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holiday season

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APPRECIATION Troy University honors Soldiers

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FORT RUCKER ★ ALABAMA

NOVEMBER 15, 2012

Fort Rucker honors veterans

By Nathan Pfau Army Flier Staff Writer

Hundreds of Soldiers and civilians gathered at Veterans Park as Fort Rucker honored its past and present service members Friday during a Veterans Day ceremony.

Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Aviation Branch Command Sgt. Maj. James H. Thomson Jr. laid a wreath during the ceremony to honor those that have served in the U.S. armed forces in the past and present.

"For the last century, we've celebrated our veterans on this day," said Mangum during the ceremony. "When the cannons of World War I were silenced, we thought we had fought the war to end all wars, but as history has proved, we still need our Soldiers.

"Today, our Soldiers are blessed to serve in a time when their service, sacrifice and commitment are recognized and truly appreciated," he said. "Too many of you know that has not always been the case."

Mangum went on to thank the veterans who never received a proper welcome home during their time in service, such as those who served during the Vietnam War, and veterans like Bob Giffin said that he felt the appreciation.

"I'm a Vietnam vet, so all of this has been delightful and heartwarming for them to welcome home the Vietnam veterans because we didn't get the same kind of welcome when we came home as other veterans did," he said.

Robert Cooper, Vietnam veteran and longtime friend of Giffin's, agreed and said he was glad to see changes in attitudes toward those who have served

"This ceremony is very important to me as a Vietnam-era veteran to see that people have changed their attitudes from the way it was



Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Aviation Branch Command Sgt. Maj. James H. Thomson Jr. salute as they lay a wreath during a Veterans Day ceremony at Veterans Park Friday.

when we first came home in the 60s and 70s," said Cooper. "I think one of the reasons that we have such welcome home events for our current and younger warriors is because of the sacrifices that the guys from of my era made."

Cooper joined the Army in 1957 and served on active duty for 30 years, and continued his service to the military as a civilian contractor for more than 15 years after his retirement. He said that it's important for people to give recognition to those very few that have sacrificed for their country in one way or another.

"Only about 1 percent of the all to do with the military and less population serves in the military," he said. "It's important to keep the patriotism alive and make people

realize that freedom isn't free somebody's got to pay the price."

The price that those service members pay doesn't end with their service, according to Mangum.

It's something that is ingrained in veterans and something that shows in aspects of their lives.

"You can tell when you meet a veteran," he said. "You know there is something about the veteran that stands out. Whether it's the glimmer in their eye, the way they stand, their demonstration of patriotism and their respect for the American flag – you can tell who's a veteran.

"We need to recognize that they U.S. population has anything at are Soldiers for life," said Mangum. "We look to them to lead here were prosecuting our nation's

> wars." Mangum asked how people can

give back to those that have sacrificed for their nation when their time in service has ended, but said there is no one answer.

"It's a question that should come to mind each and every day. Not just on Veterans Day," he said. "The only answer that makes sense to me is to continue to thank them with each and every opportunity you get."

The U.S. currently has the youngest population of veterans since the Vietnam war, with almost half of those serving in the military between the ages of 22 and 30, according to Mangum. Almost 3 million young men and women have served since 9-11 and within the next five years, almost 500,000 than half a percent of the current at home just as they did when they Soldiers will leave the Army to return to civilian life.

> Mangum said that the Army is developing programs to help these

Soldiers transition into civilian

"The Army is developing programs to connect them with employment, education and health resources, and provide opportunities so they may continue to develop themselves as men and women of character and conviction who can and will continue to make a difference in our communities," he said.

He added that the local community should also show their appreciation to veterans by affording them opportunities by giving them employment opportunities.

"You'll have a tremendous asset by hiring a veteran and I promise you that they'll bring leadership, commitment and discipline to your workplace," said Mangum. "We owe veterans more than our silence, our memories and our thanks."

Hatch Stage Field goes Net Zero energy



Solar panels installed at Hatch Stage Field convert energy from the sun into usable electricity that can also be fed back onto Alabama Power's electrical grid. The facility will be Fort Rucker's first Net Zero facility, which means it produces more electricity than it consumes.

By Nathan Pfau Army Flier Staff Writer

Waste not. It is a common adage that many people have heard throughout life, but Fort Rucker is taking the saying to heart as it implements its first Net Zero energy facility, slated for completion by the end of December.

Hatch Stage Field is in the process of installing a 51kilowatt Photovoltaic array, which are solar panels that will be used to collect energy from the sun to convert into electricity, according to Candy Vaughan, Directorate of Public Works branch chief of utilities and energy management.

"The idea is for the field to be Net Zero, which means for us to generate more electricity than we use over the course of the year," she said. "That will be the first place on Fort Rucker to go to Net Zero."

The ultimate goal is complete Net Zero, according to Trevor Marshall, DPW energy engineer, which is in three components: Net Zero energy, Net Zero water and Net Zero waste.

"Net Zero energy is producing as much energy as is consumed, which we're going to do at Hatch," he said. "Net Zero water is turning water from aquifers, rainwater and things like that into useable water for irrigation purposes; and Net Zero waste is making sure that we don't put any waste into landfills by recycling or reusing what we can and turning any waste we can into energy.'

Vaughan said that the solar array is directly connected to Alabama Power's electrical grid, so any energy that is generated at the facility that isn't used can be fed back onto the grid.

SEE ENERGY, PAGE A5

ACS offers resilience training for Families

By Nathan Pfau

Army Flier Staff Writer

Military Family life has its share of ups and downs, but one Fort Rucker program hopes to provide Family members with the tools they need to get through difficult times.

The Family Member Resilience Training is a two-day class, Monday-Tuesday from 8:30 a.m. to 2:30 p.m. at The Commons, to provide people with thinking skills and coping strategies to help Family members through certain situations, according to Ruth Gonzalez, Army Community Service relocation readiness program manager.

"Resilience training is one of the best training programs that we have

here at Fort Rucker," said Gonzalez. "It teaches Family members or anyone who attends why they react to a given situation in a certain way and helps them understand what's going on in their lives so that they can bounce back from these situations.

"If a person is going through any event in his or her life, whether it's a car breaking down or a death in the Family, we give people the tools they need to get through these situations," she said.

Gonzalez said that situations or life events can trigger different reactions from different people and the training provided by the program helps people understand why reactions are differ-

"Resilience training makes you look at yourself and ask yourself why you react a certain way," she said. "It makes you ask why it is that you can bounce back from something, but someone else might lose it completely."

She added that training like this is essential in a military environment because of the unique circumstances that military Families have to endure throughout military life.

"With multiple deployments and so many separations, [the class] is a great place for people to sit with Family and get as much information as possible before the next deployment cycle," said the program manager. "I'm all

SEE ACS, PAGE A5



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

SPORTS • D1-4

PERSPECTIVE

ACAP: Self-assessments important before job search

By Bryan Tharpe

Fort Rucker Army Career and Alumni Program

Transition Services Manager

What occupation will you pursue after you separate from the Army? Think hard. Is that what you really want to do?

For some Soldiers, the transition back to civilian life is relatively easy. They have ideas, goals and back-up plans for civilian employment. They are undaunted, open-minded and flexible about how to get what they want.

But for other Soldiers, this transition is not so easy. Over the years, they may have set aside personal goals or lost sight of a few dreams. They felt too busy for hobbies or college classes and let military service envelop them.

Consequently, it became more and more difficult for them to identify what it is that makes them truly happy. When it is time for these Soldiers to separate from military service, even the smallest decisions can become difficult.

Much to their dismay, the job search process does not start with resume writing. It must necessarily start with a comprehensive, honest self-assessment. If Soldiers have been out of touch with their true values, interests and strengths, they run the risk of pursuing the wrong vocation or drifting toward the path of least resistance.

Don't let that happen to you. Regardless of how much time you have left to serve in the Army, it is never too early to begin and maintain your vocational selfassessment. There are many ways to keep in touch with the feelings that will lead you to the right civilian vocation.



Answering the following types of questions is a good start.

- Do you prefer working with people, data or things?
- · Do you prefer working indoors, outdoors or a mix of both?
- Do you want to work for a large or small company?
- Do you want to interact with others a
- great deal, a little bit or not at all? • Do you want to work independently or on a team?

- · Are you more comfortable as a team leader or member?
- · Which of your jobs in your past did you enjoy the most? Why?
- What do you like to do in your spare time? What are your hobbies?
- Do you want to create, design, install, troubleshoot, teach, travel, coordinate, answer questions, ask questions, inspect, write, build, analyze or synthesize?
- If you had to describe five or six of your happiest moments at work, would they have a common thread? What was it about those moments that gave you true satisfaction and what type of civilian environment might give you the same enjoyment?

There are thousands of similar questions to ask yourself in pursuit of selfknowledge. I recommend reading "What Color is Your Parachute," by Richard Bolles, or any other book that offers selfassessment, long before your separation

As you learn more about your own vocational values and preferences, you will be able to piece together a picture of what your next career will look like. As a result, when you finally do arrive at your transition point, deciding on objectives, writing resumes, interviewing and evaluating job offers will be considerably easier. And your new civilian career will be financially, professionally and personally rewarding.

Soldiers and their spouses are encouraged to attend a pre-separation briefing no later than one year prior to separation or two years prior to retirement.

For more, call the ACAP Center at 255-2558.



L Thanksgiving Day is Thursday. What are you most thankful for? ""



CW2 Max Hall, Fort Bragg, N.C.

"I am thankful to be home with my wife. I have been gone for a year in Egypt. I get to spend time with Family again and I can be a husband to my wife again."



Jennifer Wlasniewski, **Army spouse**

"I am thankful for my Family. Having children isn't the easiest thing to do, but it was worth it."



Andrew Lecuyer, Army veteran

"I am most thankful for my Family and being able to provide for my Family without assistance."



CW3 Robert Moran, A Co. 1st Bn., 145th Avn. Regt.

"I am thankful to be able to be home this year to celebrate the holidays."



Sgt. Mark Turner, Fort Rucker Dental **Clinic Command**

"I am thankful for the chance to serve this country.

COMMAND

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Col. Stuart J. McRae FORT RUCKER GARRISON COMMANDER

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SUICIDE INTERVENTION

Ask your buddy

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

Care for your buddy

· Remove any means that could be used for self-

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

scort your buddy

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

Winter tips for 4-legged Family members

By Sara E. Martin Army Flier Staff Writer

Things can get hectic during the holidays with visiting Family, travel plans and adjusting to the weather, but officials at the Fort Rucker Veterinary Clinic and Stray Facility offer tips on keeping pets safe and happy during these hairy times.

There are a lot of hazards that pets are exposed to during the holidays and keeping pets safe is a continuous duty during the winter months, according to Maj. Karen Kemdrick, head of the Fort Rucker Veterinary Treatment Facility.

"Keeping pets safe should be a top priority in any pet owner's life and we just want to make sure Families are doing everything they can to keep their four-legged Family members safe during the holidays," she said.

Winter poses special risks to pets. Give your pet a safer, healthier cold-weather season by following these tips:

- Keep indoor pets in a warm, dry area free of drafts. Elevate your pet's bed off the floor.
- Provide outdoor dogs and cats with a dry, insulated pet house or shelter out of the wind. Bring your pet inside if the wind chill or other weather conditions become severe.
- Feed your pet extra calories when temperatures drop.
- Cats and kittens often nap on warm car engines. Knock on the hood or honk the car, and then wait a few moments before starting the car.
- Pets like the smell and taste of antifreeze, but even a small amount can kill them. Thoroughly clean up spills at once. Tightly close containers and store them where pets cannot get to them.
- · Groom your dog regularly. Your dog needs a wellgroomed coat to keep him properly insulated. Short- or coarse-haired dogs may get extra cold so consider a sweater or coat.



