because I’d been through all that,” Rafael chimed in. “I knew how hard it is to train and I did not want him to get hurt.”

At age 16, Alexis played host to “backyard championship fights” at the Ramos’ house – until his father came home early one day and stopped the bouts.

“He was like, ‘OK, you know what? Enough – I’m going to get one of my friends to teach you,’” recalled Alexis, who immediately began training and boxed his first bout at age 17.

After only three fights, Alexis went to live with his father’s Family in Puerto Rico and trained for a shot at the Olympics. Two years later, he followed his boxing coach to Miami. Neither of those plans panned out.

“It was tough living in Miami,” Ramos recalled. “It was difficult to find a job and I went three months without a fight. I thought about turning pro at that time.”

Instead, he returned to Texas and attended San Antonio College for one year before joining the Army and climbing back into the

ring at age 22.

Alexis boxed in the U.S. Army World Class Athlete Program from 2007 through 2009, and beyond as a member of the All-Army boxing team. He is a three-time All-Army and armed forces champion at 125 pounds.

After attending Defense Information School in 2010 at Fort Meade, Md., he served as NCO in charge of units in Colorado, South Korea and Afghanistan. He returned to WCAP in 2013, as an assistant boxing coach.

“I think I’ve found my calling,” Alexis said. “I think the Army World Class Athlete Program gave me a great opportunity to fulfill my passion. Now that I’m doing it, I can’t see doing anything else.”

While in Miami for the television shoot, Ramos also made high school and college students aware of energetic, non-traditional military opportunities they previously thought unfathomable. He went on recruiting visits to North Miami Senior High, Miami Senior High and Florida International University.

Ramos enjoys Total Army Involved Recruiting missions because they provide an opportunity to show schoolchildren “what right looks like.”

Throughout his journey, Ramos has persistently worked on his education. He is about nine classes shy of attaining a bachelor’s degree in organizational leadership to complement about 80 bouts in the school of hard knocks.

“I have always been very proud of Alexis,” Rafael said. “He has a lot of integrity and he’s a really smart guy. I’m really proud of him for becoming an assistant coach for the Army, and that he’s only a few courses shy of his bachelor’s degree.”

The military has taken Alexis to Germany, Korea, India and Afghanistan. Although he has no desire to match his father’s travel resume, he plans to continue coaching boxing as long as the Army allows.

The MTV spot will air 31 times on MTV2 and 21 times on MTVU. Network officials estimate it will be viewed by millions, including more than one million viewers in the Army’s target audience of 18- to 24-year-old men.

PIGSKIN PICKS



Boise State vs. BYU

Nebraska vs. Minnesota

Texas Tech vs. Oklahoma

Troy vs. West Kentucky

South Carolina vs. Missouri

USA State vs. Texas State

Texas vs. TCU

David C. Agan Jr. PAO (40-16)							
Kent Anger, DPTMS (43-13)							
Wes Hamilton, NEC (40-16)							
Alex Tressler, 1-11th AVN (36-20)							
Tish Williamson, USAACE (36-20)							

PUZZLE ANSWERS

Super Crossword Answers



Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Mediterranean Sea
2. Paul Klee
3. Finger
4. 18 inches
5. Shakespeare
6. Maurice Sendak
7. Lindsay Wagner
8. Athlete's foot
9. Butterflies or moths
10. Two standard bottles

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Video Game Spotlight >>

Turtle adventure ends too quickly



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.)

Back when the Teenage Mutant Ninja Turtles crawled out of the sewers in the 1980s nobody could have seen them turning into a franchise that is still roping in kids of all ages in 2013.

Leonardo, Raphael, Donatello and Michelangelo have stood the test of time through their many TV shows, video games and comic books. Their hard shells were apparently built to last.

The new video game "Teenage Mutant Ninja Turtles" won't be around in 20 years or even perhaps 20 weeks, but it still does a good job creating the world of the current Turtles, but like the plots of their various cartoons, this new game is pretty thin on substance.

It harkens back to the '80s with its side-scrolling action and four-person,



Publisher
Activision
Rated
Everyone
Systems
Xbox 360, Wii, 3DS
Cost
\$30, 40
Overall
2 out of 4

local, drop-in and drop-out co-op play. If you ever played the first Teenage Mutant Ninja Turtles video game in the arcade then you'll feel nearly instantly at home.

The difference in this 2013 version is that the graphics are light years ahead of what we saw in the '80s, the characters can be upgraded and there are multiple gameplay modes. However, the plot is still rather benign. Arch-villain Shredder intends to set off a bomb that will transform the citizens of New York City into mindless mutants.

The game is based on the Nickelodeon animated TV series and fans of that show will enjoy getting to play as any of the four turtles.

"Teenage Mutant Ninja Turtles" does a good job of portraying the turtles and their animated world, but the game's 15 levels are over fast and there isn't much to the game after that. Skip it unless you are a diehard Teenage Mutant Ninja Turtles fan.

Reviewed on the Xbox 360

2-MAN BUDDY BASS TOURNAMENT

Outdoor recreation will host a Two-Man Buddy Bass Tournament Saturday 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 Saturday 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 Saturday 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.

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.

FALL DUATHLON

Fort Rucker is holding a fall duathlon Monday 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 now through Sunday 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 Sunday 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.

GLOW BALL GOLF TOURNAMENT

Silver Wings Golf Course holds its glow ball tournament Nov. 15. Registration, a chili party and the range will open at 4 p.m., while the shotgun start will take place at 5:30 p.m. The entry fee is \$40 for members and \$50 for non-members. Entry fee includes nine-hole cart and greens fees, glow balls, range balls, tournament medal and prizes. People can sign up individually or as a foursome. Deadline to register is Nov. 1 at 5 p.m.

For more information, call 598-2449.

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SUNDAY, NOVEMBER 3
\$6 Gate Admission for anyone ages 6 and over • \$20 Armband

MONDAY, NOVEMBER 4
Pre-registered farmers and their families get in free
Alfa Farmers members with membership card admitted for \$5.00 • \$20 Armband

TUESDAY, NOVEMBER 5
Regular Price Gate Admission • \$15 Armband

WEDNESDAY, NOVEMBER 6
Dream Big Food Drive for the Wiregrass Food Bank
\$2 off gate admission and \$5 off ride armband
Without food donations: Admission - \$7 and Armbands - \$20

THURSDAY, NOVEMBER 7
Seniors (55 & over) admitted free from 12:00 noon until 4:00 p.m.
(Free admission only at the ALFA gate)
Senior Admission \$5.00 starting at 4:00 p.m. • Regular Price Gate Admission for all others \$20 Armband

SATURDAY, NOVEMBER 9
Military and their family members with ID admitted for \$5.00
Regular Price Gate Admission for all others
\$35 Armbands sold from 12:00 noon to 4:00 p.m. • Armbands may be used until closing time

SUNDAY, NOVEMBER 10
\$20 Armband • No additional gate admission charged

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