



The Landing hosts holiday event

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FORT RUCKER ★ ALABAMA

**DECEMBER 20, 2012** 

# Post honors Instructors of the Year

By Sara E. Martin Army Flier Staff Writer

Five Soldiers and two civilians from Fort Rucker were recognized as Academic Instructors and Instructor Pilots of the Year, and were presented with awards from representatives of several organizations during a ceremony Friday at the U.S. Army Aviation Museum.

Henry Spohrer, Fort Rucker instructor programs manager, who helped hand out plaques and awards during the ceremony, said he was impressed with the accomplishments of this year's recipients.

"We have excellent people here (on Fort Rucker)," he said. "Every instructor [here] I consider to be the best in the Army, but these instructors are the ones that are above the best."

Instructors are nominated by their supervisors but the system is based on points; the highest average of points out of three categories wins, according to Spohrer.

"The supervisors are looking for three things: do they know their job, do they have the confidence to teach it and do they have the skill to draw learning out of the student," he said. "They are looking for someone who really knows everything about their job as well as their confidence levels when they teach it. If they are glued to the podium, then that is a sign that they are not a good candidate. They are looking for someone who is walking around the students, engaging them."

This year's Academic Instructors of the Year were Capt. Ryan P. Welch, CW3 Craig J. Johnson, Sgt.



Col. Kevin Christensen, president of the Army Aviation Center chapter of AAAA, gives a clay eagle to one of the instructors of the year, CW4 Ryan J. Rothmeyer. Other instructors of the year are James W. Jones, Phillip Schmiesing, Sgt. 1st Class Brandon J. Kroviak, W01 Alexander J. Chambers and CW3 Craig J. Johnson. (Not pictured- Capt. Ryan P. Welch)

1st Class Brandon J. Kroviak and lots of the Year were CW4 Ryan J. James W. Jones. The Instructor Pi-Rothmeyer and Phillip J. Schmiesing. The Flight Instructor of the Year was W01 (former Staff Sgt.) Alexander J. Chambers.

Col. Douglas M. Gabram, U.S. Army Aviation Center of Excellence and Fort Rucker deputy commander, thanked each recipient for their dedication in teaching future leaders and the Army's most precious resource as he gave out each certificate.

"Instructors are special and have everlasting effects on all of us. We all have that name and that face with a certain lesson that we will never forget," he said. "The high quality of training in the Aviation community is a direct result of the instructors we select to do this very demanding job. Those who hold the title of instructor have already

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The lower horns of the 98th Army "Silver Wings" Band play a song during the Commanding General's Holiday Concert at the post theater Dec. 13.

# Holiday concert brings cheer to Fort Rucker

By Nathan Pfau

Army Flier Staff Writer

Hundreds of people flocked to the post theater Dec. 13 to enjoy holiday classics played by Fort Rucker's own 98th Army "Silver Wings" Band during the Commanding General's Holiday Concert.

The concert featured music played by the Army Bands different music performance teams: the Concert Band; Crossfire, the rock band; the Blackout Brass Band; and the Wiregrass Jazz Ensemble.

Audience members were welcomed by Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, who kicked off the evening of music and holiday cheer.

"I can tell you, you're all in for a treat," he said to the crowd. "Everywhere I've been in the last few weeks, I've either seen the band out playing in parades across the Wiregrass or hearing about them playing in other concerts, and the community has been abuzz about what they've done, how they've done it, and the beautiful music and pageantry that they've brought this holiday season."

The band played music selections ranging from "Silver Bells" and "Santa Baby" to "Mele Kalikimaka" and the Trans Siberian Orchestra's "Christmas Eve in Sarajevo," which was a crowd favorite for many.

"The Army Band's version of 'Christmas Eve in Sarajevo' was absolutely stunning," said Joseph Troy, civilian. "I was amazed at how well they performed that song because it is a really, really powerful piece of music — I had goose bumps the whole time."

Goose bumps weren't the only things that were raised the music seemed to raise spirits as well.

"I really enjoyed [the concert] and it was nice to be able to come out here and get into the holiday spirit with some really good music," said Brenda Smith, civilian. "I had pretty high expectations before we came out, but I didn't expect it to be as good as it was – I was floored by the performances."

Smith came to the concert from Dothan with her husband, Kevin, and two children, Jackson and Summer.

"It was great to be able to bring the children out to experience something like this," said Kevin. "I know they are young right now, but getting to listen to this kind of holiday music at a young age helps create memories.

"I know whenever I heard a lot of the music that they played, it was really nostalgic and it takes me back," he said. "You can't really get into the holiday spirit without some good music like this, and that's what they gave us tonight good holiday music."

Throughout the concert, the band also performed short skits such as one involving the band's leader, CW4 Jesse Pascua, 98th Army "Silver Wings" Band commander, in

SEE CHEER, PAGE A5



PHOTO BY SARA E. MARTIN

Maj. Joseph C. Alexander accepts the colors of the Air Ambulance Detachment, 1st Battalion, 223rd Aviation Regiment, call sign FlatIron, from battalion commander Lt. Col. Demetrios J. Nicholson. Alexander assumed command from Lt. Col. Charles C. Cook during a ceremony Dec. 13 at the U.S. Army Aviation Museum.

## Flatiron welcomes new commander

By Sara E. Martin Army Flier Staff Writer

Flatiron welcomed its new commander as Maj. Joseph C. Alexander took command of Air Ambulance Detachment, 1st Battalion, 223rd Aviation Regiment from Lt. Col. Charles C. Cook during a ceremony Dec. 13 at the

U.S. Army Aviation Museum. Alexander was welcomed to the Spartan team and to Flatiron by Lt. Col. Demetrios J. Nicholson, 1st Battalion, 223rd Aviation Regiment, battalion

commander, who said that he was looking forward to working with him. "We are excited to have you on board.

I have no doubt that you will do a superb

job in leading Flatiron," he said.

Alexander was raised in Michigan and was commissioned as a medical service corps officer from Central Michigan University in 2000. He attended flight school at Fort Rucker — after his first assignment in Korea — earning him his wings from the Army Initial Entry Rotary Wing Course in 2002.

After graduation, he served in Germany and Iraq for more than 5 years. Later, he was selected to command the U.S. Army Air Ambulance Detachment in Soto Cano Air base, Honduras, which provided medical evacuation, humanitarian assistance and disaster relief support thought Central America.

Alexander holds a bachelor's degree

in healthcare administration and a master's in business administration with a concentration in supply chain management and strategic leadership.

His military awards include a Bronze Star and the Meritorious Service Med-

Alexander has been doing medical evacuation for about 10 years, and he said he looks forward to serving the Spartans and Flatiron.

"You're America's finest; you show true professionalism. I have been nothing but impressed with your constant mission focus. I am humbled to work with [you] and I look forward to

SEE FLATIRON, PAGE A5

# PERSPECTIVE

# Season's greetings from IMCOM

Lt. Gen. Mike Ferriter

Installation Management Command Commanding General

It's been immortalized in carols as "the most wonderful time of the year," and it is for the Army's home. It's a wonderful time to be part of U.S. Army Installation Management Command. We have an incredible workforce and mission.

Ours is a diverse team made up of Soldiers, civilians and Family members. The IMCOM team hails from every corner of the globe, with differing cultures and beliefs - all united in the service of others. It's just the right mix to support troops, provide programs and offer world class customer service to the best trained Army in the world.

Whether anticipating Christmas, Kwanzaa, Hanukkah or time among Family and friends during this holiday season, know that you are a valued member of the team. Command Sgt. Maj. Earl Rice and I can never thank you enough for the life of service and sacrifice you've chosen, and for the opportunity to share that with you here at IM-COM, the Army's home.

We hope that this holiday season provides opportunities for reflection, recreation and renewed commitment to improvement. Team, we've ac-

complished a lot in the last 10 years — developing our workforce, being good stewards of financial and environmental resources, improving the quality of life in Army communities worldwide. IMCOM is a world class operation because of you.

Our mission is complex — a job that is 24 hours a day, seven days a week. While some can rest briefly, others may not. Remember your teammates who will be manning facilities, serving chow to deployed troops or helping newly arrived Families find lodging. This is the essence of what we do every day provide a quality of life commensurate with their quality of service.

Now more than ever is the time to remember your Family and extended Army Family as well — battle buddies, coworkers and the person next to you now. As you travel or attend celebrations, be mindful of your actions and surroundings, keeping safety and responsibility to your teammates and Families in

We wish you and your Families a happy holiday season, prosperous New Year and look forward to starting 2013 with each member of this team ready, resilient and committed to the next step in enhancing the lives of our Soldiers. Army strong!



Lt. Gen. Mike Ferriter and Command Sgt. Maj. Earl Rice host the Installation Management Command Stalwart Awards Dinner Dec. 5 in San Antonio.

# CG sends winter holiday season safety message

1. Our Winter Safety Campaign is well under way as Soldiers, Army civilians and their Families are making preparations for the holiday season. As you take advantage of this time to visit friends and Family or just enjoy the downtime of the long weekends, I ask that you look out for others and make the right choices for yourself.

2. Discuss your plans with your leader, supervisor and Family and consider their advice. I expect supervisors to make eye contact with your Soldiers and Army civilians, reinforcing practices and principles that we know mitito their welfare.

3. For those who are traveling, exercise caution as winter weather and holiday traffic may complicate your plans. Ensure you rest and adequately prepare for your trip. Drive defensively, buckle up, don't drink or speed and avoid distractions.

4. Particularly at this time of year, remember our Soldiers and Army civilians deployed in harm's way around the world, and their Families back home. Although a time gate risk and prevent accidents. Be personally involved of joy and celebration, this season brings unique environin their holiday planning and reinforce your commitment mental hazards that can be unforgiving to those who are

unprepared. So be prepared, stay focused and have a happy, healthy and safe holiday season and New Year!

5. "Above the Best"

W. MANGUM Major General, USA Commanding



Winter is here and will be made official by the winter solstice Friday. What tips can you offer to help keep warm?



Sgt. Louis Arocho Pujols, C Co., 1st Bn., 223rd Avn. Regt.

"Stay inside, but if you have to go outside wear lots of layers of clothing."



W01 Daniel Post, B Co. 1st Bn., 145th Avn. Regt.

"Turn on the heater."



CW2 Brian Gajeton, **Public Health Command,** Fort Stewart, Ga.

"Wear a jacket and gloves."



Melissa Marker, **Army spouse** 

"Be under God's control. Listen to his word and he will keep you warm."



Menda Grooms, **Army spouse** 

"People can stay warm outside by exercising. Do some jumping jacks, and if that fails you can always stick your fingers under your

COMMAND

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

Col. Stuart J. McRae FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn

FORT RUCKER PUBLIC AFFAIRS OFFICER Jim Hughes

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

# **Scholarships help military Families**

By Sara E. Martin Army Flier Staff Writer

Fort Rucker is home to numerous opportunities for Soldiers and their Families to earn educational scholarships and grants.

With the cost of education ever increasing, students and potential students should try to explore every avenue to receive scholarships and grants, according to Mike Burden, Army Community Service accredited financial counselor.

"Student loan debt is on average \$28,000 per student. There are people who get Pell Grants, scholarships and the like, and still have to get loans. Any amount of money will help Families, but students need to start planning now," he said.

Fort Rucker has many opportunities for Families to receive scholarships, including the Maj. Gen. James Ursano Scholarship Program, Spouse Education Assistance Program and the Scholarships for Military Children Program.

These three programs vary widely to help Family members from various backgrounds to qualify, but there are additional programs that dependents have access to at http:// www.aerhq.org/dnn563/LinkClick. aspx?fileticket=dZuLrQj3PMI%3 d&tabid=99.

Army Emergency Relief offers two scholarship programs, the Spouse Education Assistance Program and the Maj. Gen. James Ursano Scholarship Program. Both scholarships cover fees and books associated with the chosen program as well as tuition. The programs also cover Internet classes.

Spouses can be enrolled full or part time, but children must be enrolled full time.

"Students need to apply every year to continue these scholarships; it is not a one-time deal. Children must be under the age of 23 during the school year, though," said Mimi Brooks, Army emergency relief officer at ACS.

The programs cover retirees, active duty, Family members, survivors and National Guard or Reserve members, but special criteria must be met for National Guard and Reserve Soldiers.