Heather Miller, Army spouse, takes her Siberian Husky, Mila, out for a walk Tuesday.

 Don't leave your dog alone in a car. It gets too cold and carbon monoxide from an engine left running is dangerous.

"Dogs cannot talk to us when they are sick, so as a responsible dog owner it is important to pay special attention to your dog's well-being during the winter season," said Kemdrick.

She reminds pet owners that pets can just as likely get dehydrated in the winter as in the summer, and, though Alabama winters are mild, frostbite is still a hazard.

"To prevent frostbite on ears, tails and paws don't leave your dog outdoors for too long. Be very careful of supplemental heat sources, also. Fireplaces and portable heaters can severely burn your dog," she said.

She also said that, like people, dogs seem to be more susceptible to illnesses in the winter and to take pets to a veterinarian if any suspicious symptoms arise.

"Don't use over-the-counter medications on your dog without

consulting a veterinarian," she added.

Other holiday hazards that pose a threat to pets during the festive season include:

- · Holly, tinsel, mistletoe, poinsettia, Christmas rose, philodendron and dieffenbachia - are toxic to pets. Keep them out of your pet's reach.
- Holiday lights on lower tree branches.
- Electrical cords. Pets often try to chew them and may get shocked or electrocuted.
- · Glass or edible ornaments.
- Live and artificial Christmas trees. Both kinds of needles are sharp and indigestible.
- Alcohol and chocolate are toxic for dogs, even in small amounts.

In addition to these hazards that pets have to put up with, many people think that a new puppy or kitten is the best way to surprise a loved one, but animals and authorities feel otherwise.

"Pets don't always make for the perfect gift for the holidays, and the stressful nature of the season can be too much for puppies, kittens or adult rescues to handle," said Kemdrick, adding that the added stress of a new pet during the season can also sometimes be too much for people, as well.

"New puppies and dogs require extra attention and a stable environment, which the holiday season doesn't permit. Also, a puppy is not a toy or gift that can be returned," she said.

Lisa Moore, animal health aide at the Stray and Adoption Facility agrees.

"Animals being adopted need extra time and much one-on-one attention from new owners to work on house-training, getting introduced to other Family pets and just overall adjusting to a new environment," she said.

Moore also advises that getting a pet as a gift for someone else, even if they indicate they want a pet, may not be a good decision.

"Never gift someone with an animal as a surprise. An animal is a huge time, attention, money and

health care investment that can last up to 18 years. The decision to have an animal is a personal choice and not to be made quickly or on a whim," she said.

For those determined to get a pet for the holidays, Moore offers tips to care for the addition.

"Make sure you are able to spend focused time on helping the animal adapt to its new surroundings. Also, be sure you have all necessary supplies and are able to spend time outside with housetraining. Take into account that if you are traveling for the holidays you need a plan for taking care of your new pet," she said.

When thinking about holiday travel, Moore said it is a personal choice whether owners should take pets or board them, but if people choose to board, reservations need to be made weeks or months in advance.

"If you will be traveling, make sure you bring all necessary supplies from home — crates, food bowls, litter boxes, leashes, medications, etc.," she said. "Also, make sure you have an escapeproof area if dogs will be off the leash. Make sure you have your animal microchipped in case they do get lost, and keep your microchip information updated when you move or change phone numbers," she added.

For Family coming to visit who may bring pets, Moore reminds that Dobermans, wolf-hybrids, Chow-Chows, Rottweiler's and Pit-Bulls are currently prohibited on Fort Rucker.

A lot of pets are exposed to unfamiliar Family members during the holidays and Moore advises to never force an animal reluctant to be petted to make contact.

"Let pets go at their own pace, especially with the smaller breed dogs that are often leery of small children's sudden moves and loud gestures," she said.

If pet owners have concerns or questions regarding care of pets during the winter season and holidays, contact the Fort Rucker Veterinary Treatment Facility at 255-9061.

Stidley addresses flight medic course graduates

By Lori Yerdon

U.S. Army Combat Readiness/Safety Center

Seventeen Soldiers and two Sailors joined the ranks of specialized medics when they graduated from the U.S. Army School of Aviation Medicine's Flight Medic course, Class 13–500, Nov. 2.

Guest speaker Command Sgt. Maj. Richard Stidley, U.S. Army Combat Readiness/ Safety Center, commended the graduates on their accomplishment and extended his gratitude for their willingness to embrace their role as flight medics.

"You wouldn't be here now if you didn't have what it takes to succeed in this line of work," he said. "Look around the room, there's some folks missing from day one. That's because not everybody is cut out to do what's expected of a flight medic."

During the rigorous five-week course, students received training on pediatric education for pre-hospital professionals, advanced cardiac life support and advanced skills for treatment of a trauma patient. The culminating training event was a situational awareness training exercise consisting of in-flight patient care and point of injury care.

"Looking into this crowd, I see the combat patches on your shoulders," Stidley said. "I know you know what life in theater is like. That experience, combined with the training you've received here, will serve you well as a flight medic.

"However, I caution you to stay humble and remember nothing can completely pre pare you for what lies ahead," he added. "After that first mission, you'll come back with a completely different perspective on life and what it means to be an American service member."

Reflecting on his more than 33 years of Aviation service, Stidley shared with the graduates his experience of being mede-

"Unfortunately, I was medevaced out of theater twice, from Camp Taji, Iraq and again from Bagram, Afghanistan," he said. "I'm thankful for the care I received from the medevac crew.

"As flight medics, you'll see the best and the worst humanity has to offer," Stidley continued. "You'll also see just how hard the human body and mind will fight to live. I am in constant awe of the abuse a person can suffer and still survive, with the right help. Now you are that help, the critical link that transcends death and turns back the tide toward life."

Next, Col. Brian Smalley, USASAM dean, praised the graduates on their achievement and reinforced the importance of their training.

"Congratulations, you've graduated today and you're flight medics," he said. "From now on, you'll need to work on maintaining your certification, maintaining



Col. Brian Smalley, Dean of the U.S. Army School of Aviation Medicine, Command Sgt. Maj. Richard Stidley, U.S. Army Combat Readiness/Safety Center command sergeant major, and 1st Sgt. Keith Schultz, USASAM first sergeant, congratulate Spc. Chad Bortle on his graduation from the Flight Medic course, Class 13-500, Nov. 2.

your skills, and if you're not a paramedic yet, you'll be one soon. This course is just the beginning; it's a lifetime of learning."

"You are now part of an amazing and

elite fraternity — do your brothers and sisters proud, and always do the right thing," Stidley said. "Good luck to you, and may God bless and protect you all."

ews Briefs

Thanksgiving service

The Fort Rucker chaplaincy hosts the Community Thanksgiving Christian Service Wednesday at 11 a.m. at the Headquarters Chapel in Bldg. 109. The event will be a traditional ecumenical service that involves the people of Fort Rucker and the surrounding communities.

For more, call 255-2989 or 255-2012.

Commissary closure

The Fort Rucker Commissary will be closed Nov. 23 (Black Friday) because of historically low patronage on the day following Thanksgiving and also to reduce operational costs. To make up for the closure, the commissary will be open the Monday before Thanksgiving.

For more, call 255-9177.

Military pay closure

The Defense Military Pay Office will close at noon Dec. 7 for its holiday luncheon and off-site training. All DMPO customers are asked to visit the DMPO with their pay inquiries prior to the closure.

Soldiers who have a military pay emergency or need to clear the DMPO during this time should call Christy Carter at 237-1968 or James Fails at 470-4405 for assistance. The office will reopen Dec. 10 and begin new operating hours of 7:30 a.m. to 4 p.m.

South Carolina tax returns compromised

In October, an international computer hacker broke into the South Carolina Department of Revenue database and gained access to more than 3.6 million state income tax returns. The hacked returns dated back to 1998 and included unencrypted social security numbers. Also compromised were over 16,000 credit and debit cards.

People whose information has been compromised will receive a free year of identity protection service provided by Experian and paid for by

For more, visit http://www.sctax.org/default.html.

Anyone who filed a South Carolina tax return from 1998 onward should call (866) 578-5422

AAFES Black Friday

Military shoppers can come early and gobble up the savings as the Fort Rucker Post Exchange will open its doors at 4 a.m. Nov. 23 for "Black Friday" sales. "From our Family to yours, happy Thanksgiving," said the exchange's main store manager, Don Walter Jr. "The day after is the unofficial holiday season for many Exchange shoppers. The deals we will be serving up will offer plenty of incentive to get up early." Beginning at 4 a.m., the PX staff will pass out take-a-tickets for the most popular "doorbuster" items, as well as bounce back coupons that can be used throughout the weekend that add value and excitement to this year's event, Walter said.

For more, call 503-9044, Ext. 211.

College exam procedures change

Army education centers in the continental U.S. are no longer authorized to proctor college examinations. Students must contact their college testing department for other proctor options, or contact the Fort Rucker Education Center at 255-2925 for more information.

New Warrior Leader Course begins in January

By Mikie PerkinsU.S. Army Sergeants Major
Academy

FORT BLISS, Texas — Preparing Soldiers for the Army of 2020 means restructuring a critical link in the NCO Education System chain that prepares Soldiers for future leadership – the Warrior Leader Course.

Gen. Robert W. Cone, commanding general of U.S. Army Training and Doctrine command, asked the commandant of the U.S. Army Sergeants Major Academy, Command Sgt. Maj. Rory L. Malloy, to evaluate whether or not the Warrior Leader Course was meeting the Army's needs.

"When you get a request from the top to look into a course as important to the future of our Army as WLC, you know the boss is paying attention to his Soldiers," Malloy said.

The year-long analysis resulted in a number of suggested changes and improvements, which were tested during three iterations of the pilot course at Fort Hood and Fort Bliss, both in Texas. After the iterations were completed the changes were approved and the course was updated to reflect the assessment of training. Modifications to the WLC include changes in course length as well as subject improvements and additions

The length of the WLC will increase from 17 to 22 academic days. The academic day will be limited to 8 1/2 hours, resulting in time for reflection, and additional time to reinforce training in areas such as counseling and leadership.

The restructured WLC will also include 12 hours of map reading – four of which are introduced in the Structured Self-Development Level 1 as prerequisite for WLC, and the remaining eight will be taught in the WLC.

The addition of the Army Physical Fitness Test to the WLC will ensure Soldiers are capable of meeting the Army's fitness,



Soldiers at the Warrior Leader Course work on squad tactics.

height and weight standards, Malloy said.

He added that the inclusion of an NCO initiatives class was a valuable tool to keep Soldiers on the path to success.

"The best thing about the NCO initiatives class is there's flexibility built into it, which allows for the insertion of new and emerging trends that Soldiers need to be aware of and keep up with," Malloy said.

Two areas where training hours increased include instruction in writing NCO Evaluation Reports as well as a more comprehensive block of teaching in counseling.

Malloy said while the 17-day program of instruction served Soldiers well, the change was necessary in order to provide the best training possible.