Applications will be available Jan. 1, but the packets for both programs don't have to be completed and returned until May 1 to give applicants plenty of time. With the economy being so unsteady, the scholarship program allows spouses a chance to stay in college, return to college or begin higher education, said Brooks.

"Furthering education helps [Family members] go into the career field where they can financially contribute to the Family, which is going to help with financial stress that is sometimes brought into the home. It will ultimately help the mission overall because the Soldier's stress level will go down without the added pressure of a financial strain at home," she said.

There is not a designated number of scholarships that are awarded; whoever qualifies financially gets a scholarship.

The school an applicant attends must be an institution accredited by the U.S. Department of Education; it can be a technical school, a community college or a university.

"The scholarships cannot be used for anything higher than an undergraduate degree and it must be the first degree or certificate that the recipient will get," said Brooks.

The amount that each person gets is based solely on financial need, not rank or grade of the sponsor. For children, grades, grade point average and leadership also factor in on how much aid they will receive.

"These are great programs because we don't require any type of essay, which most scholarship programs do. All they have to do is complete their taxes, then use their forms to complete the Free Application for Federal Student Aid online, which takes about five days to get those results. Then they use those results to complete our application, which they can also do online," said Angie Pratt, AER assistant scholarship program manager.

To be eligible for the Maj. Gen. James Ursano Scholarship Program, the student must be the child of a Soldier on active duty, remain unmarried during the entire academic year, maintain a GPA of 2.0 and have a high school diploma or a general education development diploma. Also, they must submit high school or college transcripts.

For more information concerning the Maj. Gen. James Ursano Scholarship Program, visit http://www. aerhq.org/dnn563/EducationalAssistance/DependentChildren.aspx.

To be eligible for the Spouse Education Assistance Program, the student must be the spouse of an active-duty Soldier or the widower of a Soldier who died on active duty, or in a retired status and maintain a 2.0 GPA. If the spouse attended college previously then they must submit those transcripts.

For more information concerning the Spouse Education Assistance Program, visit http://www. aerhq.org/dnn563/EducationalAssistance/Spouses.aspx.

The 2013 Scholarships for Military Children is also now open for students at commissaries around the world.

"Scholarship awards will be based on funds available, but the scholarship program awards at least \$1,500 at each commissary," said Tammy Reed, defense commissary agency marketing and mass communications specialist.

To be eligible for a commissary scholarship, the student must be a dependent, unmarried child, younger than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, Reservist, Guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree.

"The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2013 or be enrolled in a program of studies designed to transfer directly into a four-year program," she said.

Unlike the AER scholarship program, Scholarships for Military Children do require an essay.

"Applicants must submit an essay on a topic chosen by Fisher House," she said, which is now available at http://www.militaryscholar.org.

Applications must be turned in to a commissary by Feb. 22.

"The commissary scholarship program was created to recognize military Families' contributions to the readiness of U.S. armed forces and to celebrate the commissary's role in the military community," said Reed.

Students with questions about the scholarship program application can visit http://www.commissaries.com and or http://www.militaryscholar.org.

For more information about available scholarships, call 255-





# Farrington honored during ceremonies

Top: Col. Jessie O. Farrington, special assistant to the commanding general, U.S. Army Aviation Center of Excellence, gets hosed down by his wife, Sandi, during his wetdown after his final flight at Howze Field Dec. 13. Farrington retired Friday after more than 35 years of military service. He entered active military service in 1976 and was commissioned as an officer in 1984 after graduating from Embry-Riddle Aeronautical University. Farrington is a master Aviator who has more than 3,200 hours of flight time and has a master's of sciences degree in administration. His leadership career has included assignments that span continents and range from commander of C Company, 1st Battalion, 82nd Aviation Regiment, 82nd Airborne Division, Fort Bragg, N.C.; battalion and brigade executive officer, Aviation Brigade, 3rd Infantry Division, Hunter Army Airfield, Ga.; to U.S. Army Aviation Center of Excellence and Fort Rucker deputy commander; and special assistant to the commanding general, USAACE. Farrington has earned many awards throughout his career, most recently earning the Distinguished Service Medal and receiving the Order of Saint Michael-Gold, an award that less than 1 percent of Army Aviators receive. Farrington plans to retire in Dothan with his wife.

Left: Maj. Gen. Kevin W. Mangum, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, awards the Order of Saint Michael-Gold to Col. Jessie O. Farrington, special assistant to the commanding general, USAACE, with his wife, Sandi, at his side during a retirement ceremony at the U.S. Army Aviation Museum Friday.

# **News Briefs**

#### Lyster closures

Lyster Army Health Clinic will be closed: Monday, Tuesday, Dec. 31 and Jan. 1. For more information on clinic closures, visit http:// www.rucker.amedd.army.mil.

#### **Commissary hours**

The commissary will have a change in hours on Christmas and New Year's eves. Dec. 24 and Jan. 31, the commissary will be open 8 a.m. to 4 p.m.

#### Holiday meal hours

During the holiday break from today until Jan. 2, the Warrant Officer Candidate Dining Facility, Bldg. 5914, will close and meals will be served at the Advanced Individual Training DFAC, Bldg. 6204. Meal hours at the AIT DFAC will be 8-9 a.m., noon to 1 p.m. and 4:30-5:30 p.m. The WOC DFAC will reopen for the breakfast meal Jan. 3.

#### For more, call 255-3017.

Thrift shop

The Thrift Shop is closed until Jan. 2. The thrift shop will release

scholarship information in January. The thrift shop staff thanks its customers for their continued support and donations that will allow it to award up to \$30,000 in scholarships in 2013. The shop continues to accept donations in its shed behind the building 24/7.

For more, call 255-9595.

Lost and found The Directorate of Public Service has a mountain bike in its lost and found section. Anyone wanting to identify and claim the bike should call 255-2861.

PX hours change Starting Wednesday, the Fort Rucker Main Exchange will change its hours Mondays-Saturdays. The new hours are Mondays-Saturdays

from 9 a.m. to 7 p.m. The PX is open Sundays from 11 a.m. to 6 p.m.

#### AAFES gas special

The Fort Rucker Exchange and MILITARY STAR® are providing military Families a special holiday discount on gasoline. MILITARY STAR® cardholders will save 10 cents per gallon of gasoline from Dec.

28 to Jan. 4 when they use their MILITARY STAR® card at express fuel stations

#### **AUSA** scholarships

The Fort Rucker-Wiregrass Chapter Association of the United States Army is offering six \$1,000 academic scholarships for the 2013 spring semester to qualifying Army veterans and Soldier Family members in the Wiregrass area

Applications can be downloaded by visiting the Fort Rucker-Wiregrass AUSA website at www.ausawiregrass.org. All scholarship applications (with attachments) must be submitted by mail and must be postmarked no later than Dec. 31.

For more information, contact Keith Gunter at keith.gunter@us.army. mil or 797-5479, or Bob Slagle at slagleb@alaweb.com or 494-2999.

#### Primary care manager changes

Lyster officials said that all Soldiers and civilians on flight status were reassigned to primary care manager and flight surgeons on Team Respect. After the changes are processed, Humana will mail PCM Change notices to every person changed to identify their new primary care managers.

# Soldiers get enhanced transition assistance

By David Vergun Army News Service

WASHINGTON — One of the biggest challenges Soldiers face is transitioning to civilian life. That transition got a boost Nov. 21, when the Veterans Opportunity to Work to Hire Heroes Act went into effect.

The act requires every Soldier to attend transition assistance classes.

But the Army already was working to make transitioning easier even before the act took effect, according to retired Army Col. Walter Herd, director of the Army Transition Program, headquartered at the U.S. Army Human Resources Command.

When the "re-engineered" Transition Assistance Program took effect Nov. 21, the Army already had 700 transition counselors and support staff in the field at 80 locations, including for the first time in U.S. Central Command's area of responsibility and in far-flung locations where Soldiers in the reserve component serve, according to Herd, who said that was double the capability the Army had just a year earlier.

And there's more. For decades, TAP involved attending classes. While classes are still offered, Herd said Soldiers now have options other than going to a brick-andmortar structure at a fixed time and place.

"We now have 24/7 virtual capability where Soldiers can connect with a masters degree'd transition counselor via phone, webpage, email or via a virtual avatarbased ACAP center," he said. "These are the same services offered at brickand-mortar centers here or overseas."

That call center number is (800) 325-4715.

The Army Career and Alumni Program is a transition and job-assistance program that goes beyond TAP in offering detailed job-assistance training. Its website is https://www.acap.army. mil and its Facebook page is http://www.facebook. com/ArmyCareerandAlumniProgram. ACAP is offered both virtually and in a classroom setting and is now part of the expanded TAP.

Feedback from the field on the Army's transitioning efforts has been positive, Herd said, noting that the flexibility of the new choice-based system is especially popular.

"A Soldier can now work on his or her resume at midnight on Saturday via virtual contact with a live counselor, if he or she so chooses," Herd said. "The Army is currently the only service offering this benefit."

Transition assistance includes completing a Family budget, an individualized transition plan and a military occupational specialty crosswalk gap analysis. The latter, according to Herd, is a plan to match a Soldier's Military Occupational Specialty with one or more civilian occupations. Soldiers can then build a more effective resume and also determine if a license or certification is required for those jobs or if additional training is warranted.

Other transitioning help will be available soon.



PHOTO BY DAVID VERGUN

This year alone, 132,000 Soldiers transitioned to civilian life. The Army is making that transition easier with a host of transition services for Soldiers, as well as their families.

The Department of Veterans Affairs will deliver a virtual benefits brief at 9 a.m. Friday.

Herd said the Army will he said. offer this virtual training on a regular basis, beginning in January. To regiswww.acap.army.mil.

Herd said all of these transitioning services are offered to Army Family members as well as Soldiers. With 132,000 Sol- launched around the same

diers alone transitioning this year, that's a pretty big audience if you include Family members,

Transition help will get even better in the future.

Next spring, the Army ter for these events, visit is piloting three different two-day seminars in education, entrepreneurial planning and vocationaltechnical training.

Another pilot will be

time, known as the capstone event. "What this means," he said, "is that Soldiers will sit down with their commander or a counselor to ensure everything that needs to be done has actually been done: transition briefing, yes; budget, yes; resume,

The three two-day seminars and the capstone event are scheduled to go

yes; training seminar, not

vet."

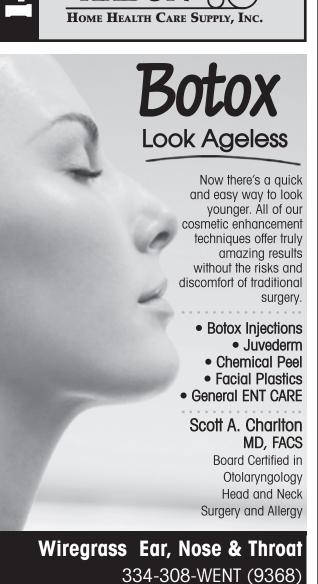
said.

"By October 2014, Army transition efforts will be scattered throughout the lifetime of a Soldier, so you don't begin to think about transitioning the last year or so," he said. "Rather, you start the transitioning process the first year or so, so you can prepare yourself with plans, certification, networking and so on

Army-wide in October, he throughout your career, whether it's just a 12month mobilization or a 30-year career."

Herd said that while the Army is offering a host of transitioning services, "the most important thing that Soldiers can do is to go to their transitioning events early and often. Leadership support is essential to making this happen. This is key to a successful transition."





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# IOTY: Recipients come from all walks of life

Continued from Page A1

proven themselves to be a cut above the rest."

The recipients come from all walks of life and from all of the corners of Aviation training.

Kroviak, an academic instructor with D Company, 2nd Battalion, 13th Aviation Regiment, 1st Aviation Brigade, Fort Huachuca, teaches an array of subjects and programs concerning the 15W unmanned aircraft system career field and has been an instructor for about two years.

"It is such a surprise and an honor, but I love what I do." he said, adding that he didn't know how he was going to get all of his eagles on the plane back to Arizona.

Joking aside, Kroviak said that he relishes the days when his students have the "ah ha" moment.

"I want to make sure they are grasping what I am telling

them. It may take me using their personal experience or getting down on their level, but when they are able to start applying what is being presented to them and they fully understand — that is a great feeling of accomplishment," he said.

Other recipients, like Chambers, who is now currently a flight school student himself, were proud because they knew the competition was fierce this year.

"I am very honored because I know so many other instructors that are worthy of receiving this award. I know the caliber of instructors that are out there and how knowledgeable all of them are, so to be recognized makes me feel humbled,"

Chambers reflected on what and how he taught his students and said that he himself respects his instructors even more now because he has been in their shoes.

"I can see it from both perspectives now. I can help with

the practical applications better, but I always tried to integrate real flight methods of learning and knowledge into the training," he said. "We try to bring real-world experience into the doctrine."

Though he used to be an instructor, he said he doesn't think he has a leg up on other students.

"Going in, I thought I would have an advantage, but I have learned that I really don't. It's a different world, but being a platform instructor was good for me," he said.

The competition was close this year with the first ever tie, according to the narrator.

"We are proud of all of our instructors, but the ones who are being recognized today really stand out amongst their peers," he said. "These men so excellently executed the core mission with immense passion that they deserve to be recognized."

# Cheer: Event gives Families special opportunity

Continued from Page A1

which the trombone players were one man short of their quintet.

During the skit, the trombone players asked Pascua if he had brought his trombone and if he would be able to join them. Pascua acted as if he was a bit rusty on his trombone before the quintet began to play, but joined in seamlessly to provide a top-notch performance.

The Army Band worked tirelessly over the past couple months to make sure that the evening went on without a hitch, according to Pascua.

"The preparation [for the concert] began about two months before the concert with trying to get all of the music together and thinking of ideas for the performance," he said. "After all of the planning, it was all about getting the program put together and finding time for rehearsals."

Although this is set to be Pascua's last CG's Holiday Concert on Fort Rucker, he said that he feels the performance was a suc-

"It's all worth it when you get the audience participation like we did," he said. "We always get worked up when we see a large crowd. We just wanted to entertain people and sing along to some of the songs with

The Smiths said they were plenty enter-

tained and they were glad that Fort Rucker was able to provide such an experience for their Family to enjoy.

"I think it's wonderful that Fort Rucker can put on concerts like this for the local community," said Brenda. "Living in a smaller community, there isn't much opportunity to see things like this, but this gives me and my Family a chance to enjoy something that really isn't available anywhere else, and for that we're thankful."

# Flatiron: New commander returns to training home

Continued from Page A1

continuing the outstanding tradition of aeromedical evacuation support you provide daily," he said.

According to the new commander, he replaced Cook as the medical evacuation executive officer in western Iraq six years ago.

"Who would have thought that I would now, again, be replacing [him] as commander of this exceptional unit," he said, adding that he wishes to continue the units outstanding, daily-basis performance.

Being back in the area where he learned how to fly and commanding a unit here is very humbling, said Alexander.

"To be back here and assume this command in the same place where I pinned on my wings and graduated the Captains Career Course is amazing. The personal history that I have here at Fort Rucker, and to integrate that with the history of Flatiron and its outstanding mission is very humbling to me," he said.

Cook said no one works as hard or is more dedicated to the mission than the medics, firefighters and Aviators at Flatiron, requiring a special leader to keep up the high demands of the company.

"They train to be the best because others rely on them to do so. So, [Alexander], be sure to keep very sharp on all of your processes.

If you keep a safe program, it will be one to be proud of. If it takes an extra minute or two to get off the ground safely then it is worth it," said Cook.

The new commander also received good luck wishes from Nicholson.

"You are lucky because you are taking hold of a tremendous company that thrives under the pressure of their no-fail mission," he said.

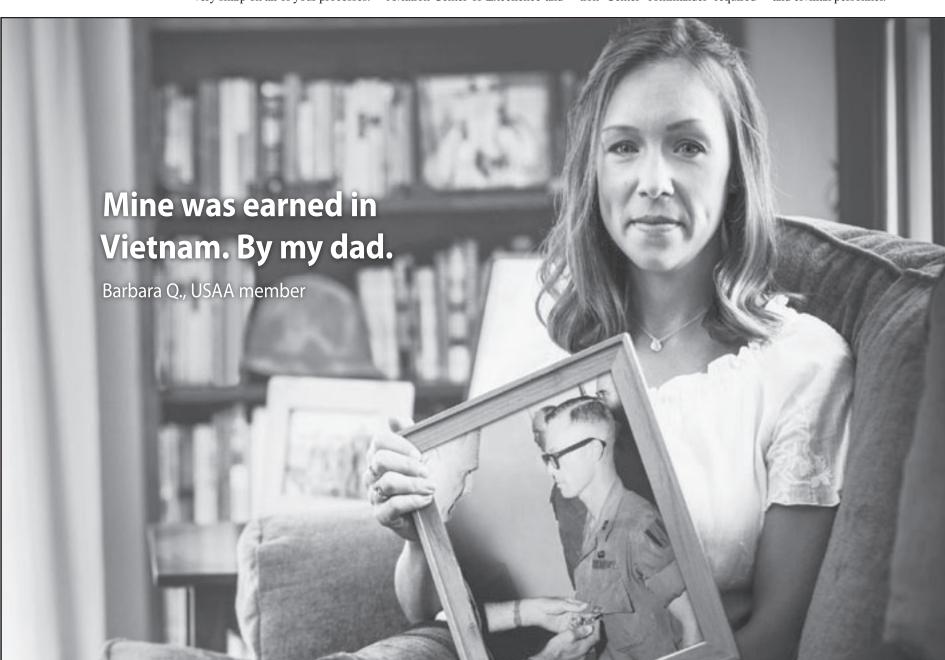
Flatiron is the call sign for the Army Air Ambulance Detachment of 1st Battalion, 223rd Aviation Regiment. The mission of Flatiron is to provide crash rescue support and aeromedical evacuation to the Aviation Center of Excellence and 5th Ranger Training Battalion.

Reflecting on Flatiron's high visibility in the community, Cook told the audience that he enjoyed the opportunity to command the unique unit and appreciated the trust that was placed on him.

"You get to do things in this unit that you don't get to do anywhere else, such as support the local community. I know we've touched a lot of lives in lower Alabama," he said, adding that he knows Alexander will continue the good work the unit is accomplishing.

According to the unit, Flatiron has run 365 days a year, 24/7 since the mid 60s, when the Aviation Center commander required a safety change. A crash-rescue aircraft had to always be in the air, ready for a mission. Because of this demanding requirement, the name Flatiron was created. As one aircraft landed to re-fuel, another launched—much like the flat irons used by early settlers when one was heated while the other was used.

Flatiron, also according to the unit, services the civilian community with the Military Assistance to Safety and Traffic missions and the Defense Support to Civilian Authorities program. It utilizes the UH-72A "Lakota" in its flight missions to ensure immediate MEDEVAC assistance to military and civilian personnel.



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**DECEMBER 20, 2012** 



Artist's rendering of the Enhanced Medium Altitude Reconnaissance and Surveillance System now under development.

# Army developing next-gen surveillance aircraft

By Kris Osborn Army News Service

WASHINGTON — Army scientists, engineers and program developers are making substantial progress building and integrating a technically sophisticated battlefield surveillance aircraft called Enhanced Medium Altitude Reconnaissance and Surveillance System in a laboratory at Aberdeen Proving Ground, Md., service officials said.

The initial task, now under way at Aberdeen's Joint Test and Integration Facility, is aimed at engineering and integrating an Enhanced Medium Altitude Reconnaissance and Surveillance System, fuselage with cameras, sensors, software, antennas, intelligence databases and electronic equipment so that the Army can deliver four Engineering Manufacturing Development aircraft to Afghanistan as part of a forward assessment of the capabilities, said

Raymond Santiago, deputy product manager, Medium Altitude Reconnaissance and Surveillance Systems.

"An EMARSS Forward Operational Assessment will place this system in the hands of our Soldiers, allowing them to inform an assessment as to whether the system meets the approved requirements. We will get to see the system being used to gather real-world data in a combat environment, with a high

and establish the architecture for the platform," an Army acquisition official explained.

The Army plans to complete the EMARSS EMD Phase with a minimum of four aircraft systems. Overall, the EMD contract has options to procure two additional EMD systems and 4-6 Low Rate Initial Production systems.

Plans for the EMARSS aircraft include efforts to engineer a surveillance aircraft with a wide optempo. This will help us refine range of vital combat-relevant

capabilities, such as the ability to quickly gather, integrate and disseminate intelligence information of great value to warfighters in real time; it is being built to do this with an integrated suite of cameras, sensors, communications and signals intelligence-gathering technologies and a data-link with ground-based intelligence databases allowing it to organize and communicate

SEE NEXT-GEN, PAGE B4

## eaders meet at Fort Sill to discuss UAS threats

By Jeff Crawley

IMCOM Public Affairs

FORT SILL, Okla. — U.S. ground forces detect an enemy unmanned aircraft performing reconnaissance over their forward operating base. Now the Soldiers must determine how to neutralize the Unmanned Aircraft System threat: whether to jam the electronic signal from its ground controller, kill the ground controller or shoot down the Unmanned Aircraft System.

This is a possible scenario in today's battlefield, and as more countries obtain UAS capabilities including armed drones, it can bring a greater threat to U.S. forces.

To address this threat, the Fires Center of Excellence hosted the first Counter Unmanned Aircraft System coordination meeting Dec. 5-6, at the Fort Sill Conference Center.

About 120 people attended the meeting, including representatives from the Navy, Air

Force, Marine Corps, as well as the other Army centers of excellence, said Lt. Col. Matt Tedesco, Capabilities Development and Integration Directorate, FCoE/Training and Doctrine Command capability manager, Air Defense Artillery Brigade, in an email

Army Aviation, intelligence, and science and technology communities were present. The Netherlands, France, Canada, South Korea and Germany were represented by their Fort Sill liaison officers. Fourteen defense companies were also on hand. Other DOD commands and individuals participated through Defense Connect Online.

#### Topics, discussion

'We introduced the Fires Center of Excellence operational concept to counter UAS, discussed the threat, implications to doctrine, organization, training, material

SEE UAS, PAGE B4



Col. Matt Merrick, Fires Center of Excellence and Fort Sill Capabilities Development and Integration Directorate director, opens the first Counter-UAS coordination meeting in December at the conference center on Fort Sill, Okla.

Water and alternative energies will become increasingly important in the year 2030 and beyond. Here, Soldiers from the 1st Armored Division, and local residents, install a solarpowered water filter in Chaka 1, Lutifiyah Nahia, Iraq.

# Army leaders probe 'deep future'

By David Vergun Army News Service

POTOMAC, Md. — Trying to anticipate what the world might be like in 2030 would seem to be in the realm of science fiction writers, but the Army is interested, too.

Helping the Army to get a better sight picture on the future are some of the world's greatest minds, from the academic and scientific communities, as well as the Army and Defense Department. Many of them met here at the Bolger Center for a week of participation in Unified Quest break-out study groups on future trends.

And, incidentally, science fiction writers, many of whom have advanced degrees in science and whose future visions are sometimes on target, were part of the collaboration process of Unified Ouest.

#### Strategic trends

The Army's senior leaders think it is important for planning purposes to know where the service will be in 2030 and beyond, dates it terms the 'deep future."

The reason deep future is important is because

plans often take decades to materialize into reality. First there are discussions and concepts leading to models and simulations; then to live experimentation, aka field exercises, to "battle-test" those plans with real Soldiers; and, finally to put it in doctrine, from which real-world decisions are made in manning, materiel, tactics and strategy. The process is dynamic, meaning these plans and concepts are continually revised based on new technologies and the ever-changing world.

Leading the future planning effort is the U.S. Army Training and Doctrine Command, the organization which heads the Campaign of Learning, of which Unified Quest 2013, the deep future study portion, is part.

To promote the candor necessary for open and meaningful dialog, names of the panelists and the some 100 participants could not be used for attribution, except during the media roundtable which followed, with Maj. Gen. Bill C. Hix, TRADOC's director of the Concepts Development and Learning Directorate; and Col. Kevin M. Felix, TRADOC's chief of the Future Warfare Division.

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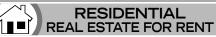
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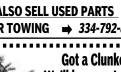
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# Next-gen: Aircraft design focuses on adaptability

Continued from Page B1

information of great relevance to a commander's area of responsibility, Santiago explained.