Changes to the course were the result of a comprehensive approach taken by USASMA. The commandant and his team used a variety of sources, including end-of-course surveys, working groups and a selection board to gather information and feedback from subject matter experts to compile data and provide a comprehensive picture of the course – both its strengths and possible areas to target for improvement.

"We put together a Critical Task Site Selection Board comprised of 29 leaders from the active Army, the National Guard and the Army Reserve, from staff sergeants through command sergeants major," Malloy said. "There were also master sergeants, sergeants first class and even officers on the board.

We collected feedback from major commands and noncommissioned officer academy commandants who included 12 month's worth of end-of-course surveys from 32 NCO academies across the Army," he said.

Active Army implementation of the new WLC will begin at the start of January 2013.

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Energy: Solar array to cut energy costs at Hatch

Continued from Page A1

"We will still have a monthly fee [with the power company], but what we will not pay is the avoided cost," she said. "As we put electricity back on their grid, they will credit us the amount that the [power company] doesn't have to spend to create that electricity."

The amount of electricity being fed back onto the grid should offset the electrical cost and more, according to Marshall.

"The solar panels create the electricity in direct current and then an inverter will convert that electricity in alternate current," he explained. "The electricity will then go to Alabama Power's transformer and step it up to their distribution voltage, and from there it can go anywhere on their distribution system. They will look at how much were sending out versus how much we're receiving and be able to credit our bill accordingly."

The solar array will generate about 73,000 kilowatt-hours per year, while Hatch Stagefield uses about 20,000 kWh per year, according to Vaughan.

The new system will save Fort Rucker thousands of dollars a year in energy costs in an area that has a high rate of energy consumption, according to Marshall.

"It was decided that Hatch Stage Field

[receive the solar array] because there is a higher rate there," said Vaughan. "Solar arrays are high-cost projects, so it just made a lot more sense to use it where the rates are higher, and Hatch has its own electrical account and the rate was significantly higher than the main post."

She added that the installation of the solar array at Hatch could be a preview of what's to come at other facilities on post.

"We would like to do it in areas that makes sense like the stage fields where the energy cost is high," said Vaughan. "As the cost of these solar panels are coming down, we're getting closer to being able to do this in more locations."

Although the cost of solar panels is still high, Vaughan said the project at Hatch cost Fort Rucker nothing.

"We had some equipment at one of the main electric substations that were damaged in 2004," she said. "It was determined that repairs needed to the equipment were not cost effective and Alabama Power, along with other companies, removed the generators and credited Fort Rucker with the equipment to apply to this project.

"This is important from an energy perspective because it increases our [sense of] security," said Marshall. "If we can produce our own renewable energy, then we're not relying on outside sources to supply us."

ACS: Program provides tools for control, communication

Continued from Page A1

about information and I truly believe that knowledge is nower"

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

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

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

A portion of the class is about assertive communication and how people react to positive news, said Gonzalez.

"It's one of those light-bulb moments that our students get," she said. "A lot of times when we receive positive news from a Family member, we take it for granted."

The program helps people see how they treat their Family members and the difference in reactions they have based on the relationships they have with loved ones.

"We react differently to them. We might blow them off or act nonchalant, but that's how relationships can break up sometimes," said Gonzalez. "It's a real 'aha' moment for some and it's a very enlightening part of class."

As a military Family member, Gonzalez said she has been through resilience training and is able to see how the training has helped in her life.

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

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

Another part of the class is called "putting it in perspective," which deals with worst-case scenarios.

"This portion of the class is a really hard class to go through, but some of our spouses could possibly go through that worst-case scenario," said Gonzalez, adding that it's a necessary part of the training.

Although the training takes people through worst-case scenarios, Gonzalez said that it's still a fun experience for Family members to participate in.

"It's not just sitting in a classroom and having someone speak at you," she said. "We use a lot of videos, a lot of humor and lot of discussion – real-life examples."

The real-life testimonials that people share help to push the class along and give others something to relate to.

"People will tell their stories and how they worked through it, and that's what makes it real," said Gonzalez. "Life is messy, but if we use tools to fix it and we see how it works, it'll be OK."

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







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NOVEMBER 15, 2012

10th CAB assists with recovery

By Staff Sgt. Todd L. Pouliot 10th CAB Public Affairs

FORT DRUM, N.Y. — In the aftermath of Hurricane Sandy, the federal government called upon 10th Combat Aviation Brigade personnel and assets to assist in the recovery of affected areas.

About 100 Aviators and support personnel of Task Force Phoenix departed Wheeler-Sack Army Airfield, Oct. 31, for Hanscom Air Force Base, Mass., with four HH-60M medevac helicopters and four UH-60 Black Hawk helicopters. Two CH-47F Chinook helicopters transported personnel and maintenance and communication equipment.

"We are the face of the Army and the 10th Mountain Division," said Lt. Col. Anthony A. Meador, commander of 3rd Battalion, 10th General Support Aviation Battalion, TF Phoenix, 10th CAB. "We are going to show that the Army can and will respond."

The task force recently returned from City areas.

four weeks of training at the National Training Center in Fort Irwin, Calif., and had to repack their bags for the current

"Undoubtedly, we have been training hard, and the effects of continuous operations have taxed our Soldiers and their Families," said Command Sgt. Mai. Peter J. Garretson III, senior enlisted adviser of TF Phoenix. "However, we are Soldiers and are honored to have been called upon to support our fellow Americans in a time of dire need. We are committed, unwavering and will not fail."

Two UH-60 Black Hawks were called upon Nov. 1, to transport Federal Emergency Management Agency Region II representatives along the coastline of Massachusetts and Rhode Island to conduct a damage assessment from the air.

TF Phoenix was directed to move its operations to Joint Base McGuire-Dix-Lakehurst, N.J., Nov. 3, to support recovery efforts in the New Jersey and New York



Spc. Gabriel J. Nieman, a UH-60 Black Hawk helicopter crew chief with 3rd Bn., 10th GSAB, TF Phoenix, 10th CAB, looks out at the southern Rhode Island coastline, Nov. 1. Two UH-60 Black Hawks transported FEMA Agency Region II representatives to assess damage along the coast.



PHOTO BY SGT. 1ST CLASS ABRAM PINNINGTON

RECEIVING SUPPLIES

Spc. Pete Sigala, a helicopter landing zone sling load specialist from Headquarters Company, 626th BSB, 3rd BCT "Rakkasans," 101st Abe. Div. (Air Assault), awaits as a civilian contracted air asset helicopter approaches for a sling load of supplies at FOB Salerno, Afghanistan, Nov. 5. Sling loads help resupply Soldiers at outlining Combat Outposts and FOBs with essential items such as fuel, water, food and other supplies.

Medevac central: A glimpse at one of the busiest operating locations in Afghanistan

By Capt. Richard Barker 25th CAB Public Affairs

PASAB, Afghanistan — When I was asked to meet and capture the lives of the medevac crews of C Company, 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, located at Pasab, a small outpost in a highly-active and dangerous region of Afghanistan located west of Kandahar Airfield, I was slightly concerned.

I expected to meet a rag-tag group of medevac crews. It would have to make sense, I thought. Pasab has the most challenging medevac missions in Regional Command-South due to the high frequency of missions and traumatic nature of the injuries common in the area.

Pasab averages 30 percent of all Category Alpha medevac missions in RC-South. The medevac crews at Pasab also see the worst injuries as they only respond to urgent medical calls, known as CAT-A missions. These are calls with injuries, such as a multiple amputee patients, that require a response from mission start to medical facility delivery of less than one hour — known as the golden hour.

When I arrived to meet the medevac crews, I was greeted by



CW3 Richard Swan (front), originally from San Antonio, and CW2 Jesse Chambers, originally from Austin, Texas, both pilots assigned to F Co., 1st Bn. 171st Avn. Regt., out of Texas, who are attached to C Co., 3rd Bn., 25th Avn. Regt., 25th CAB, conduct pre-flight checks on their UH-60 Black Hawk as they prepare to launch from Pasab, Afghanistan, on a CAT-A medevac mission.

the Pasab flight crews, I noticed

a very energetic Capt. Margaret Larson, a pilot and the executive officer for C Co., 3rd Bn., 25th Avn. Regt. She gave me a twominute tour of their footprint. There were two sleep tents and a third tent that served as an operations center and crew rest area.

my expected vision of them was way off. These were professional Soldiers with overall impressive statures. "We send our strongest flight

medics out here because of injuries we see," explained Larson. "This area is the worst, so we As Larson introduced me to

need Soldiers that can handle it." I sat down with many of the crew members who were eager to share their experiences.

The Soldiers explained some of the challenges of life in Pasab. First was the secret behind their

SEE MEDEVAC PAGE B4

'Task Force Support' **Soldiers** provide relief

By Sgt. Melissa Stewart 3rd BCT, 10th Mtn. Div.

JOINT BASE MCGUIRE-DIX-LAKE-HURST, N.J. — In response to the devastating effects of Hurricane Sandy, Soldiers from the 10th Mountain Division deployed to New York City and New Jersey to support refueling operations throughout the impacted area.

Support Soldiers with the 710th Brigade Support Battalion, 3rd Brigade Combat Team, are using a training area near Joint Base McGuire-Dix-Lakehurst as their base of operations. From there, convovs of fuel trucks roll out to various locations affected by the massive hurricane to provide desperately-needed fuel.

Soldiers in A Company, 710th BSB are operating out of Fort Hamilton, N.Y. From that base of operations, the company has a fuel point set up for government and emergency response vehicles to receive free fuel to continue responding to emergencies and other needs around the

"This is absolutely critical to have (those) fueling operations," said William Hansel, task force safety officer at Fort Hamilton. "That speeds up operations and keeps the first responders and the people on the ground (able to) accomplish the mission."

The company also runs daily missions to various locations throughout the city to refuel emergency vehicles that are spearheading the relief and recovery missions throughout the borough of Brooklyn.

"We're providing some gasoline to emergency responders, (and) Department of Defense officials that are in the area, as well as providing diesel to them," said Capt. Johnny Ballam, commander of A Company.

One of A Co.'s fuel trucks could be seen directly outside of Battery Park in Manhattan, supporting the U.S. Army Corps of Engineers' mission there by providing them with much-needed fuel for their vehicles.

Despite the extensive

SEE RELIEF, PAGE B4

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B2

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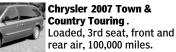
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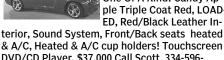
















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Relief: Soldiers react quickly during storm

Continued from Page B1

damage caused by the storm to the area, the city and its residents are recovering, with the help of emergency responders and support Soldiers from 710th BSB.

"It's New York City, they are very resilient. They have been through 9/11. They are recovering. There are some outlying areas not Manhattan specific, but there are some other areas that are really suffering right now," said Hansel.

Since establishing their fuel point at Fort Hamilton last Wednesday, more than 50 vehicles have received fuel.

"We were brought here to Fort Hamilton to provide fuel support to emergency vehicles, government personnel, things like that, so they can go out and help the public," said 2nd Lt. Joseph Feathers, 3rd platoon leader, Supply Support Activity in A Co., 710th BSB. "Everyone has been really grateful, they are happy to see us, kind of surprised to see us sometimes."

While the 710th BSB Soldiers only received word of this mission just days prior to deploying, they were still able to react quickly and move on with the mission.

"We came in Saturday afternoon — the leadership and the staff — and we began planning through that," Ballam said. "We mobilized some troops Saturday evening to help prep vehicles. Sunday, all day was preparation and staging. We ended up rolling Monday, when the official order came out. I think the response time was very rapid; it was very quick and I think it was efficient."

Soldiers working from Fort Hamilton are running 24-hour operations at the fuel point, and live out of two empty apartments that were provided by the military installation, and sleeping in cots, sometimes five people to one room. Despite the long work hours and somewhat austere living conditions, the Soldiers remain motivated and ready to assist.

"They are doing great. They are very motivated and happy to be here and help out," Feathers said.

"I think this is a great opportunity for them to not only support the local community and the community of New York City in a time of need, but it's a great opportunity for them to do their jobs and their military functions," Ballam said.



Soldiers in 710th Brigade Support Battalion, 3rd Brigade Combat Team, 10th Mountain Division, provide gas for vehicles in response to Hurricane Sandy Nov. 7. They are currently operating out of Fort Hamilton, N.Y.

Medevac: Soldiers express love for what they do

Continued from Page B1

high levels of energy and calm. Due to the nature of the Pasab mission, no single medevac crew is allowed to stay in Pasab for more than two weeks at a time. Instead they rotate out to Pasab from Kandahar Airfield, on an either weekly or bi-weekly basis depending on the mission

The one to two weeks they are at Pasab, though, are rough, as the crews cannot leave the small area they operate in. There are two full crews at Pasab, which rotate every 24 hours from being first responder to second responder. As a result, if there are two missions, everyone is flying.

Members of the crew explained this can mean long times without showers, and that they find the time to sleep and eat when they can. Sleeping sometimes comes in spurts while food comes from piles of care packages stacked in the corner of their operations tent.

Regardless, they all expressed a love for what they do. "I like doing what I do," said Spc. Arnell James, a flight medic for C Co., 3rd Bn., 25th Avn. Regt., from Savannah, Ga., who has been on the Pasab rotation five times. "I like the mission tempo and being able to do our job, to be able to use the skills we trained for."

I was informed that some of the medics on the crews were not flight medics, rather medics who served as a second hand to the flight medics. While this is not a common practice, it is deemed necessary in Pasab.

Spc. John Hill, a medic with 209th Headquarters and Headquarters Support Company, 209th Aviation Support Battalion, 25th CAB, and a native of Austin, Texas, is one of the selected "second-hand" flight medics at Pasab.

"I signed up to be a medic to help other people," said Hill, who is on his second rotation to Pasab. "That's the kind of person missions like this need; someone who wants to help but doesn't expect anything in return."

The crews began to share their lighter and humorous stories. One involved a miscommunication where a call over the radio to request a replacement crew chief due to losing one from "intestinal distress" was wrongly heard as "emotional distress." To make a long story short, the poor crew chief, who was simply trying to relieve his "intestinal distress" in a nearby portable bathroom, was surprised to find an army of leadership was outside trying to talk him out before he hurt himself from "emotional distress."

Wow.

The humorous stories continued when a loud, alerting sound came from the operations desk where all medevac missions and updates are monitored. Everyone was on their feet in an instant, many gone with amazing haste. Others stood ready to take action as they waited for the official call.

"It's just a weather update," yelled the operations sergeant. The Soldier standing closest to me took a deep

breath, placed one hand on his heart and another on my shoulder as he told me the adrenaline was always pumping around there.

The crews slowly returned to sit around and share some more. For some reason, the false alarm caused the crews to start sharing their sadder stories.

"The harder days are when we have to go pick up kids," said James, as he stared down at his feet. "It hits close to home. I picked up a girl once who looked just like my daughter."

The crews started to discuss other challenges at Pasab, ranging from extreme, dusty environments to the threat of land mines on landing zones and common instances of random gun fire.

The discussion turned to treating Afghan National Army soldiers.

"Treating local nationals can be a challenge," said James explaining they sometimes resist treatment. "Some have never seen a helicopter and they get scared, and on top of that we have the language barrier. But we push through it, we do our job and we are successful."

The Pasab medevac crews have a 98-percent success rate of retrieving, treating and transporting their patients to a medical facility within the golden hour.

The conversations continued into the night as I chuckled to myself about how wrong I had been about this group.

No medevac calls came through while I was there, but, sometimes that's just how it is.

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Story on Page C5

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NOVEMBER 15, 2012



FILE PHOTO

1st Sgt. Jef Fisher, C Co., 1st Bn., 13th Avn. Regt., hands a plate of food to Staff Sgt. Erica Williams, NCO Academy student, during the Thanksgiving celebration at the dining facility last year.

Thanksgiving events usher in holiday season

By Sara E. Martin *Army Flier Staff Writer*

Thanksgiving is right around the corner and events are planned throughout the holiday to help Fort Rucker Families and single Soldiers enjoy the holidays.

The three main events are the Thanksgiving meal service at the dining facility, the Black Friday sale at the post exchange and the Landing's Thanksgiving Feast.

"Fort Rucker offers a Thanksgiving meal in the DFAC to provide a special meal to those Soldiers who are unable to go

Happy Thanksgiving

home for the Thanksgiving holiday. Many of the Soldiers on Fort Rucker are in a training status and this is our way of giving our Soldiers a feeling of home away from home," said Sgt. Maj. Marvin A. Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

The Thanksgiving meal service will be held at Bldg. 5914 Thanksgiving day from 10:30 a.m. to 1:30 p.m. and unit level command groups are scheduled to assist in serving all the meals during their units allocated times in their blue Army Service Uniforms.

"I believe Soldiers serving Soldiers is one of the pillars of our Army culture. There is nothing more satisfying to a young Soldier than to see his leadership taking

the time to

give back to them," said Pinckney.

The regular price rate for the meal

is \$7 and the discount rate is \$5.95. "The discount rate applies only to

Family members of E-4 and below," said Pinckney.

This particular meal is important to Soldiers, according to Pinckney, because for many of the young Soldiers

it is their first time away from home.
"I believe it is important that we create a Family-type atmosphere for our young Soldiers," he said.

The Army and Air Force Exchange Service contributes to Families and Soldiers on Fort Rucker by having a Black Friday sale at the post exchange, which will open at 4 a.m. Nov. 23.

"Military shoppers can come early and gobble up the savings," said Don Walter Jr., the exchange's store manager. "The day after Thanksgiving is the unofficial start to the holiday season for many exchange shoppers. The

deals we will be serving up will offer plenty of incentive to get up early."

Beginning at 4 a.m. the exchange will pass out take-a-tickets for the most popular "door buster" items, as well as bounce back coupons that can be used throughout the weekend.

Shoppers can call the Fort Ruck-

er Post Exchange for additional information at 503-9044, Ext. 211.

The Landing offers its Thanksgiving Feast Nov. 22 from 11 a.m. to 2 p.m. The feast will be buffet style, costing \$16.95 for adults, \$6.95 for children ages 6-12, \$3.95 for children ages 3-5 and children ages 2 and younger eat for free. A military Family special will be available for two adults and two children to eat for \$39.50. Reservations are recommended. For more information or to make a reservation, call 598-2426.

The commissary is ready and prepared for the holiday season as well, according to Terry Ford, store director. He said that the store has a large supply of food and that it constantly reorders supplies so as to not run out of key ingredients.

"Please pre-order food, veggie and cheese trays 24-hours before-hand," he said. "If anyone requires any bulk or special items our staff can assist patrons, and if there is something not in the store that a patron wants we can do a special order to bring it in for the customer if is in our master ordering file."

The commissary will be open Monday during regular hours, but will be closed Nov. 22 and 23.

Post offers food safety tips for holidays

By Sara E. Martin *Army Flier Staff Writer*

Safety may not be at the forefront of people's minds while shopping for gifts and preparing Family holiday meals, but officials around Fort Rucker remind Soldiers and Families that safely preparing those meals is essential to healthy living and a less stressful holiday.

It is critical for people to be aware of sanitation habits while handling raw food, according to 1st Lt. Christopher Heuer, chief of the environmental health department at Lyster Army Health Clinic.

"Cross contamination is the Centers for Disease Control's number one cause for food-borne illnesses in the U.S. Alcohol-based hand sanitizers are a great way to kill germs, but it is still important to use soap and water before and after food preparation in order to get rid of any dirt or grease on your hands that can also hold bacteria," he said.

Spreading germs during the holi-

days isn't the only way people can get sick. Heuer also advises people to properly cook, refrigerate and reheat food.

"Whole poultry should have an internal temperature of 165 degrees prior to serving. You can determine the internal temperature with the use of a cooking thermometer. The most recommended method for thawing food is to submerge the frozen food in clean, potable water under a running faucet. The water temperature should be 70 degrees or below," he said, adding that people can thaw frozen food in a microwave oven only if it will be cooked immediately.

"To ensure your leftovers stay fresh for as long as possible it is important to refrigerate your food to 40 degrees within four hours of serving, and all previously handled food should be re-cooked to 165 degrees or above," he added.

The CDC estimates that each year roughly one in six Americans become ill, 128,000 are hospital-

ized and 3,000 die each year due to food-borne diseases. The majority of these illnesses can be attributed to poor sanitation, inadequate reheating or failure to properly heat raw or previously handled food, but Heuer said that people can avoid food poisoning by following his safety tips.

"By washing their hands every time they come into contact with food, and ensuring that their food is properly cooked whether it's leftovers or straight from the grocery store, people can be sure that what they are eating is safe," he said.

Product safety tips are also a key instrument when it comes to safely preparing a holiday meal.

The Fort Rucker Fire Department does not recommend the use of turkey fryers for cooking and they are not Underwriters Laboratory approved, according to Chad Kilcrese, fire inspector at the Fort Rucker Fire Prevention Office.

"UL considers turkey fryers to be dangerous to use, presenting numerous safety hazards to consumers. John Drengenberg of UL said that the increasing number of fires that results from fryers is not worth the risks," he said.

The many risks that the fryers are subject to include: easily tipping over; oil hitting the burner or flames, causing a fire to engulf the entire unit; partially frozen turkeys placed into the fryer causing a spill-over effect, which can result in an extensive fire; oil can be easily overheated to the point of combustion; and the lid and handles on the sides of the cooking pot get dangerously hot, posing severe burn hazards.

But if people are determined to use [a turkey fryer], Kilcrease asks them to follow all of the safety precautions and to watch the video on the web site http://www.ul.com/global/eng/pages/offerings/perspectives/consumer/productsafety/turkeys/.

For those who intend to use a turkey fryer, here are some safety tips:

Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.

- To avoid oil spillover, do not overfill the fryer and never leave the fryer unattended.
- Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.
- The National Turkey Federation recommends thawing the turkey in the refrigerator about 24 hours for every five pounds in weight.
- Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire.

For questions concerning fire hazards or turkey fryers, contact the Fort Rucker Fire Prevention Office at 255-9584.

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

Newcomer's Welcome

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

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

Steak Night

This month, every Friday at 5 p.m. is Steak Night at The Landing Zone, featuring an 8-oz. Flat Iron Steak with fries for \$5, with the purchase of a beverage. People can add a side salad for an additional \$1. Other sides are also available for purchase. This special is limited to the first 100 guests per night and is available for dine in only, with a limit of one per guest. The offer is not valid with any other coupons or promotions.

For more, call 598-2426.

Family member resilience training

Army Community Service offers Family member resilience classes Monday and Tuesday from 8:30 a.m. to 2:30 p.m. at The Commons in Bldg. 8950. Classes provide Family members with the thinking skills and coping strategies needed to take care of themselves. The skills learned will assist with strengthening relationships, building confidence and increasing general wellbeing.