The work at the JTIF laboratory, involving a significant development and integration-related collaborative effort with Army and industry engineers, is aimed at reducing risk through rapid prototyping and software, and sensor integration. The EMARSS fuselage in the laboratory is a built-to specification model of a Hawker Beechcraft King Air 350,

"The laboratory gives us the flexibility to try things out with the fuselage. This helps us with how we configure the equipment," Santiago added.

A key aim of the effort is to engineer and configure a modular aircraft designed with "open architecture" and a plugand-play capability, allowing it to successfully integrate and function effectively with a variety of different sensor payloads, software packages and electronic equipment, he said.

"We want to build one bird with as many common capability packages on it as well as a full-motion video camera. We want it to be sensor agnostic," Santiago said.

For example, the EMARSS aircraft is being configured to integrate a range of sensor packages such as Electro-Optical/

Infrared cameras, MX-15 full-motion video cameras and an imaging sensor technology known as Wide Area Surveillance System able to identify and produce images spanning over a given area of terrain, Army acquisition officials ex-

The EMARSS capability is unique in that it is engineered with a data-link connecting the aircraft to the Army's ground-based intelligence database called Distributed Common Ground System - Army. DCGS-A is a comprehensive integrated intelligence data repository, able to compile, organize, display and distribute information from more than 500 data sources; DCGS-A incorporates data from a wide array of sensors, including space-based sensors, geospatial information and signal and human intelligence sources. By having a data-link with information from the ground-bases DCGS-A, flight crews on board EMARSS will be able to use display screens and on-board electronics to receive and view intelligence information in real-time pertaining to their

"As they are flying over an area, the EMARSS crew is able to immediately pick up the latest information from what other nearby intelligence assets are picking up. They can immediately get results from DCGS-A and see it on their display screens. Intelligence experts on the ground are doing

analysis, and they can send relevant information back up to the aircraft," Santiago explained.

Also, EMARSS' plug-and-play, open architecture framework is being engineered so that the aircraft could potentially accommodate certain radar imaging technologies in the future, such as Ground Moving Target Indicator, a radar imaging technology able to detect moving vehicles and Synthetic Aperture Radar, a radar system able to paint an image or picture of the ground showing terrain, elevation and nearby structures, Santiago said.

Given that all the sensors, antennas, cameras and electronics are designed to operate within a common architecture, one possibility is to strategically disperse various sensor capabilities across a fleet of several EMARSS aircraft, thus maximizing the ability to gather and distribute relevant intelligence information, Santiago explained.

The Army Training and Doctrine Capability Manager for Intelligence Sensors is also working on the Capabilities Production Document which, according to plans, will eventually be submitted to the Joint Requirements Oversight Council before the EMARSS program can achieve a Milestone C production decision paving the way for limited rate initial production of the system in FY 13, Army acquisition officials explained.

## **UAS:** Discussions provide forward progress for projects

Continued from Page B1

development, leadership, facilities, personnel as well as the implications to the joint community and the other Army centers of excellence," Tedesco said. "Day 2 examined industry solutions to the problem. The most lively discussion occurred on the first day, especially during the discussion of the operational concept."

FCoE proponent

The FCoE is the service lead for Army counter Unmanned Aircraft System efforts based on Joint Publication 3-01, Chapter 5, Paragraph 5; and Field Manual 3-01, which both place the UAS threat in the air defense artillery portfolio. Army Regulation 5-22 lists the FCoE commander as the Army's proponent for the mission.

As the proponency office, the FCoE is responsible for the doctrine, organization,

training, materiel, leadership and education, a community, as well as a Counter-UAS personnel and facilities related to C-UAS. Within the FCoE, the CDID and its TCM ADA Brigade is responsible for fielding and equipping ADA forces and concepts against the UAS threat.

#### Ongoing dialogue

Over the next year, the Counter-UAS communities will meet through quarterly video teleconferences and engagements as simulation sponsored for the FCoE Battle Lab in the summer, Tedesco said. The next Counter-UAS meeting will be in December 2013, at Fort Sill.

Tedesco said the first meeting went well.

"The initial conference was a success and will continue to be so as long as we can bring the community together to address the growing challenges the UAS pose to our nation and our friends."

# Future: Leaders seek to understand trends, plausible scenarios

Continued from Page B1

Hix emphasized that deep future thinking "is not about teleporting or trying to predict the future. Rather, it is about understanding trends and plausible scenarios so leaders today are better informed in their decision making and are not caught off guard by surprises."

#### **Regional factors**

Hyper-empowered individuals are terrorists and criminals who are empowered by modern technologies, which they would be willing to use to cause harm and even threaten national security.

These non-state actors are expected to proliferate. As they do, nation states are expected to form regional alliances and to grow more agile in responding to these threats, as well as to build a level of political and psychological resilience. Terrorist groups will continue to use social media as a tool to network and spread.

Nation-states may become less relevant than they are now as people with common ideologies or grievances such as the haves and have-nots connect via social media. The Arab Spring was an example of how quickly word, followed by actions, can spread.

The Middle East and the Asia-Pacific region will still be important in 2030 and beyond, with China and India growing as strong, regional military powers.

"The global economy will likely still depends on Middle East oil and because of our interconnection with the global economy, that region will still be in our strategic interest, even though it will be unlikely that we get our oil from there," Hix

Henry Hudson's 17thcentury dream of finding the Northwest Passage may become a reality as global warming accelerates the melting of the Polar icecap. This will open the sea lanes for navigation and exploitation of natural resources. Russia in particular is expected to benefit from these climate changes.

As many nations continue to age, third-world countries like those in Africa will have a "youth-

bulge," which could lead to displaced persons and civil unrest as poverty there increases, along with a climate less favorable for agriculture.

Water will become an increasingly strategic asset, as nations in the Middle East and South Asia build dams upstream, denying water to those downstream. Also, desalination plants could become targets for terrorists, as their importance becomes increasingly important.

As these scenarios play out, "we have to ask ourselves if it is in our vital interest to intervene," Felix cautioned.

the world will likely grow, resulting in a brain drain, as many scientists in the U.S. return to their native coun-

"We need to work harder at attracting the best minds into the fields of science and technology rather than letting them to disperse around the globe," Hix suggested.

He said the possibility of an improved world economy "is not a problem for us as more boats are lifted by the rising tide of prosper-

Hix added that economic competition is good for everyone, but that America must maintain its military freedom will continue.

#### **Human factors**

The Army needs to put better corporate human factors into its design of future technology as funding for training and materiel tightens. Human factors include such things as user-testing and matching the best functions of machines with human physiological and psychological capabilities. Humans have certain advantages over machines like creativity

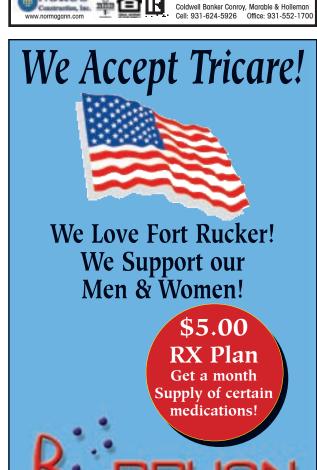
and judgment. Repetitive and monotonous tasks are best done by machines so manpower is not wasted, experts said.

Machines will continue to increase their advantage at processing information at a phenomenal rate of speed and robots will continue to proliferate on the future battlefield, putting Soldiers out of harm's way, some experts said. This could mean Army recruits will be valued even more so for their technological

abilities as they are for their physical prowess.

Biomechanics, technology and medicine will make it likely that super powerful and intelligent Soldiers could be developed. Discussions in society regarding the ethics and possible restrictions of this science need to take place, some warned as they raised an important question: If others have access to these advancements, will they be as concerned about





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Story on Page C5

**DECEMBER 20, 2012** 



### The Landing bosts boliday event for Soldiers, Families

By Nathan Pfau Army Flier Staff Writer

Christmas is just around the corner and the man in the red suit is making the final checks on his list, but Families had another opportunity to get on Santa's good side while enjoying a hot breakfast at the Landing.

The Big Breakfast with Santa went from 9 a.m. to noon,

and Families had a chance to cozy up to the man in red and enjoy a buffet-style breakfast with pancakes, bacon, eggs, grits and a variety of other breakfast foods as one way to jump into the holiday spirit, according Esther Rodriquez, promotion coordinator at the Landing.

'We do this every year and it's just something that we do for the community to enjoy," she said. "We just want people to come out and have a good time with Family and

friends, and enjoy a good breakfast. The children love to see Santa and it puts smiles on their faces, and we love to put those smiles on people's faces."

The breakfast was a good chance for Family members to come out and get started on their Holiday experiences, according to Amy White, civilian.

"We just wanted to come out and let the kids have breakfast with Santa and experience the joy of Christmas with the Family," she said. "We grew up in Ozark, so Fort Rucker is a part of who we are and a part of our community. I think it's great that they offer things that civilians can come out and participate in."

White, who lives in Ozark, heard about the event through Facebook and decided to come with her husband, John, and children, Tenley and Will.

"I just like having all of my Family with me and spending time with them," said Will.

Rodriguez said that they have gotten nothing but positive feedback from the community and that's the main reason they continue to provide events like Breakfast with

"We've had a great turnout this morning and compliments from everyone, which is always nice," said the promotions coordinator. "They come to eat, they stick around and mingle and have a good time. We always hear good things and everyone goes home with good memories."



W01 Kalob Bowman, B Company, 1st Battalion, 145th Aviation Regiment, comforts his son, Blaire, as his daughter, Jenna, anxiously waits to get her picture taken with Santa at the Landing after their breakfast with Santa Saturday.



John and Amy White, civilians, and their children, Tenley and Will, pose with Santa and his elf at the Landing after their breakfast with Santa

# CYSS offers teen babysitter training

By Sara E. Martin

Army Flier Staff Writer

Child, youth and school services offers teens the chance to take off the training wheels and become entrepreneurs with its annual babysitter training course in Janu-

The course is free for participants and will educate teens on basic childcare, infant care, diaper changing, home and fire safety, child abuse, CPR and first aid, along with other essential child care procedures, according to Charlotte Hardy, Directorate of Family, Morale, Welfare and Recreation parent central and outreach services director.

"The teens will learn basic care needs as well as indepth care for special needs children. We will introduce to them how to handle difficult situations, such as having to give a shot to a child who has diabetes or how to calm down a child who has attention deficit-hyperactivity disorder," she

CYSS will hold the course Jan. 12 from 9 a.m. to 5 p.m. at the Fort Rucker School Age Center, Bldg. 2806, and is open to youth ages 13-18.

If teens complete the training, their names will be added to the CYSS Babysitter List. To participate, youths must register with CYSS and sign-up with parent central services by Jan. 7.

There are several benefits for teenagers

who take the course, according to Hardy.

"Not only are they getting paid, but they are starting up their own little business and they are learning what goes along with that," she said. "They can learn how to negotiate their hourly or group rate with the parents during the course, and learn better organizational and communication skills."

Besides learning basic ethics and working skills, Hardy said the teens also benefit from the impact that they will make on the children's lives.

"I see it all the time. Children really fall in love with their sitters. They change their lives by the love and attention that they show them, and parents can really see the affection that the children have for their sitters," said Hardy.

The participants will take home a compact disc that contains all of the information they learned as well as several documents to help them keep their appointments organized and skills sharp.

"Some safety things may wear off as the teen gets older so reviewing the CD will be helpful. They may remember to take their parents to meet the Family they will be babysitting for to make sure it is a safe environment to work in and things like that," said Hardy.

Teens will also learn the signs of child abuse and the steps to take if they think a child is being neglected or if a parent is inappropriate with them.

"We teach them how to scan the child's behavior, body language and even their physical appearance to ensure that the child is happy and healthy, and if not, what that sitter should do," said Hardy.

Though many may say Fort Rucker is a tight-knit community, Hardy said that child neglect and inappropriate adult behavior occurs everywhere.

"We want to prepare the teens for every situation. We don't want Families to think that 'It couldn't happen here—not to my child.' Even here, it can happen. So we want parents and babysitters to be aware of what inappropriate behavior is and what to do if it occurs," she said.

The rules of babysitting are also reviewed in the course.

"We will go over other things such as how long each age group is allowed to babysit at one time and who is allowed to babysit overnight," said Hardy.

Learning what it takes to open and grow a business with hours, prices and duties is one thing Hardy said is an invaluable lesson for the "youngsters" to learn.

"We give them a taste on how to spread their business. We give them advice about safely making business cards and fliers, because that is part of becoming an entrepreneur -getting your name out there," she said.

Many of the skills the teens will learn will stay with them throughout their lives. Some will be used almost immediately,

while others will benefit them down the

road, according to Hardy. "We will talk to them about the importance of being honest, of putting the child's needs first, responsibility and respect. They will learn that through those avenues, not only will they prove to their patrons, but also to their parents that they are trustworthy," she said. "They can also use the CPR and fire safety the rest of their lives.

"All and all, we want to teach them how to stay calm and to prepare them for almost anything that may happen while they are on the job. From scraped knees to arguing siblings, we want to teach them what to do," she said.

Though the course is serious, Hardy said that the teens typically have a lot of fun and enjoy the training.

"We keep the laughs going. They certainly keep me laughing. We learn so much about each other that day, and that in itself helps them learn how to break the ice with adults," she said.

The course is limited to eight participants due to limited instructors, so Hardy advises teens to sign up soon.

"Teens who have a love for children and want to expand their knowledge on business and communication, as well as learn about patience and trust will have a blast learning the skills to be a better babysitter and putting those skills into action," she

For more information, call 255-2958.

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

#### **EDGE!** January activities

Child, youth and school services host various activities as part of its EDGE! program in January. January activities include racquetball, jewelry making, baking and more. EDGE! events cost \$5 per hour. Activities occur weekdays from 4-6 p.m.

For more, call 255-0666.

#### **Teen Book Club**

The Center Library hosts its Teen Book Club Jan. 10 from 4-5 p.m. where teens can connect and share their passion for reading with other teens. A new title is featured each month, and teens meet to talk and share their thoughts on the book. Light refreshments will be served.

For more, call 255-3885.

#### Mother Rucker's 2nd birthday

Mother Rucker's celebrates its second birthday Jan. 24 from 4-6 p.m. Free cake and burgers will be available while supplies

For more, call 503-0396.

#### **AER scholarships**

Army Emergency Relief scholarship applications for the 2013-2014 school year are available at www.aerhq. org and are due by May 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.

#### **Financial** Readiness Training

Army Community Service offers Financial Readiness Training Jan. 11 from 7:30 a.m. to 4 p.m. at the Soldier Service Center in Rm. 284. This free training provides a practical approach to personal financial management so Soldiers can gain control of and manage money effectively. Financial Readiness Training is required for all firstterm junior enlisted Soldiers (E-1 through E-4).

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

#### Teen babysitter training

Child, youth and school services hosts teen babysitter training Jan. 12 from 9 a.m. to 5 p.m. The free course is for ages 13-18. Teens must be registered with CYSS and register by Jan. 7.

For more, call 255-2958 or 255-9638.

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

The Exceptional Family Member Program invites all active duty military Families that have an exceptional or special needs Family member to the EFMP Information and Support Group meeting Jan. 15 from 9-10 a.m. at The Commons in Bldg. 8950 on 7th Avenue. The topic for the meeting is available resources for individuals with special needs and disabilities. The EFMP Information and Support Group offers camaraderie,

Paranormal Activity 4 (R)



# **WO1 Christopher Kringle**

Officials at the U.S. Army Aviation Museum have set up a display showing the original flight jacket of W01 Christopher Kringle. The display tells the story of a young Santa Claus who went through flight school at Fort Rucker. There isn't much known about Kringle's early days at Fort Rucker, but, according to museum officials, he was enrolled in flight school here and became the first and only student in the Department of Reindeer Avionics. He graduated first in his class and earned the only set of reindeer wings ever awarded. The display can be viewed at the museum throughout the Holiday season. The museum is open Mondays-Saturdays from 9 a.m. to 4 p.m. and closed Sundays.

friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more, call 255-9277.

#### Newcomer's Welcome

ArmyCommunityService hosts the next Newcomers Welcome Jan. 18 and afterwards every third Friday of the month from 8:30-10:30 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians, and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event. For more, call 255-3161 or 255-2887.

#### **Comedy Live**

The Landing hosts the next Comedy Live Jan. 18 from 8-10 p.m. The event will feature comedian Buzz Sutherland. Tickets are \$10 before 2 p.m. Jan. 18 and \$15 at the door. Doors will open at 7 p.m. and The Landing Zone will have a live DJ following the Comedy Live performance. This show is for individuals 18 and older.

For more, call 255-9810.

#### Kids Night at The **Landing Zone**

Every Tuesday is Kids Night Character Dining at The Landing Zone from 5-8 p.m. Children 12 and younger eat for free from the Kids Buffet with the purchase of an adult entrée (limited to two per adult). Kids Night events will vary each week to include Kiddie Karaoke, magic shows, face painting, crafts and more. The event is open to the public.

For more, call 598-8025.

#### **Story Time**

The Center Library holds Story Time Fridays

from 10:15-11 a.m., except for holidays and days of no scheduled activity. The free program introduces "the joy of reading" to children ages 2-5 years old and enhances parent-child interaction, according to library officials. A typical event includes a story, music, and coloring or craft time.

For more, call 255-0891.

#### **Taco Thursdays**

In December, every Thursday after 5 p.m. is Taco Thursdays at The Landing Zone, featuring \$1 beef or chicken tacos with shredded lettuce, tomatoes, cheese and sour cream. People can add a side of guacamole for 50 cents, or make it a meal by adding black beans and rice for \$1.95, or chips and queso for \$2. People must purchase a beverage to be eligible for dinner specials. The offer is for dine in only and is not valid with other coupons or promotions.

#### **Rib Night**

In December, every Friday beginning at 5 p.m. in The Landing Zone will be Rib Night, featuring half a rack of smoked barbecue ribs served with fries for \$7 with the purchase of a beverage. The offer is for dine in only and is not valid with any other coupons or promotions.

For more, call 598-8025.

#### **Steak Night**

In December, every Monday 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 598-8025.

......7 p.m.

# DFMWR





**Family Countdown** 6 pm - 9 pm Includes 3 hours of unlimited Xtreme Bowling, shoe rental, an all you can eat pizza bar and fountain beverage. Reservations strongly recommended.

- \$15 per person 11 & up
- \$10 for children 10 & under
- \$60 for lanes of up to 5 people

10 pm - 1 am Event will feature a 1920's theme, 3 hours of unlimited bowling including shoe rental, a meal including choice of soup or salad, entrée, dessert, a beverage and a champagne toast for those 21 and older. Party favors and giveaways. Reservations and dinner selections are required

in advance. Non-refundable

deposit of \$5 per person is

due at time of reservation.

Pin Down Countdown

- \$25 per person
- \$45 per couple
- \$100 for lanes of up to 5 people



Make your reservations today! Rucker Lanes Bowling Center (334) 255-9503

www.ftruckermwr.com

Fort Rucker FMWR

#### RUCKER MOVIE SCHEDULE FOR DEC. 20 - 23

Thursday, Dec. 20 Friday, Dec. 21

Argo (R)

Saturday, Dec. 22

......7 p.m.

Alex Cross (PG-13)

Sunday, Dec. 23

Alex Cross (PG-13)

.....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: Sharpen saw for relationship maintenance

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

This week I'm writing about the last of the "seven habits of highly effective Families." And I must say that I enjoyed filling the chaplain's column in this paper every week and I hope you enjoyed each article as well.

Unfortunately, this is my final article as I have PCSd from Fort Rucker and will report to Installation Management Command Headquarters at Fort Sam Houston, Texas, in January.

Thanks for the many kind words of encouragement and strong support over the past year. Please persist in prayer for Naomi and I as we continue to serve God and country at the next station.

Today's subject is sharpen the saw. This principle refers to relationship maintenance. It involves constantly and regularly taking care of the things in your relationships that keep the union strong and hap-

The focus of this habit is to keep the other person contented. Sharpen the saw ties together all the other habits — particularly Habit 5 that says, "seek first to understand, then to be understood." The spotlight for this habit is my spouse, my children, my friends and loved ones.

Imagine for a moment that you're trying to cut a massive tree. You're sawing through this thick tree trunk, back and forth, back and forth you pull the heavy saw. You've been laboring at it all day

long. You've hardly stopped a minute. You've been working and sweating, and now you're about halfway through. But you're feeling so tired that you don't see how you're going to last another five minutes. You pause for a minute to catch your breath.

You look up and see another person a few yards away who has also been sawing a tree. You can't believe your eyes! This person has sawed almost completely through his trunk! He started about the same time you did and his tree is about the same size as yours, but he stopped to rest every hour or so while you kept working away. Now he's almost through and you're only halfway there.

"What's going on?" you ask incredulously. "How in the world have you gotten so much more done than I have? You didn't even stay with it all the time. You stopped to rest every hour! How come?"

The man turns and smiles, "Yes," he replies. "You noticed me stop every hour to rest, but what you didn't see was that every time I relaxed, I also sharpened the saw."

That's the point! Sharpening the saw means attending regularly and constantly to renewal and restoration of your relationship.

My wife and I are lovers of plants, all kinds of plants, and we have lots of them. We own more than 50 plants that we enjoy caring for. Tending to them is therapeutic for both of us and we find pleasure in purchasing new ones and caring for them like lots of people find pleasure in taking care of pets and animals.

Several years ago when I was stationed at Fort Stewart, Ga., I had to go TDY to Fort Belvoir, Va., for four months. Naomi decided to go with me, but we knew that we would have to fly home at the end of every month to check on our plants.

When we made the first trip home we were surprised at how our plants looked. They all appeared as if they were thirsty for water, sunlight and plant food. Leaves had fallen off every plant and the soil in each pot was parched and dry. The outside plants looked like they were screaming for somebody — anybody — to come and give them at least one cup of water.

When we saw those plants, we jumped out of the car — turned on the water supply and sprinkled the shrubs and grass. I went in the house and moved all the house plants outside so they could be watered, get some fresh air and get exposure to needed sunlight.

I wish you could have been at my house that day. You would not have believed the sight of those plants before and after giving them water, sunlight, fresh air and a little attention. They all looked brand new. That was the first time I had seen such a dramatic change, in such little time, with such little attention.

That's what sharpening the saw implies. It involves doing maintenance on the relationship.

Shortly after Naomi and I were married we went out one evening to do a little shopping at a nearby grocery store. I had decided on a little surprise for her, so I took a small floor rug from the house and threw it in the bed of my truck. When we got to the market — I pulled up in the front of the store - I told my wife to wait for a minute before she got out of the truck. Then I jumped out, took the rug and spread it down in front of the passenger door for her to walk on. I took her by the hand, helped her up the sidewalk and then asked her to wait until I parked the truck. After pulling the truck into the parking area we walked in the store and bought groceries for the evening.

When we were finished shopping I asked my wife to wait for me on the sidewalk again while I pulled the truck up to the curb to pick her up. Once more, I leaped out of the truck, snatched the rug from the back of the pickup and spread it down on the ground for Naomi to step on. I took her by the hand, opened the truck door and helped her in the truck and then gently closed the door. That evening was one of the most memorable times we have had together.

Again, sharpening the saw involves doing the little things that we forget to do that says to the other person, "You are the most important individual in the world to me."

Fortunately, December is a great month to sharpen the saw in your Family. Use this season to let your loved ones know that there is no one in the whole world that is more important to you than they are!

# Religious Services

#### **WORSHIP SERVICES**

Except as noted, all services are on Sunday.

**HEADQUARTERS CHAPEL, BUILDING 109** 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

#### **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)**

MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m., at Wings Chapel, Bldg 6036. For more information, call the Religious Support Office at 255-2989.