For more, call 255-2643.

Thanksgiving Feast

The Landing offers its Thanksgiving Feast Nov. 22 from 11 a.m. to 2 p.m. The feast will be buffet style, costing \$16.95 for adults, \$6.95 for children ages 6-12, \$3.95 for children ages 3-5, and children ages 2 and younger eat for free. A military Family special will be available for two adults and two children to eat for \$39.50. Reservations are recommended.

For more information or to make a reservation, call 598-2426.

Youth ornament contest

Fort Rucker youth, ages 3-11, once again have the chance to participate in the Directorate of Family, Morale, Welfare and Recreation Ornament Contest. Youth should turn in their ornaments between now and Nov. 25 to youth services in Bldg. 2806 at 7th and Division Road, the child development center in Bldg. 8938 on Red Cloud Road or parent central services in Bldg. 5700 on Novosel Street. The ornament submissions should include the child's name and age along with the guardian's name and



Camping Under the Stars

Kathy Sheffield and her daughter, Chloe, join Pamela Kellogg and her sons, Conner and Brayden, for a night of hot cocoa, s'mores and Family time at last year's Night Under the Stars.

Fort Rucker Directorate of Family, Morale, Welfare and Recreation celebrates the Month of the Military Family with Camping Under the Stars at West Beach, Lake Tholocco beginning at 4 p.m. Friday. Activities going on throughout the evening will include giant games, an inflatable boxing ring, story reading for kids, a teen kickball game, s'more making and campfires. Two movies will be shown: "How to Train Your Dragon" and "Cloudy with a Chance of Meatballs." Military Families are also welcome to camp at the lake and free use of tents is available for the campout on a first-come, first-served basis. For more, call 255-9810.

quality of craftsmanship and originality of design. All ornaments will be hung on the post Christmas tree on Dec. 6. People wanting to keep their ornament can remove it from the tree following the ceremony. Ornament contest winners will be announced during the ceremony. There will be one winner chosen in the following categories: 3-5 years, 6-8 years, 9-11 years and an overall win-

contact information. Or-

naments will be judged

based on overall aesthetics,

creative use of materials,

AER scholarships

call 255-1749.

ner. All winners will re-

ceive prizes and a trophy

at the tree lighting, and the

overall winner will help to

light the tree. For more,

Army Emergency Relief scholarship applications for the 2013-2014 school year are available at www. aerhq.org and are due by April 1. AER scholarships are available for spouses and dependent children of active duty, retired and deceased Soldiers.

For more, visit www. aerhq.org or call (866) 878-6378.

Boneless Wing Night

This month, every Monday in The Landing Zone will be Boneless Wing Night starting at 4 p.m. Patrons can get six wings for \$3, 10 wings for \$4.75 or 15 wings for \$7 with the purchase of a beverage. This offer is not valid with any other coupons or promotions and is for dine-in

For more, call 598-8025.

Whiskey **Traditional Wing** Night

This month, every Wednesday in The Landing Zone will be Whiskey Traditional Wing Night starting at 4 p.m. Patrons can get six wings for \$3, 10 wings for \$4.75 or 15

wings for \$7 with the purchase of a beverage. This offer is not valid with any other coupons or promotions and is for dine-in only.

For more, call 598-8025.

AFTB Level II Training

Army Community Service hosts Army Family Team Building Level II training Dec. 4-6 from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 371F. AFTB Level II gives people the chance to gain personal growth skills, including communication, stress management, time management, acknowledging change and more. Advance registration is required.

For more, call 255-2382.

Christmas Tree Lighting

The Directorate of Family, Morale, Welfare and Recreation hosts the Christmas Tree Lighting Ceremony Dec. 6 from 5–6 p.m. at Howze Field. The event will feature music, hot chocolate, the lighting of the post Christmas tree, and a visitor from the North Pole. Afterward, enjoy complimentary photos with Santa and Mrs. Claus at The Landing - they may also have some treats for good girls and boys. Immediately following the Christmas Tree Lighting, from 6 to 8 p.m., The Landing will host its annual Spaghetti Dinner. Dinner will include a choice of pasta and sauce, salad bar, garlic bread, assorted cookies, tea and coffee. The dinner will cost \$10 for adults 13 and older, \$5 for children ages 3-12 and children 2 and under eat for free. A Family special will be available for \$25 for a Family of two adults and two children 12 and younger. In case of inclement weather, the event will take place at

The Landing. For more, call 598-2426.

DFMWR spotlight



Tribute to Military Families

November 16th

West Beach, Lake Tholocco Begins at 4 pm, Tell Me A Story begins at 7 pm

Free Admission Open only to Military ID card holders Activities for children of all ages



For more information call 255-9810. www.ftruckermwr.com





RUCKER MOVIE SCHEDULE FOR NOV. 15 - 18

Thursday, Nov. 15

Premium Rush (PG-13)

Won't Back Down (PG-13)7 p.m.7 p.m.

Friday, Nov. 16

Saturday, Nov. 17

Won't Back Down (PG-13)

Sunday, Nov. 18

Won't Back Down (PG-13)7 p.m.

......7 p.m. TICKETS ARE \$4.50 FOR ADULTS AND \$2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

Chaplain: Put 1st things 1st

By Chaplain (Lt. Col.) Milton Johnson Garrison Chaplain's Office

Continuing the series of the seven habits of highly effective military Families during November, which is the Month of the Family, this week's thought is to "Put First Things First." Next week this column will take another pause to address Thanksgiving, and then resume the habits for the following week.

Everyone is busy; it's endemic. We are busy at work and leave to be busy at home; we are busy in rest and recreation and busier still on vacation, needing to go back to work to rest up. All too often, our busyness distracts us from what is important, from what really matters – those things that could truly make a difference. I've pondered my own busyness and am working towards a cure.

It is amazing how many of us are incapable of prioritizing the important things in our lives. Amid the hustle and bustle of the daily trolley we call life, we run frantically helter-skelter trying to accomplish this task and that. Invariably, very few of our tasks get done to the best of our ability and we resolve, breathless and worn out, to do better the next time.

The idea behind putting first things first is to prioritize important things first instead of urgent things. What's important? What's urgent? What's the difference? Things that are important are activities that represent your values, mission and high-priority goals. Things that are urgent require immediate attention.

Read the following story — it creates a sobering thought.

A man came home from work late, tired and irritated to find his 10-year old son waiting for him at the door.

Son: "Daddy, may I ask you a ques-

Dad: "Yeah, sure, what is it?"

Son: "Daddy, how much do you make an hour?" Dad: "That's none of your business. Why

do you ask such a thing?" Son: "I just want to know. Please tell me,

how much do you make an hour?"

Dad: "If you must know, I make \$100 an

Son: "Oh!" (with his head down). Son: "Daddy, may I please borrow \$50?" The father was furious.

Dad: "If the only reason you asked that is so you can borrow some money to buy a silly toy or some other nonsense, then you march yourself straight to your room and go to bed. Think about why you are being so selfish. I work hard every day for such childish behavior?"

The little boy quietly went to his room and shut the door. The man sat down and started to get even angrier about the little boy's questions. How dare he ask such questions only to get some money?

After about an hour or so, the man had calmed down, and started to think:

Maybe there was something he really needed to buy with that \$50, and he really didn't ask for money very often. The man went to the door of the little boy's room and opened the door.

Dad: "Are you asleep, son?"

Son: "No daddy, I'm awake".

Dad: "I've been thinking, maybe I was too hard on you earlier. It's been a long day and I took out my aggravation on you. Here's the \$50 you asked for."

The little boy sat straight up, smiling. Son: "Oh, thank you, daddy!"

Then, reaching under his pillow he pulled out some crumpled up bills.

The man saw that the boy already had money, started to get angry again. The little boy slowly counted out his money, and then looked up at his father.

Dad: "Why do you want more money if you already have some?"

Son: "Because I didn't have enough, but now I do. Daddy, I have \$100 now. Can I buy an hour of your time? Please come home early tomorrow. I would like to have

dinner with you."

The father was crushed. He put his arms around his little son and he begged for his forgiveness.

It's just a short reminder to all of you working so hard in life. We should not let time slip through our fingers without having spent some time with those who really matter to us, those close to our hearts.

Do remember to share that \$100 worth of your time with someone you love?

If we die tomorrow, the company that we are working for could easily replace us in a matter of days. But the Family and friends we leave behind will feel the loss for the rest of their lives.

Sobering indeed!

During the next week, try to use these simple steps to help put first things first:

- · keep a Time Log to fully comprehend what you do and how long you spend (or waste) on it — the results will likely shock you;
- just say "no," to some things, even good things, in order to protect yourself from over-committing and therefore being too busy to do anything well; and
- set limits to how much you work, otherwise you will end up working as much as you are physically and mentally able, leaving no significant time for anything

Religious

FORT RUCKER COMMUNITY THANKSGIVING SERVICE

The Fort Rucker Community Thanksgiving Christian Service begins Wednesday at 11 a.m. at Headquarters Chapel (Bldg. 109). It is a traditional ecumenical event that involves people of Fort Rucker and the neighboring civilian communities.

The dedication and service of the Army Family enables it to maintain the freedoms and privileges Americans enjoy. Freedom is not without its price as, once again, Soldiers are deployed during this special time of the year. The chapel asks people to take time to extend a special prayer and a hand in friendship to the Families of those deployed Soldiers.

For more information, call 255-2989 or 255-2012.

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING

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

MAIN POST CHAPEL, BUILDING 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, BUILDING 6036

9:30 a.m. Protestant Sunday School 10:45 a.m. Chapel Next Contemporary Worship Protestant Service.

SPIRITUAL LIFE CENTER, BUILDING

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 a.m./6 a.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.

Fort Rucker Protestant Men of the Chapel

Fort Rucker Protestant Men of the Chapel meet the first Saturday of each month in the Fort Rucker Spiritual Life Center, from 8-9 a.m. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Cha-

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) Varsity Club (Ninth-12th Grade) meets

every Tuesday at 6:30 p.m. JV Club (Sixth - Eighth Grade) meets every Thursday at 5 p.m.

For more information, call Eric Gillis at (850) 333-3039.



PHOTO BY NATHAN PFAU

Pick-ofthe-litter

Meet Callie, a 4-year old female domestic short hair available for adoption at the Fort Rucker stray facility. She is calm and caring. It costs \$81 to adopt Callie and other animals at the facility, which includes all upto-date shots, the first round of ageappropriate vaccinations, microchip and spaying. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. 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.



Call 347-9533 to

advertise your

church on this page.

Acomane

For more information about animal adoptions, call the Veterinary Clinic at 255-9061. The Stray 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.



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Guntersville: Where eagles fly

By Brian S. Jones
Alabama Tourism Department

It's the name of a famous song, but Guntersville is truly a place "where eagles fly."

This area in north Alabama attracts so many migrating bald eagles during the winter that Lake Guntersville State Park specifically created an event for folks to come, watch and enjoy the graceful symbol of our American heritage each year.

Eagle Awareness is a must-attend event for bird-watchers and outdoor lovers. Covering six weekends from early January through early February, the event has been a tradition at Lake Guntersville for more than 25 years. The program was started as an activity for people of all ages to experience the joy of watching eagles and other birds in their natural habitat and as a way of educating the public about the importance of protecting the area's wildlife.