#### **Protestant Women of the Chapel**

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

#### **Military Council of Catholic** Women

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

#### **Catholic Adult Fellowship**

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

#### **Youth Groups (CLUB BEYOND)**

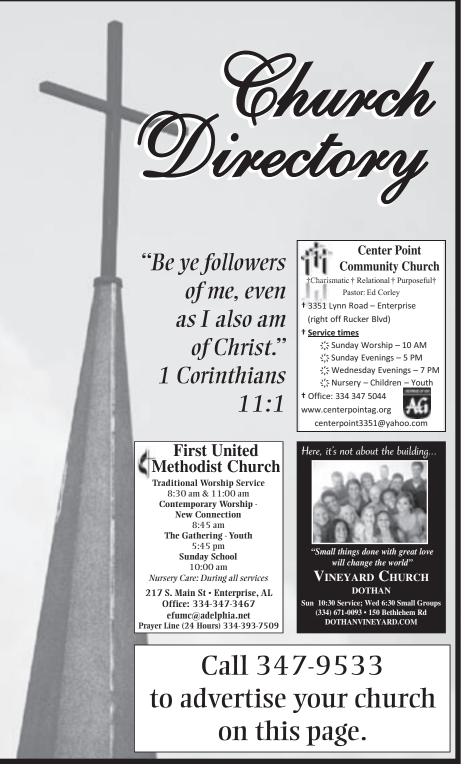
1836 Varsity Club (Ninth-12th Grade), Tuesday 1703 JV Club (Sixth - Eighth Grade), Thursday For more information, call Eric Gillis at (850) 333-3039.





# Pick-of-the-litter

Meet Xerxes, a 4-week old male domestic short hair available for adoption at the Fort Rucker stray facility. He is calm and loving. It costs \$81 to adopt Xerxes and other animals at the facility, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. 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.



# Birmingham: Taking it to the streets, downtown

By Grey Brennan

Alabama Tourism Department

Get ready to travel to Birmingham, Alabama's largest city, for a stroll through historic downtown. On this walking tour, you will go to the place where hot peanuts have been sold for more than 100 years and stroll through shops filled with

You will also visit important civil rights sites such as Sixteenth Street Baptist Church and the park that was the staging ground for protest marches during the Civil Rights Movement of the 1960s. You will stand at the very spot where buildings were constructed on each corner of the street that were so tall for their day they were called skyscrapers and the location became known as the "Heaviest Corner on Earth."

#### Where to stay

Once you arrive in Birmingham, check into any of the wonderful downtown hotels such as the historic Tutwiler, 2021 Park Place; (205) 322-2100, Birmingham's oldest hotel, or the Redmont, 2101 Fifth Avenue North; (205) 324-2101, Birmingham's oldest continually operating hotel and where Hank Williams' last night in Alabama was spent in Room 907 before his death in West Virginia Jan. 1,

This is an approximate three-mile daytime walk and a one- or two-day experience depending on the time you spend at each stop. Only major restaurants and nightlife establishments are open after 5

#### Discover Birmingham's oldest churches

The Tutwiler and Redmont are located a block apart, close enough that in many

of the rooms you can look out your window and see the other hotel. From either of these historic hotels, walk south on Richard Arrington Jr. Boulevard North., where you will quickly come to First Presbyterian Church, 2100 4th Ave. N.; (205) 322-5469. Turn left and walk east on 4th Avenue to go past the front of the

First Presbyterian is one of Birmingham's first churches, dating to 1872. The present red brick, Victorian Gothic-style church building was built in 1888 with other enhancements being added through the years. Twenty-five bells manufactured in England were placed in the bell tower

Continue east on 4th Avenue North to the corner of 22nd Street North, turn right and walk one short block to 3rd Avenue North and turn right. By now you should have noticed another one of Birmingham's first churches, The Cathedral of St. Paul, 2120 3rd Avenue North; (205) 251-1279. Known for its many elegant stained glass windows, The Cathedral of St. Paul, completed in 1893, has been called "the most highly developed Victorian Gothic structure in the South."

#### **Loft District**

Walk back north to the corner of 3rd Avenue and Richard Arrington Boulevard, turn right and then turn left at the next block. Walk east on 2nd Avenue for several blocks to another store, What's On 2nd, 2706 2nd Avenue North; (205) 322-2688. While Reed Books and the Museum of Fond Memories is more of a paper-based collectible store, What's On 2nd contains more quirky collectibles and random treasures.

What's On 2nd is in the Loft District of historic downtown Birmingham where you will also find restaurants, nightlife and a small grocery. Rogue Tavern, 2312 Street was proclaimed the "Heaviest Cor-2nd Avenue North; (205) 202-4151, Urban Standard, 2320 2nd Avenue North; (205) 250-8200, and Pale Eddie's Pour House, 2308 2nd Avenue North; (205) 297-0052, are on the same side of the block on 2nd Avenue. Across the street is Mamanoes Grocery, 2301B 2nd Avenue North; (205) 307-6001, offering fresh bread, fruits and a wine tasting room.

#### **Stroll down cobblestoned Morris** Avenue

From What's On 2nd, walk back west to 23rd Street North and turn left. You will walk past 1st Avenue North and then down a slight hill to Morris Avenue. Turn right and walk down Morris Avenue, where the lampposts on the one-way cobblestone street place you in a different time and place. Continue west on Morris Avenue and just before you reach 20th Street, you will start to smell the aroma from the Peanut Depot, 2016 Morris Avenue; (205) 251-3314, where they have been roasting peanuts for more than 100 years using antique roasters and their time-honored method of not adding oils or preservatives.

#### Visit the "Heaviest Corner on Earth" and McWane Science Center

Continue from the Peanut Depot on Morris Avenue to 20th Street and turn right. At the next corner, 20th Street and 1st Avenue North, look around and you will see four buildings that were finished within a few years of each other: the Woodward Building (1902), Brown Marx Building (1906), Empire Building (1909) and the American Trust and Savings Bank Building (1912).

At the time, the height and mass of the buildings were so impressive that the intersection of 1st Avenue North and 20th ner on Earth." To experience what life must have been like when the skyscrapers were built, eat in the fine dining Café Du-Pont on 20th Street North near the corner, 113 20th Street North; (205) 322-1282.

The only way to photograph all four buildings in one shot is to stand on one of the corners and point your camera directly skyward. If your camera has a wide frame of view, you should be able to at least get the tops of what were once the skyscrapers of their day.

From 20th and 1st Avenue, walk north up 20th Street to 3rd Avenue and turn left. You will pass Speakeasy, 1920 3rd Avenue North; (205) 251-1506, a nightlife establishment. When you reach 19th Street and 3rd Avenue North, you will see the McWane Science Center, 200 19th Street North; (205) 714-8300, located in the former Loveman's department store.

#### **Theatre District**

Continue west on 3rd Avenue and you will see a large Alabama sign. You are now in the Theatre District of Birming-

The historic Alabama Theatre, 1817 3rd Avenue North; (205) 252-2262, has been beautifully restored, so be sure to check the marquee to see if a performance is scheduled during your stay. Across the street is the Lyric Hot Dog and Grill, 1808 3rd Avenue North; (205) 251-9952, which opened in 1957 and has décor similar to an old department store lunch counter.

Nearby is the Lyric Theatre on the corner of 3rd Avenue and 18th Street that has not yet been restored. The Red Mountain Theatre Company, 301 19th Street; (205) 324-2424, with its Cabaret Theatre located in the bottom floor of the historic Kress Building, is nearby if you wish to attend a performance.

# COMMUNITY CALENDAR

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

#### **ANDALUSIA**

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.

#### DALEVILLE

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

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast served on Sundays and games and TV's available for entertainment. Open to all. Post can host parties/weddings/hails and

For more information, call 598-6211, 598-1297 or 598-6211/379-9187.

#### DOTHAN

FRIDAY — The Wiregrass Museum of Art presents Arty Pants for Toddlers from 10:30-11:30 a.m. Ages for classes are 18 months to 4 years. Price is \$18 per class. Classes are hands-on designed for parents and toddlers. Participants will explore a new art element each week to take home. Pre-registration is required.

For more information, call 794-3871 ext. 25 or email jrichey@wiregrassmuseum.org.

NOW THROUGH THURSDAY — The Wiregrass Museum of Art hosts a series of

paintings, entitled Color in Freedom: journey through the underground railroad. The series ONGOING — The American Legion 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. 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.

> JAN. 5 — Earl Suggs, a longtime Landmark Park volunteer, will present his workshop Purple Martins at 10 a.m. at the Interpretive Center Auditorium. Suggs will share the secrets of attracting these predatory birds and their beneficial effect to the environment. Free with paid gate admission. Registration required. For more information, call 794-3452.

#### **ENTERPRISE**

**ONGOING** — The American Legion Post No. 73 meets at the American Legion/ Doer's Shrine Club building 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

For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

ONGOING - Every Monday and Tuesday at 7 p.m. the city of Enterprise hosts line dancing. Fee is \$3 per class. For more information, call 348-2684 or visit www. cityofenterprise.net.

**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 visit www.annruddcenter.org. 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

**NOW- JAN 4** — The Dale County Arts Council is sponsoring an Artisan Holiday Show and Sale from 10 a.m. to 3 p.m. (excluding Christmas and New Year's days) at the Ann Rudd Art Center. Attendees can buy homemade Christmas gifts by local

For more information, call 733-9748 or

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight. For more information, call 774-9321.

**ONGOING** — Every Wednesday the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

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

#### PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist

For more information, call 983-3064.

#### SAMSON

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

#### TROY

**FRIDAY** — Troy Arts Council presents Shelia Jackson - Holiday Concert at the Crosby Theatre at Troy University at 7:30 p.m. Patrons can enjoy the voice of Troy's own Sheila Fayson Jackson as she joins with a host of other local vocalists, dancers, and musicians to present her annual Holiday Spectacular. Admission charged.

For more information, call 670-3593 or go to www.troyartscouncil.com.

## **Beyond Briefs**

#### **Christmas Day Buffet**

The Breakers Club Christmas Day Buffet is now taking reservations for its Christmas Day celebration. All ages welcome at the Panama City Beach club on Front Beach Road. Every table overlooks the Gulf of Mexico. For more information, call (850)-234-6060.

#### **Beach Ball Drop**

Panama City Beaches' annual Beach Ball Drop, held at Pier Park on New Year's Eve, will have two event times. The Family Celebration is 5:30-8 p.m. with the Family drop and fireworks at 8 p.m. The Countdown Celebration is 8:45 p.m. to 1 a.m. with the official ball drop and 16 minute firework show at midnight. Streets will be closed to traffic and shops and restaurants will be open for patrons. Concerts will last all afternoon and evening long.

#### Half Marathon, 5k

The Biggest Loser Run and Walk race series will come to Panama City Beach Dec. 30 at Pier Park at 7 a.m. The series appeals to all fitness levels. The goal is to challenge all participants in a fun, healthy, non-intimidating environment. Free post- race concert and celebrity appearances. Half marathon \$105, 5k \$45, Kids Challenge \$20. Online registration closes Wednesday. No race day registration. For more information or to register, go to www. biggestloserrunwalk.com.

# Lyster encourages healthy eating

By Katherine Rosario Lyster Army Health Clinic Public Affairs

Food is an important way that friends and Family express their love and appreciation during the holidays; however, it doesn't have to mean adding additional inches to your waistline.

The nutrition care clinic at Lyster Army Health Clinic has helpful tips on how to keep those extra pounds off during the holiday season.

Having a good time and making healthy eating choices is not hard with a little preplanning, said Theresa Osteen, a registered dietitian and chief of the nutrition care clinic.

Making sure to eat a small snack before attending holiday parties can help cut down on how much you eat at the snack table. Offering to bring a healthy dish is also a good way to keep you on track.

"Don't hang out around the food and drink table or you may be tempted to keep snacking," Osteen said, adding portion control is key during the holidays.

Increasing your intake of fruits and vegetables and drinking plenty of water is a good habit to form not only during the holidays but year round, she said.

"If you are going to drink alcoholic beverages make sure to drink on a full stomach because the calories from the alcohol are absorbed much quicker," Osteen said.

Those looking to make weight loss New Year's resolutions should be ready to change their daily eating and exercise habits.

"The best way to lose

weight is to set a realistic goal and add in exercise during the week," she said. "The Army does not recommend or approve any over-the-counter weight loss supplements."

A healthy weight loss is one to two pounds per week and can be achieved by reducing calorie intake. eating healthier and more often, and exercising.

"Track your progress by using tools such as My Fitness Pal, which can be accessed online or through a free app on your phone," Osteen said.

The nutrition clinic staff is happy to assist patients with achieving their goals by analyzing their body fat percentage and giving them a breakdown of where they stand.

classes to help patients achieve their goals of maintaining a healthy lifestyle.