Enjoy a stay at Lake Guntersville State Park Lodge

The event kicks off at Lake Guntersville State Park Lodge, located at 1155 Lodge Drive, the centerpiece of the 6,000-acre park. Here, visitors can relax in comfort, enjoying wonderful overnight accommodations as well as exceptional meals at the park's Pinecrest Dining Room. Be sure to inquire about lodging packages and other deals prior to arrival for an Eagle Awareness weekend. After settling into the lodge

following check-in, visitors can attend the orientation to learn about the weekend's events. The warm apple cider and music the lodge provides will certainly put you in the mood for your exciting outdoor adventure to eagle nesting sites and beyond.

Be sure and dress for the weather and remember to bring your camera, as there will be plenty of picture-taking opportunities in the great outdoors of north Alabama, particularly around Town Creek. This spot is not only perfect for watching the American bald eagle but enjoying other migratory birds as well.

For more information, call (256) 571-5540

Take a few field trips

Prepare to get up early and meet in the lobby of the lodge for breakfast and come back later, following your guided day tour, for informative talks, special exhibits and great food. The guided trips begin around 5:30 a.m. and include an easy-to-follow schedule of activities. During your trip to this area, you will discover a series of small grassy islands, each home to an abundance of waterfowl and other birds. Here, you might encounter Canada geese, blue and gray herons, various varieties of ducks and river otters.

Eagle Awareness weekends feature guided field trips, knowledgeable guest speakers and talks from the park naturalist, making the programs both enjoyable and educational. Programs are free and include noted speakers with live birds,

magnificent scenery and guided field trips to High Falls Park in Geraldine, Cathedral Caverns in nearby Grant, and waterfowl areas at Guntersville Lake and Dam. The tours are open to the public, so be prepared to have others just show up and be a part of the eagle-watching experience.

Eagle Awareness programs include noted speakers with live birds, magnificent scenery and guided field trips to High Falls Park in Geraldine, Cathedral Caverns in nearby Grant, and waterfowl areas at Guntersville Lake and Dam.

High Falls Park, located at 969 County Road 144 in Grove Oak, is a gorgeous area that has been called a "surprise of nature" and one of Alabama's best-kept secrets. The centerpiece of the 38-acre park is the 35-foot waterfall that spans 300 feet across in some points. At the base of the falls is a 25-foot, arched natural bridge that has been eroded by water over the course of the years. Hikers can get perfect upstream and downstream views of the falls from a pedestrian bridge on the far side of Town Creek. In addition, the park features six hiking trails where you can truly enjoy a get-back-to-nature moment. A day-use park, High Falls is a perfect location for viewing migratory waterfowl, a variety of songbirds, woodpeckers and bald eagles.

For more information, call (256) 659-4683.

The trip to Cathedral Caverns, located at 637 Cave Road in Woodville, is not a bird-watching adventure but a cave tour that's well worth the trip. The first thing you will notice is the large entrance, which

measures 126 feet wide and 25 feet high. Inside, you'll find Big Rock Canyon, Mystery River and other natural rock formations such as Stalagmite Mountain, The Frozen Waterfall and Goliath, a stalagmite column that reaches 45 feet to the ceiling of the cave. You can visit anytime — in winter and even in hot summer months — because the cave maintains a comfortable 60-degree temperature. Cathedral Caverns Park is open daily 9 a.m.to 5 p.m.

For more information, call (256) 728-8193.

One of the most popular spots for eagle watching is the area aroundGuntersville Lake and Dam. Guntersville Lake, Alabama's largest, contains 69,100 acres and stretches for 75 miles from Nickajack Dam to Guntersville Dam. The 30-milelong body of water on the mighty Tennessee River sets the stage for all kinds of outdoor recreational activities, including fishing, boating and camping, and provides a picturesque setting for photographing bald eagles as they fly gracefully through the skies across the scenic landscape of Guntersville or swoop down into the water to catch a fish. While the vast majority of the eagles gather around the dam during the winter months, it's not unusual for many to stay here all year long. Perhaps that's because they have learned what human visitors have known for quite some time — that Lake Guntersville is a beautiful place to hang out in the outdoors. OK, maybe it's the other way around — humans have taken their cue from the birds.

WIREGRASS

COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post No. 80 regular meetings are the second Monday of each month at 6:30 p.m. at the Legion Hall. For more information, call 222-7131 or visit www. andalusialegionpost80.org.

DALEVILLE

NOV. 30 — The Daleville Christmas Parade begins at 5:30 p.m. along Daleville Avenue. The parade is followed by a treelighting ceremony on the lawn in front of Daleville High School. Santa will be inside the DHS lunchroom. Groups interested in being in the parade line-up are asked to call 598-6331 or email chamber@dalevilleal.com.

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.

DOTHAN

TODAY THROUGH DEC. 27 — The Wiregrass Museum of Art hosts a series of paintings, entitled Color in Freedom: journey through the underground railroad. The series was part of a U.N. exhibition in Geneva, Switzerland. Open to the public. Admission to the museum is free Tuesday through Saturday from 10 a.m. to 5 p.m.

DEC. 1 — Landmark Parks Advanced Photography Workshop will be 9 a.m. to 5 p.m. Registration required.

Ages 12 and older. Bring camera, extra batteries, the camera manual, a clean media card and a sacked lunch and drink. Areas such as camera set up including ISO settings, aperture, depth of field and manual focusing will be discussed. For more information, call 794-3452.

DEC.2 — Landmark Park holds its

Christmas decorating workshop at 1 p.m. A snack will be provided and volunteers will have a chance to create their own old-fashioned ornament to take home. The workshop is free with paid gate admission.

Registration required. For more information, call 794-3452.

DEC. 3-7, 10-14, 17-21 — Landmark Park hosts it's Christmas Past Seasonal for students in preschool-6th grade in either a morning session from 9:30 a.m.-11 a.m. or an afternoon session from 11:30 a.m.-1 p.m.

Participants will have a chance to experience an old-fashioned Christmas with storytelling, games, and cider. They will also have a chance to create an old-fashioned ornament.

For more information, call 794-3452.

DEC. 29 — The Cultural Arts Center hosts the Ballroom Dance Club from 7-9:30 p.m. Food and drinks are available. The cost is \$2 per couple. For more information, call 677-4967 or visit www. theculturalartscenter.org.

ENTERPRISE

THURSDAY — Disabled American Veterans Chapter No. 99 hosts a holiday meal at Po Folks in Enterprise. A \$10 per person special buffet style meal will be served. Members and guests are asked to RSVP by Nov. 9. For more information, call 718-5707.

NOV. 30 — St. John the Evangelist Catholic Church hosts a Holiday Mart from 3-7 p.m., Dec. 1 from 9 a.m. to 7 p.m., and Dec. 2 from 10 a.m. to 2 p.m. at the "Old" Parish Hall. Holiday shopping, to include gifts for all occasions, will be available. For more information, call 393-3579 or 393-4034.

DEC. 1 — The Ladies Auxillary VFW Post 6683 hosts its second annual Spa-

ghetti Supper from 5:30-7:30 p.m. at the VFW post. Plates are \$5. Tickets can be bought at the door.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This 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*.

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 — Every Tuesday and Wednesday, Disabled American Veterans Chapter No. 99 maintains a service office in the New Brockton police station.

The officers can help veterans and their spouses with disability compensation claims, VA pension, death benefits, VA medical care, Social Security disability benefits, veterans' job programs and other veteran services. All veteran services provided are free of charge.

For more information, call Chuck Lobdell at 718-5707.

OZARK

TODAY — The Dale County Farm-City Week Banquet will be held at the civic center at 6:30 p.m. Tickets are \$8. For more information call 774-9321.

SATURDAY — The first Holiday Expo and Shopping Spectacular will be from 9 a.m. to 3 p.m. and will take place at the Perry Recreation Center. Crafts, drawings, gift baskets, pre-wrapped gifts, party planning, food and shopping. For more information email PoshShari@gmail.com.

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

ONGOING — Every Monday through Friday aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. For more information, call 774-2042.

PINCKARD

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

SAMSON

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

TROY

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

Beyond Briefs

8th annual Christmas At The Fair

Panama City hosts a juried arts and crafts show at the Bay County fair grounds and features a variety of artists from the South Saturday from 9 a.m. to 4 p.m., handmade items will be on sale benefiting the city's rescue mission. Entry is \$2 for adults, children are admitted free. For more information, call (850) 481-1093.

5th annual Grills Gone Wild

The Gulf Coast State College in Panama City will host its swine tasting barbeque competition this Saturday from 6-10 p.m.

The event is \$10 per person and price includes treats from the grillers and restaurants participating, bidding on items in the silent auction, a vote for the People's Choice Award, live music and entertainment and a seat to see who wins the competition. For more information, go to www.grillsgonewildpcb.com.

9th annual Festival of Trees

The Festival of Trees takes patrons back to post-war 1940s from Nov. 26 to Dec. 1 in Panama City Beach's Bay Banquet Hall. This year's theme is "It's a Wonderful Life." Families and individuals can participate in the special mini-events.

Tickets are required. They may be purchased in advance and are also available at the door.

For more information, call (850) 481-1093.

School shows appreciation for substitutes, aides

By Nathan Pfau Army Flier Staff Writer

Some would argue that teaching is among the toughest and most rewarding jobs there is, and Fort Rucker Primary School is showing its appreciation to those that do more than teach – they help children grow.

During American Education Week, Fort Rucker Primary School honors its aides and substitute teachers by providing them a luncheon Friday, according to Sara Dawkins, learning impaired resource teacher at FRPS.

"There was a need to recognize the substitutes and aides because they are two of the most valuable groups that we have [here at the primary school]," she said. "We see the aides as co-teachers in the classroom. They collaborate with the teachers and they are working with the students

"And the substitutes are so reliable for us. When we're not able to be here, we know that they'll follow the classroom routine and take care of the children in our absence,"

The recognition came about as part of a national day set aside to honor the substitutes and aides, but Dawkins said that they needed more than just a day of recognition, but something special for them.

It was decided that a luncheon during which members of the FRPS staff bring a covered dish, along with the national day of appreciation, would best show how much they are valued.

"They are all just so wonderful," said Dawkins. "We just love them and appreciate them so much, and we're just glad that a day has been set aside for them. It's nice to see that they're being recognized nationally."

Carolyn Sinquefile, substitute teacher at FRPS, said she feels enough appreciation from the teachers and staff at the primary school even without the day.

"I know that we're appreciated because they say it verbally quite often. They're always telling us 'thank you, thank you, thank you,' but the little extra step that they're showing is very nice," she said.

Billie Jo Griffith, educational aide, agrees that the added step is a welcome touch.

"It makes me feel pretty special because this is the first time that we've been specifically shown this kind of appreciation," she said. "The teachers always tell us that we are teachers with them, but it's nice to get this recognition."

"We feel that we're a part of the staff here [at Fort Rucker Primary School]," said Gayle Hottel, substitute teacher. "The teachers here always make us feel like we're part of the staff and not just a temporary employee."

Hottel has been a substitute at the primary school for 12 years and said she loves to work with children, and that's the main reason she does what she does.

"I had always volunteered in the schools, and one of the teachers suggested that I become a substitute," she said. "I had never really thought about it before, but now I'm doing the same thing that I love and getting paid for it. I love getting to know all the children in the school, not just

The substitutes get the unique opportunity to build relationships with children throughout the entire school rather than a single class.