The clinic also offers

The Army Move! Program is a six-part series available to adults 18 and

older for weight loss and happy to visit units to weight management. The first classes are Jan. 8 and

The Healthy Heart Management and Prevention class is offered to those with abnormal cholesterol and is Jan. 18 from 9 a.m. to noon.

A two-part series on diabetes prevention and management is also offered with the first class starting Jan. 17 at 9 a.m.

Cooking classes are available to all ID cardholders with priority going to those already enrolled in one of the clinic's classes. Those wishing to attend the cooking class are encouraged to call and check for available spaces as the class is limited to 12 people.

"Participants learn how to cook a meal under 500 calories and taste the end result," Osteen said.

The Jan. 24 class from 1-3 p.m. will focus on

healthy Super Bowl foods. The clinic staff is also teach classes and give out information.

Patients needing individual appointments must have a referral from their

primary care manager. For more information. call 255-7298.



# TRICARE Prime

Roger Showalter, retiree, shakes Lyster Army Health Clinic's Commander Col. James Laterza's hand after officially signing up for TRICARE Prime Nov. 30. Showalter was the first beneficiary among 400 others to respond to the postcard Lyster sent out about a month ago. He decided to rejoin TRICARE Prime and receive his benefits at Lyster after seeing all the new construction at the clinic. "I am looking forward to the services offered at Lyster and I know my wife can use to physical therapy clinic," he said.







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# **Drive Responsibly**National Drunk, Drugged Driving Prevention Month

By Beth Ann Cameron, Health Educator U.S. Army Public Health Command

The holiday season is the time of the year when drunk and impaired driving accidents are most prevalent.

Drug and alcohol use impair judgment, delay reaction times and can result in deadly consequences when driving. According to the National Highway Traffic Safety Administration, drugs are involved in about 18 percent of motor vehicle driver deaths. Drunk driving accidents account for 31 percent of all motor vehicle accidents, and thousands of drivers and passengers lose their lives each year because of drunk and drugged driving.

December is National Drunk and Drugged Driving Prevention Month, a time to raise awareness about the consequences of driving under the influence of alcohol and drugs. Most people would never imagine that their holiday celebration could result in a fatality or imprisonment, but the risks associated with driving while impaired are very real and can result in tragic consequences for everyone involved.

The following list includes a few simple tips for celebrating and driving safely this holiday season.

- Designate a non-drinking driver ahead of time.
- If drinking alcohol at a party or other celebration, allow at least one hour between drinks. It takes one hour to get rid of one drink from your body (one drink is equal to a 12-ounce beer, 5-ounce glass of wine, or 1½-ounce shot of liquor).
- Set limits beforehand of the number of drinks to have and stick with it.
- Alternate drinking alcoholic beverages with soda, juice or water, and eat food.
- Don't mix alcohol with other drugs, including overthe-counter and prescription medications.
- Don't ride with someone who is impaired. Use other means of transportation such as a taxi, public transportation or driver who is sober.
- If you take a medication that makes you drowsy, do not drive. Have someone drive you.

If you are hosting a party, here are some steps to take to help your guests drive safely.

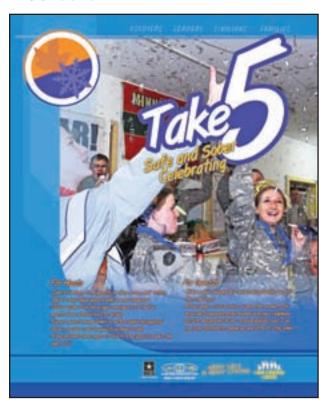
- Plan ahead and designate a sober driver.
- Collect each guest's keys upon arrival and store in a designated basket.
- Serve foods along with alcohol-free beverages such as soda, juice or water.
  If making an alcoholic punch, use fruit juice in-
- If making an alcoholic punch, use fruit juice instead of a carbonated drink. Alcohol absorbs faster into the blood stream when mixed with carbonated drinks.
- Stop serving alcohol 1 to 1½ hours before the party actually ends.

During Drunk and Drugged Driving Prevention Month, recommit yourself to preventing the loss of life by reminding others to be sober and drug free, and use safe driving practices on the road.

Drink responsibly, drive responsibly and encourage Family members, friends and co-workers to be safe and responsible drivers for the holidays and beyond.

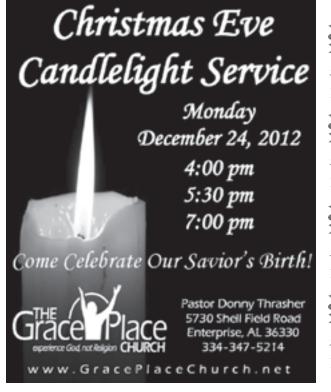
For more information, visit the following Web sites.

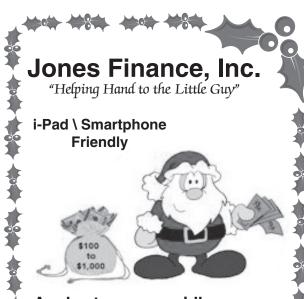
- National Highway Traffic Safety Administration, http://www.nhtsa.dot.gov/Impaired
- U.S. Centers for Disease Control and Prevention, http://www.cdc.gov/Motorvehiclesafety/Impaired\_ Driving/index.html
- Mothers Against Drunk Driving, http://www.madd. org/feature-stories/december/december-is-nationaldrunk.html.











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Story on Page D3

# Zumba: Dancing to a healthier lifestyle, shedding holiday weight

**DECEMBER 20, 2012** 

By Nathan Pfau Army Flier Staff Writer

People may put on a few pounds throughout the holiday season, but Zumba offers a different way to shed them back off again.

Zumba classes are held both at Fortenberry-Colton Physical Fitness Facility and the Fort Rucker PFF, and at different times to cater to people's different schedules, making for a great way for people to dance, sweat and lose weight, according to Danielle Dermer, Zumba fitness instructor.

"Zumba is basically dancing but losing weight while you do it," she said. "It feels like being in your own little club and you just feel the beat of the music."

Zumba is a low-impact, highenergy, fast-pace workout that works the cardiovascular system and can help increase endurance and stamina.

"It's a great cardio workout because you're doing it almost nonstop for an hour," said Dermer. "You're toning your stomach, your legs, your arms - you're basically doing all that with the dances."

The sessions start off with a warm up then go into the highenergy workout with different types of music ranging from hip-hop to old-school classics, and those who participate in the classes have nothing but positive things to say.

"It's like you're not even exercising," said Ashley Sanger, Army spouse. "You just come out here and have fun for an hour and don't even think about working out."

"It's the fastest hour of cardio you will ever do in your



A Zumba class instructed by Danielle Dermer, Zumba instructor, does a choreographed number during a session at Fortenberry-Colton Physical Fitness Facility Tuesday. Zumba is a low-impact, high-intensity workout that works the cardiovascular system and strengthens muscles and improves endurance.

life," agreed Marcy Webb, Army fers full customization in that it spouse. "You can burn anywhere from 600-800 calories."

Dermer said that along with the benefits of losing weight, Zumba is also a great way for a person to build self-confidence and help them feel young again, but the main thing she wants for people in her class is to have fun.

"That's what it's all about to me," she said. "You'll come into the class and you'll just leave with a smile because you're having fun while you sweat."

Although the classes are fun, it's also a serious workout for people to stay healthy, and it ofcan be modified to fit each person individually.

"Anyone can do Zumba, even if you don't feel healthy," said Dermer. "People can take the workouts at their own pace and it can be changed to fit anyone's fitness level," adding that people can even come 30 minutes before the class and go over some moves with the instructor to make them feel more comfortable.

Zumba is a workout that is mostly dominated by women, but men do participate and the instructors encourage more men to get involved in the workout.

"We want men to come and join us, and when they do, most of the time they end up dancing better than we do," said the Zumba instructor. "Anyone who is shy about [dancing] or any men that have reservations about coming, I would just tell them to come out and try one class. No one will judge because everyone is there for the same reason – to have fun and workout.

"It's like a little Family we've developed [in the class]," she said, "and Families are welcome to come and workout together. We've had plenty of husband and wife combinations participate,

and we encourage people to bring their spouses to class."

People that are interested can try the first class for free to get a feel for it, and Dermer said once people try it, they will want to re-

"No one is perfect," she said, "and you don't have to be perfect in the class. Just come, try it out and have fun – that's all I want people to get out of it."

Classes are \$3.50 per class and can be paid on an individual-class basis or monthly.

For more information, or a full schedule of classes, call 255-3794, or 255-2296.

# Families invited to strike in new year at bowling center

By Nathan Pfau

Army Flier Staff Writer

As the year comes to a close, people are making preparations and getting ready to start their resolutions, and the Fort Rucker Bowling Center wants to offer people a different way to ring in the new year.

Rucker Lanes will host its New Year's celebration in two parts: the Family Countdown from 6-9 p.m., for Families and younger children; and the Pin Down Countdown from 10 p.m. to 1 a.m., for a more mature crowd, according to Ron Cook, Fort Rucker Bowling Center manager.

"We really want to stretch what we can offer here at the Bowling Center," said Cook. "We stretched it out for our Monster Bowl during Halloween and we had a really good reception out of that, so we ing manager. want to bring that kind of fun to this event too.

The Family Countdown will feature three hours of unlimited Xtreme Bowling and include shoe rental, all-you-can-eat pizza buffet and fountain beverage. The cost is \$15 per person for ages 11 and older, \$10 for children 10 and younger, and \$60 for a lane of up to five people.

The first event is something that Families can come and enjoy with their children and have a good time early in the evening, said Cook.

Shortly after the Family Countdown, the Pin Down Countdown will begin, which will feature a 1920s theme and include three hours of bowling, shoe rental, a sitdown meal, a beverage and a midnight toast, according to the bowl-

a little different this year and just have fun with it," he said. "This is the first time we're doing the countdown in this format. We had a New Year's countdown last year, but this year we wanted to change it up and make it bigger."

Cook said the bowling center gathered feedback from its patrons to decide how they wanted to set up the celebration, and the feedback they got from past events were mostly positive, and that's where the idea for a themed party and dinner came from.

"For the dinner, we're not talking about a typical bowling alley meal," he said. "We're going all out on this one, and it's not your stereotypical bowling alley food."

The cost for the Pin Down Count-

down is \$25 per person, \$45 per five people. The meal will include people's choice of soup or salad, steak or chicken dinner, and pineapple upside down or carrot crème cake dessert.

There will be a live countdown as the new year approaches and a toast as the clock strikes midnight, said Cook.

"We are connected, coast-tocoast, with the bowling music network, so we'll be doing a live countdown with all of the bowling centers in the U.S. that are connected to it," he said. "The countdown will show up on all of our screens and it's just going to be pretty neat, and we've also got a few tricks up our sleeves," adding that there will also be giveaways throughout the night.

Cook recommends that people "We wanted to do something couple or \$100 for a lane of up to make their reservations early because they will go fast.

"We've already got about half the house sold, so spots are going fast," he said. "Everything is being custom ordered, so it's very important that people come in and get their reservations early."

The cost for a reservation is \$5 per person, which guarantees their meal, and people can pick up a form with all the details and full menu that people will need to fill out before the event. Patrons don't need to pay the full amount until the night of the celebration.

"It's going to be a really cool night and we just want people to come out and have fun with us," said Cook.

For more information or to make a reservation, call 255-9503.



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  - omamenting 98 Head nun Merciless
  - 100 Ring around the sun 102 Fathers 103 In the thick
  - 104 Every 12 mos.
- 105 Prone (to) 63 Egyptian boy Pharaoh 107 Gust-filled 108 Catty 109 — Rice
- youth org. 68 French seat 69 Diabolic Burroughs 112 Silent drama - Mills Portrait 70 Audition CD 71 Tolkien fiend Studios
  - 114 Big - - lacto diet brewers 115 "Ditto" 116 Antis' calls
- surprise ... 121 Airport car 79 Central New York city 16

#### 19 20 33 43 46 47 48 55 58 59 66 83 89 103 104 105 106 108 109 107 111 112 113 114 116 117 119 120 122 124 123 125 126 127 128 129

See Page D3 for this week's answers.