"It's nice to watch them grow," said Sinquefile. "It's nice to know that you helped to give them a little foothold before they move on."

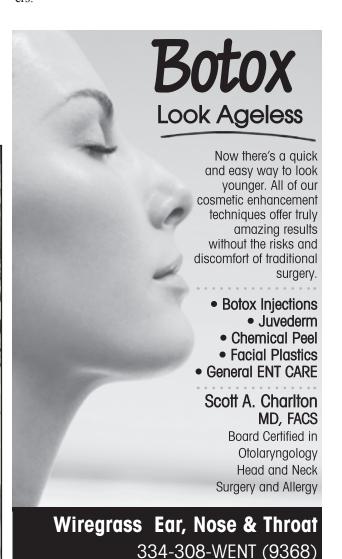
Griffith said although it's nice to be recognized for what she does, it's not about the appreciation day, but about the children she's helping to educate.

"When you're with these students from the beginning of the year and you see the progress that they've made, you feel like you've made a difference," she said, adding that it is no single effort to educate and be there for the children, but a collaborative effort from everyone involved at the primary school.

"We're such a team here and some children need more attention than others. It's nice for them to have an extra person in the classroom," she said. "We're all here for each other and that makes such a difference, and that's another thing that I love about my job — my Family of cowork-



Billie Jo Griffith, educational aide at Fort Rucker Primary School, helps a group of students at the Fort Rucker Primary School Tuesday.



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Fort Rucker Family & MWR



Fort Rucker FMWR www.ftruckermwr.com



For more information please call 255-9810.



Services, 255-9638.





Great American Smokeout 2012 today

By Lt. Col. Sam Jones Lyster Army Health Clinic Chief, Preventive Medicine

The Great American Smokeout is sponsored by the American Cancer Society, it takes place every year on the third Thursday of November — today.

The goal is to encourage and challenge smokers not to use any tobacco products for at

least 24 hours. So, now is the time for smokers to quit smoking today, or better yet, for good.

The Centers for Disease Control reports that about 130,000 cardiovascular disease deaths per year are attributable to smoking in the United States. And about 26 percent of heart attacks and 12-19 percent of strokes are attributable to smoking.

another opportunity not only to increase awareness of the dangers of smoking, but also to emphasize the dangers of secondhand smoke to nonsmokers. Over 25 years ago, a surgeon general's report found that secondhand smoke can cause lung cancer. It also concluded that there is no safe level of exposure to secondhand smoke.

Some individuals that have

The GASO observance is or attempted to quit can attest to the fact that quitting is hard to do, but with pre-planning and some key strategies it can be done.

If you have decided that "now" is the time for you to quit tobacco products, talk to your health care provider about your options.

Lyster Army Health Clinic also offers free tobacco cessation classes to it beneficiaries.

For more information, call 255-9908. Additional information can be found on the LAHC webpage at www.rucker.amedd. army.mil — click on Health/ Wellness Classes at the right of the page.

LAHC will have a health table set up at the post exchange today from 8 a.m. to noon in observance of "The Great American Smokeout Day," so stop on by for a chat and information.















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Story on Page D3

NOVEMBER 15, 2012



T-Roy, the mascot of the Troy Trojans, interacts with Soldiers from the Warrant Officer Career College and 1st Battalion, 13th Aviation Regiment Saturday at the Salute to Armed Forces football game against Navy.

Troy University honors Soldiers

By Sara E. Martin Army Flier Staff Writer

For more than 15 years Troy University has honored veterans and the military with a Military Appreciation Day, but this year's celebration was packed full of extra tributes to honor those who have served and those currently

At this year's appreciation day Troy played against Navy in the Salute to Armed Forces football game that Troy won, 41-31, and the day of the game was also the 237th Marine Corps birthday, which was celebrated with a cake cutting ceremony at the new Trojan Arena, according to Sandy Atkins, associate director of athletics.

"This is just a way for the university to say 'thank you' to our military for all that they have done for our country. Our university's leadership has strong military ties, but today's celebrations are something beyond that. The university feels very strongly about service and this is an opportunity to give back," she said.

A special tribute was conducted during the halftime show where anyone who had served in any branch of the military was invited to walk along the 50-yard line to be recognized. The Sound of the South Marching Band played each branch's song while the service members walked down.

Many other aspects of the military were recognized before, during and after the game as well.

The Wounded Warrior Project was represented at the tailgating event; a flyover was conducted by a training squadron from the Naval Air Station Meridian, Miss.; free tick-



Fort Rucker Garrison Commander Col. Stuart J. McRae and USAACE Command Sgt. Maj. James H. Thomson Jr. escort more than 350 Fort Rucker Soldiers who were hosted by Troy University Saturday as part of its Salute to Armed Forces football game. The Soldiers were honored with special seating, as well as walking the 50-yard line during the halftime show.

ets to the game were given out to all military, veterans and Families at the gate (600 tickets were given specifically to Fort Rucker); Troy signed a scholarship agreement that will help graduates of Marion Military Institute complete a four-year degree; Troy for Troops Scholarship Fund donation boxes could be found around the stadium (the scholarship benefits the Family members of service members killed in action) and more than 350 uniformed Soldiers from the Warrant Officer Career College and 1st Battalion, 13th Aviation Regiment were given a special recognition walk-in and seating at the game.

Troy also honored the Family of Marine Lance Cpl. Jason Barfield, an Ashford native who was killed in Afghanistan. Barfield's Family took part in the pre-game coin toss.

Warrant officer candidate Daniel Otchere, who is studying to be a chemical, biological, nuclear and radiological technician, said that the opportunity was priceless for those men and women who have been in WOCC training for the last five weeks.

"We have been completely dead to the outside world, so to get out of that environment and get to watch football for the day is amazing. We definitely appreciate Troy University for giving us the opportunity to come out to enjoy the game," he said.

Otchere, as well as students from Troy, felt the event was a great opportunity for Soldiers to be invited to view "such a good game" for free.

Sarah Marsh, a Troy student whose husband was a Marine, and whose nephew and son are currently Marines, appreciated the thought and effort Troy and Fort Rucker went through to make the day possible.

"It was a wonderful idea for the school to let the military be a part of this. It's not just the Army or the Marines, but every service. It's a great way to reach out to the military community that surrounds us," she said.

"Any time we can interact with the military and show our support is a wonderful thing. They are defending us and deserve to take a small break to watch some football," she said, adding that her favorite part of the day was Troy honoring Jason Barfield. "He was one of our own who gave his life for what he believed in."

Even NCOs like U.S. Army Aviation Center of Excellence G-3 Sgt. Maj. Marvin Pinckney felt the joy of being at the game.

"It feels great to know our surrounding community appreciates what Fort Rucker and its Soldiers do for our nation and the Wiregrass communities. I feel it's important because a long-lasting bond of trust and respect is mutually developed [with these types of events]," he said.

Troy's announced crowd of 24,321 ranks fifth in Veterans Memorial Stadium history.

Chicago us. Tampa Ray Green Bay us. Pittsburgh US. Oakland vs. Detroit Jim Hughes Public Affairs (42-28)**Brian Jackson** DFMWR (30-40)John McGee CDID (42-28)Capt. Mike Simmons Directorate of Public Safety (38-32)Sharon Storti Network Enterprise Center (37-33)

OWN I'ME













Just Like Cats & Dogs

by Dave T. Phippe



Rodriguez

1. TELEVISION: In the "X-Files" TV drama series, what was the phrase on the UFO poster in Fox Mulder's

2. MOVIES: What did Bruce Willis' character do for a living in "Die

3. BUSINESS: What is the name of Nike's logo that appears on its sports

merchandise? 4. U.S. GOVERNMENT: Where is the Centers for Disease Control and

Prevention located? 5. LANGUAGE: What is a fen?

6. SCIENCE: What is the botanist Carolus Linnaeus famous for? 7. HISTORY: What did the Edict of

Nantes do for the French in 1598? 8. GEOGRAPHY: Where is the

island of Bonaire located?

9. ASTRONOMY: What are the Per-

10. PSYCHOLOGY: What kind of fear is represented in thanatophobia?

See Page D3 for this week's answers.

Super Crossword

MEN OVER BOARD

81 Like some

painful hairs 82 Necessary:

Abbr. 84 Watch from

the stands

85 Penned 86 Brit, island in

the Atlantic 87 Penny

89 Bladed boot

91 Alabama city Elec. coolers

94 Séance reply 95 HST follower

97 Drink with

100 Kind of acid

103 Thin boards

107 "32 Flavors"

singer Davis 108 Less savage 109 "Golden

- for Alibi' (Grafton

114-Down

in vinegar

105 Bistro patron

pincher 88 Hospice

ACROSS 1 Tree with

- chocolateyielding speds 6 Shoulder
- blade 13 Attempted 20 Stop prematurely
- 21 Emmy winner Janney
- 22 Program that blocks popups 23 Person used
- to increase a candidate's popularity, e.g.
- 25 Found a radio station on the dial 26 Inventor who
- rivaled Tesla 27 Caviar source 28 "Wild Thing"
- rapper Tone 30 "Zip-
- -Doo-Dah" 31 Bumper flaw 32 Radiance 34 "It" novelist 38 "Ah, OK"
- "The Dukes of Hazzard co-star John
- 42 Zeta

20

23

49

53 60

69

92

102

110

115

122

125

85

- 43 Singer with the Pips "You've Got Mail" director
- Ephron Tiny amount 49 Acting in place of a uler
- 50 Punker/folkie DiFranco 51 Huge
- Aruba, e.g. 53 English rocker Brian
- 54 Writer John Dickson -56 Yemeni port
- 58 Inclined "Look -("Aren't we a
- in Scotland 69 Attend as a visitor
- 72 Wood shoe 1959 Neil
- Sedaka hit "Filling Station" poet 77 Agreeable
- 78 Prefix with center or dermal 79 Watering aid 122 Campsite 80 Golda who
- succeeded Levi Eshkol 83 Kind of acct. that accrues

interest

38

78

- 84 Give guff to 87 Stage design 88 "There's no
- 90 Stinging plant - to the test
- 93 U.S. gas brand 95 Hit for Abba
- 98 Ending of ordinals 99 "Kung Fu" star David
- 101 City laws: Abbr. 102 Theme of
- this puzzle 104 Western lily 106 Valet for the Green
- 62 High fortress 110 Highway 111 Mame 'Mrs.
 - 112 Precursor of reggae 113 Li'l tyke 115 Tourist guide
 - 118 1959 romantic comedy appropriate for this
 - puzzle? shelters, collectively 123 Attributed 124 French

playwright

- 125 "Roots" winner
- 126 People painting, e.g. 127 It merged with Kmart

DOWN

- 1 Like Batman 2 Residence 3 Actor Farrell
- 4 Three-time president of Haiti 5 Artist Dix
- 6 Baglike part 7 Light cigar 8 Lets enter 9 Hookah, e.g.
- 10 D.C.'s land Like valleys 12 Shakers
- founder in America 13 Furry guard 14 School Web
- site suffix 15 Indian flatbread 16 Adjust a bit
- 17 Trendy weight-loss plans Of the East
- 19 Outlaw type Things eaten 29 Expressing views 33 Albanian

"Zip it up!"

currency unit

80

105 104

101

- 65 Wish (for) 66 Mournful 67 Place

63 Strike while

35 Blast creator

inits. 'N — (pop

36 Ending for

auction

37 Gun lobby

boy band) 41 Hi-tech film

44 Soup bean

tropical

lookalike

"— uphill climb"

55 Surrealist

Magritte 56 Hoffman of

58 Frau's cry

59 With 116-

Down,

classic

the Yippies

arcade game

T-shirt data

57 Bands of two

ointment Sailor's bed

effects 43 Oily stuff

45 Rabbit's

46 Quaint

- 68 Ten plus one 70 Brief sleep 71 Sendai
- 75 Axiom's kin 76 Hotel chain

- playwright 112 Dirty stuff 114 Hen's clutch the iron -
 - 116 See 59-

Boy"

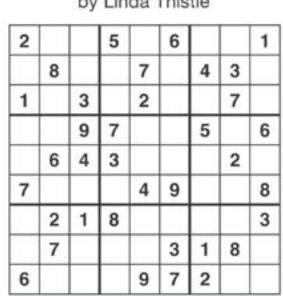
- Down 117 Grow mature 119 Med. service 120 Air quality
- 121 Bouncers check them

42 48

83

107 108 109

Weekly SUDOKU by Linda Thistle



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

DIFFICULTY THIS WEEK: *

★ Moderate ★★ Challenging * * * HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER

113 114



Christmas (Elvis Presley). Limit: One minute.

number square more than once in your tally.

numbers, that you may wish to puzzle out.

Junior Whirl@

See Page D3 for this week's answers.

118

123

126

MINI-THEATRICS TO PONDER

Theaters in the round (see left)? Yes, in a manner of speaking. Four mini-stagings are presented, and a title for each is suggested below (not necessarily in order). Let's see how quickly you can match these titles with the four presentations:

- A. A Drive in the Wood. B. A Pumpkin Patch.
- C. A Quick Turnaround. D. A Ten-Piece Band.
- Remember, idea is to match titles and presentations. P.S.: It's all in fun, folks, and
- shouldn't take much time at all. Perhaps you can come up with some suggestions for similar stagings. Give it a try.

VIOLENCE A 3, 1-1, C-4, D-2.

Wishing 🆀 Well® 3 2 6 2 5 ASR JNE 0 8 2 8 7 4 8 4 8 5 6 5 NWSWI R D W 4 6 5 OEL R C M 3 3 R U 4 8 2 4 8 U G S D 6 2 3 5 5 3 8 5 8 3 7 8 3 7 OEOGKCYAEYSRS

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 HOCUS-FOCUS **HOCUS-FOCUS** FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

checked figures give you.

81 ni yew enO 3-27112/6210001050505-A snedmun 05 ni yew enO 2-27112/62100010505-A snedmun

horizontally, vertically or diagonally. Do not use the same

One answer is given below, but others may be

Indeed, there is a way to total 100 in just 16 A-Z

TUNED IN! Fit blanks of these record titles with missing colors: 1, Rudolph the -

ALREA Z WAN 3 BUR.

total of exactly 100. Make your way one square at a time in any direction -

A-Z SUM-UP! See if you can find a 20-number route from A to Z at right with a

sed Reindeer (Gene Autry). 2. I'm Dreaming of a — Christmas (Bing Crosby).

7 3 3 3 1 5 7 5 3 3 7 3

33 Soldiers earn gold for German badge

By Nathan Pfau Army Flier Staff Writer

The Olympic Games have long since ended, but Soldiers on Fort Rucker had the opportunity to go for the gold during the sixweek German Armed Forces Proficiency Badge competition.

Out of 56 Soldiers that started the competition, 33 made it to the end and earned the German badge in gold during a pinning ceremony at the Silver Wings Golf Course clubhouse Nov. 8, according to Lt. Col. Martin Geller, commander of the German Army liaison staff.

"I'm very proud and it's a great honor for me to decorate you with this gold medal," said Geller to the Soldiers. "Everyone here performed in the events to meet the requirements for gold. What a unique chance to take part and get this specific high grade German Soldier award."

The badge is a foreign award offered by the host country, Germany, and was made available to U.S. Soldiers in 1972, according to Sgt. Maj. Mohamed Bouhloui, German Army liaison staff member and training supervisor.

"The badge is awarded based on overall military performance, [the Soldier's] physical ability and, most importantly, their overall professional character," he said. "It is awarded in gold, silver and bronze and depends on the results [of specific events throughout the competition].'

The German Armed Forces Proficiency Badge competition consists of events that include a 200-meter swim, long jump, 100-meter sprint, shot put, 3000-meter run, pistol qualification and road march, said Staff Sgt. Jamie Osmon, 6th Military Police Detachment and assistant trainer for the competition.

"Only Soldiers possessing a high level of aptitude and discipline can be recommended to compete for the badge," said Osmon. "The Olympic-style events are based on the Soldier's age group and are on a pass or fail basis."

The pistol competition and road-march portion of the competition determine whether the badge is awarded gold, silver or bronze, he added. Soldiers are required to hit three targets with five rounds from 25 meters away for the pistol competition, and during the road-march must carry no less than 15 kilograms (33 pounds).

"Soldiers compete for esprit de corps, self-fulfillment and satisfaction, to enhance their DA photograph and to get looked up favorably by promotion authorities with a foreign award," said Osmon.



Participants of the German Armed Forces Proficiency Badge stand with members of the German Army Liaison staff as well as assistant trainers for the competition during a pinning ceremony at the Silver Wings Golf Course clubhouse Nov. 8. All participants that finished the competition were awarded the German badge in gold.

Capt. Anne Bahu, D Company, 1st Battalion, 13th Aviation Regiment, said she competed in the competition because she wanted to make sure that she was able to do anything that her students were able to do.

"I'm the commander of the International Military Student Office, so I wanted to make sure that I had done the things that my students were doing," she said. "It was a lot of fun and a great opportunity that I couldn't get at another post."

The competition was also an opportunity for her to see how Soldiers from an international military train compared to her training in the U.S.

"It's a lot of fun to be able to meet people from different places and learn about their military versus our military," said Bahu. "I think everybody in the U.S. Army can run and do push-ups and sit-ups, but to have to do something completely out of the ordinary and learn the techniques and skills of the events was very different."

Bahu said the hardest parts of the competition for her were the shot put and long jump, because she wasn't used to the discipline required to perform the events.

"I learned from my sergeant major that [Soldiers] had to learn that the technique of doing shot put had nothing to do with throwing a baseball," said Geller. "It's very hard [for these Soldiers] to fulfill specific tasks and disciplines that [they've] never done before."

For others, events more common to the U.S. were the biggest obstacle of the competition.

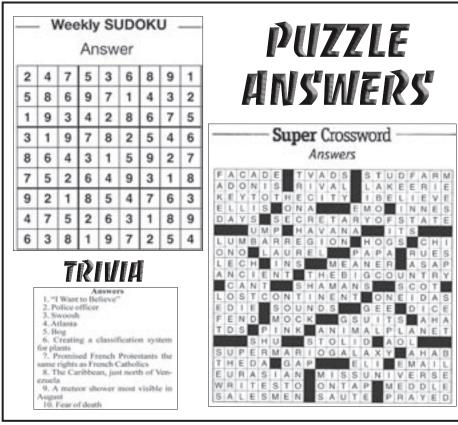
"I'm not a distance runner," said Sgt. William McGilberry, U.S. Army Aeromedical Research Laboratory. "The 3000-meter run was the absolute hardest event for me. I'm a sprinter and I'm good at the other track and field events, but the 3k run was definitely the hardest."

This was McGilberry's second time earning the German Armed Forces Proficiency Badge in gold and he said he will continue to compete in the competition for the prestige.

"I want the prestige of getting my fifth badge," he said. "That is my main goal. It's definitely a hard badge to get, but you're at the cream of the crop when you have that number behind it."

Although the prestige of the award drives McGilberry to compete, he said the camaraderie he feels and his competitive nature keeps bringing him back.

"You're not really competing against someone else, but you're competing for a time and the camaraderie," he said. "Even if you're not the fastest one, everyone is still cheering you on."





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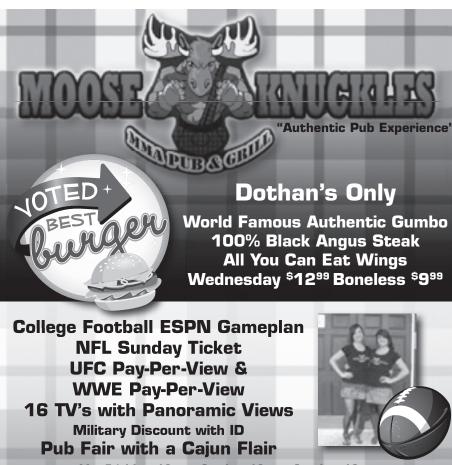
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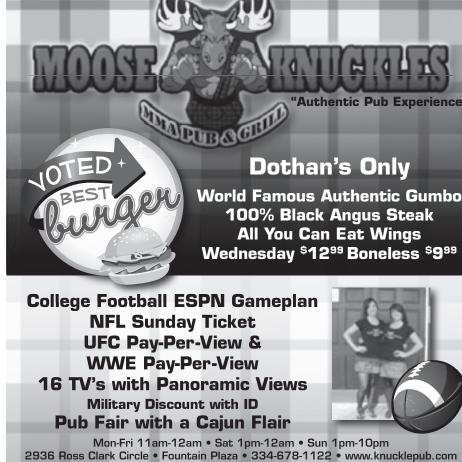
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Video Game Spotlight >>

Black Ops II ditches linear story line

By Jim Van SlykeContributing Writer

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

"Call of Duty: Black Ops II" might be a little too real. OK, not the zombie mode or the fun that comes with wiping out your Internet friends in the delicious online multiplayer. But the story mode, set just 13 years in the future, portrays a scary world that might actually come true.

But, of course, the game designers wanted to create something that was plausible, but still completely fun and challenging. They did that. The story mode portion of the game takes place in 2025

and the world is on the brink of war. China has risen to dominate the world because it has a monopoly on rare earth elements that are used in most modern technology. But the real fun begins when a terrorist organization takes over America's airborne drones and uses them to attack the very cities they are designed to defend.

Instead of creating a linear story that provided each gamer the same experience, "Call of Duty: Black Ops II" has branching story lines that change how the game proceeds with each major decision the gamer makes. That way there should be plenty of replay value and each gamer's experience will differ.

Even though it's set in the future, the game doesn't feature laser-toting Soldiers and telepor-

tation, but there is plenty of future tech there. Robots play a big role and there are plenty of cool new weapons as well.

Previous "Call of Duty" multiplayer options have been ignored by the casual gamer because the modes are often dominated by overzealous and over-caffeinated gamers who know every place to camp and where every dominant weapon resides. While some of that is still true in "Call of Duty: Black Ops II," the game's designers made an effort to create modes that will allow the non-hard core gamer to battle on even ground with the gamer who spends every waking hour patrolling the online Call of Duty universe. The hard core gamer isn't left out because there are places where he can get his gun groove on, but it's nice

that all levels can have fun in the "Call of Duty: Black Ops II" multiplayer.

"Call of Duty: Black Ops II" is another wonderful addition to the Call of Duty hall of honor. The story mode is incredibly fun

and the online multiplayer will keep gamers' guns blazing until the next game in the franchise is released.

Reviewed on Xbox 360



Publisher
Activision
Rated
EMature
Systems
Xbox306, PS3
Cost
\$60
Overall
3.5 out of 4



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