#### Just Like Cats & Dogs

by Dave T. Phipps



# Rodriguez

- 1. ANIMAL KINGDOM: What is a formicary?
- 2. ASTRONOMY: Which planet has two moons called Titania and Ober-
- 3. GAMES: What is the color of St. James Place in the game "Monopo-
- 4. LANGUAGE: What does the Greek word "platypus" mean?
- 5. MEDICINE: What is a more common name for the condition called
- odontalgia? 6. GEOGRAPHY: The island nation of Madagascar lies off the coast of
- which continent? 7. INVENTIONS: Who invented the
- modern ballpoint pen?
- 8. MEASUREMENTS: How many gallons are contained in a firkin?
- 9. MYTHOLOGY: Who was the daughter of King Minos who helped Theseus to escape from the Labyrinth?
- 10. MOVIES: What was the name of the women's baseball team in "A League of Their Own"?

See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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!

See Page D3 for this week's answers.

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# KID'S CORNER

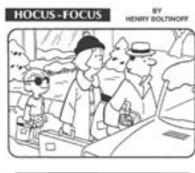




SPELLBINDER SCORE 10 points for using all the arters in the word below to form PARWESAN THEN years I points each for all words of four letters or more found among the letters. Try to score at least 30 points



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





CAN YOU TRUST YOUR EYES? There are at least as offer erose in drawing details between tay and bottom paress. Ho quote can you find them? Check answers with those below An nowall is an in greater of the " 2 patent at tank 1 and the sense of the contract of the co

# All-Americans visit Army leaders

By J.D. Leipold Army News Service

WASHINGTON — The No. 1 recruited high school quarterback and cornerback paid a call on the Army chief of staff and the sergeant major of the Army Dec. 11 where the two football players learned firsthand about the tradition of excellence behind command coins and how to accept them in a handshake.

Quarterback Max Browne from Sammarish, Wash., and cornerback Kendall Fuller of Olney, Md., two of the six finalists in the prestigious 2013 Army Player of the Year Award spent two days touring the nation's Capitol and the Pentagon. They laid a wreath at the Tomb of the Unknowns and tossed footballs around at the Washington Boys and Girls Club.

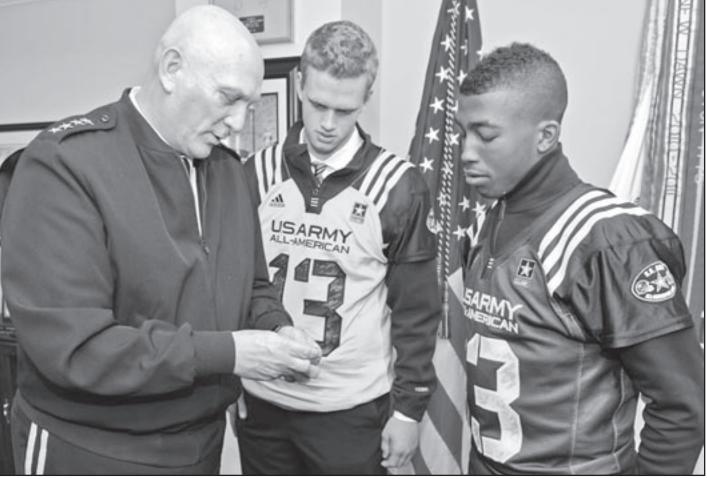
The Army Player of the Year Award is the Ken Hall Trophy, which is modeled after Ken "Sugar Land Express" Hall, high school football's all-time leading rusher from 1953 to 2012. The award will be presented to one of the six finalists during an award dinner the night before the U.S. Army All-American Bowl, Jan. 5, in San Antonio.

The 2013 game marks the 13th year the U.S. Army All-American Bowl has showcased the best high school football players in the nation. It pits East of the Mississippi players against West of the Mississippi players. More than 200 NFL players are among its alumni, including Andrew Luck, who was the league's first-round draft pick and runner-up to the Heisman Trophy in

Offered athletic scholarships by numerous universities, the 6'5", 190 lb. Browne declared to the University of Southern California. He will graduate Skyline High School at the end of December. In his four-year high school career he set a state record by passing for almost 13,000 yards with a 71-percent completion record. He took Skyline to the 4A state championship where he passed for nearly 400 yards alone, racked up four TDs and capped his Spartans' career with a 49-24 victory over archrival Bellarmine Prep.

Then he had the opportunity to visit the Pentagon this week.

"We didn't know we were going to meet the chief of staff or the sergeant major of the Army, so it was really a pleasant sur-



Army Chief of Staff Gen. Ray Odierno explains the design on his personal coin before passing one to Army All-Americans Max Brown (center) and Kendall Fuller. Clad in #13 football jerseys, Browne and Fuller will compete in a West versus East match-up in the 13th annual U.S. Army All-American Bowl Jan. 5 in San Antonio. The players are two of six finalists in the running for the 2013 Army Player of the Year who will be recognized at a dinner the evening before the game.

prise," said Browne. "It was just cool and a real privilege to meet those guys. This trip was awesome."

Fuller, a 5'11", 189 pounder won't graduate Our Lady of Good Counsel High School until the spring, but he's made a commitment to play alongside his brothers Kyle and Corey at Virginia Tech. His oldest brother also played for VT and is currently a free agent in the NFL.

"This trip was a once-in-a-lifetime opportunity," said Fuller. "Not a lot of people can say they met the top dogs in the Army. You're kind of just taking the experience of meeting these leaders and letting it sink in... when I get older and reflect back, I'll appreciate this even more than I do now."

Another high school All-American player, running back Thomas Tyner of Aloha, Ore., was supposed to have been in Washington with Browne and Fuller, but couldn't make the trip due to his exam schedule.

Tyner, of Aloha High School, possesses size and speed that can be a game breaker at any time, according to recruiters. Tyner also runs track and uses his outstanding speed to his advantage. He set the Oregon State rushing record of 3,402 yards for a single season.

The other three athletes in the running for U.S. Army Player of the Year spent several days in New York City taking in a New York Jets game and meeting the team. They also pitched in helping load trucks with supplies to support the cleanup following Hurricane Sandy. They are:

- Su'a Cravens, 6'1", 205 lbs., of Vista Murrieta High School, Murrieta, Calif. He plays both sides of the ball -- equally adept at safety, linebacker or running back and wide receiver according to scouts. He's committed to the University of Southern California.
- Running back Derrick Green, 5'11", 220

lbs., of Hermitage High School in Richmond, Va. He is considered by scouts to be a physically imposing, bruising downhill runner and said to have excellent straight-line speed that makes him a load to tackle. He remains undecided on his college choice.

Running back Derrick Henry, 6'3", 241 lbs., from Yulee High School, Yulee, Fla. He put up 11,612 yards during his high school career, breaking the career national rushing yards record set in 1953 by Ken "Sugarland Express" Hall of 11,232 yards. Henry is a downhill runner and thrives running between the tackles, but can take it the distance with his above-average straight-line speed. In his high school finale game he also broke the national all-time high school rushing record with a 482-yard performance. Henry is committed to the University of Alabama.

#### Youth spring soccer registration

Registration for youth spring soccer runs now through Dec. 31 at the youth center and school age service center. Cost is \$40 per child. Children must meet age requirements by Sept. 1, 2012. A current sports physical and valid child, youth and school registration are required for participation. Spring soccer will begin Feb. 25. Prospective coaches are also needed for all age groups.

For more, call 255-0950 or 255-9105.

#### 3 Free Christmas at Rucker Lanes

Rucker Lanes hosts its 3 Free Christmas special Friday through Dec. 30. Up to three children ages 13 and younger can bowl three free games, including shoe rental, when accompanied by an adult bowling at the regular price of \$8.50. For more, call 255-9503.

#### New Year's Eve bowling

Rucker Lanes will host two New Year's Eve events Dec. 31 from 6-9 p.m. and 10 p.m. to 1 a.m. From 6-9 p.m., Rucker Lanes holds the Family Countdown. Families can enjoy three hours of unlimited Xtreme Bowling, shoe rental, an all-you-can-eat pizza bar and fountain beverage. Cost is \$15 per person, \$10 for children younger than 10, and \$60 for a lane for up to five people. Rucker Lanes advises people to make reservations for

From 10 p.m. to 1 a.m., Rucker Lanes will host the Pin Down Countdown. The event will feature a 1920s theme, three hours of unlimited Xtreme Bowling including shoe rental, a meal including choice of soup or salad, entrée, dessert and a beverage. There will be party favors and giveaways throughout the event. Cost is \$25 per person, \$45 per couple or \$100 for a lane for up to five people. People need to make reservations and dinner selections in advance. A non-refundable deposit of \$5 per person is due at time of reservation.

For more, call 255-9503.

#### 1-Man Scramble

Silver Wings Golf Course will host a 1-Man Scramble Jan. 1 with 7 a.m. tee times. For more information, call

#### **Winter Boot Camp**

Fortenberry-Colton Physical Fitness Facility hosts its six-week Boot Camp Jan. 7 to Feb. 15. The program meets five days a week with two sessions to choose from, 6:30–7:30 a.m. or 8:30–9:30 a.m. The cost is \$100 per participant and includes weekly consultations to keep

track of progress, training with certified personal trainers, access to all group fitness classes during the six weeks and T-shirts for all participants who complete the training. Orientation will take place Jan. 4 at 6:30 and 8:30 a.m. at the Fortenberry-Colton PFF. There is limited space in each session. Registration forms are available at either PFF.

For more, call 255-2296.

#### **Big Buck Contest**

Outdoor recreation's Big Buck Contest will run now through Jan. 31. Registration for the contest continues today and Friday. Participants must have an Alabama state hunting license, a Fort Rucker post hunting permit and a hunter education card. Registration costs \$25.

For more, call 255-4305.

#### **Riding Stables rules**

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

# PUZZLE ANSWERS

#### **Super** Crossword Answers SHALOM A I M S MAC IOLANI GNARLS CHUNKYMONKEY SWAMLAPS NOCHES MILKYWAYGALAXY CLARKUNIVERSITY SOMALI NUMBED SAKSFIFTHAVENUE CHORALSYMPHONY CLORIS CRATERED AAA ABCHINEPT PAYDAYLOAN BROWNE SEANOMRI BURIALMOUNDSSSRILANKA OILRIG CANDYBARS SAND AMANDA AMES DENSER BERT

#### Weekly SUDOKU

Answer

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

#### TRIVIA

- 1. The scientific name for an anthill
- Uranus
- Orange
- 4. Flat-footed
- A toothache 6. Africa
- 7. Laszlo Biro
- 8.9 gallons 9. Ariadne
- Rockford Peaches



#### John pionship Capital One Outback David C. Agan Jr, Fort Rucker Public Affairs (56-35)Kent Anger, Directorate of Plans, Training, Mobilization and Security Benjamin Conner, Directorate of Public Safety (53-38)Wes Hamilton, Network Enterprise Center Tish Williamson,

# Golden Knights teams take gold, silver

By Donna Dixon Army News Service

USAACE

DUBAI, United Arab Emirates — The U.S. Army Golden Knights Formation Flying 8-Way Team won the Gold Medal, and the All-Female Golden Knights 4-Way Team brought home the Silver Medal, at the 2012 World Parachuting Championships in Dubai, United Arab Emirates.

The 8-way competition team brought home the Gold in the 8-way Open Formation Skydiving with a winning score of 229 points.

The Knights' conquered France, who came in second with a score of 225 and Russia, took third with 192.

The United Arab Emirates hosted the 2012 World Parachuting Championships for the first time in Dubai, the capital of sports in the Middle East, which lasted from Nov. 28 to Dec. 9.

The Golden Knights victory representing the Army's only Department of Defense Parachute Demonstration Team by Sgt. 1st Class Brian Krause, Team Leader.

Krause has surely put together a world-class team consisting of veteran parachutists: Sgt. 1st Class Sean Sweeney, Sgt. 1st Class Kurt Isenbarger, Sgt. 1st Class Matthew Davidson, Sgt. 1st Class Justin Blewitt, Sgt. 1st Class Joshua Coleman, Sgt. 1st Class Michael La-Roche, Sgt. 1st Class Lawrence Miller, Sgt. 1st Class Andrew Starr, along with videographer and cameraman Sgt. Jesse Stahler.

Krause embarked an incredible journey several years ago, by bringing "young bloods" into the reign of established parachuting royalty.

In the beginning, Krause brought on young new teammates to form the 8-way team. He diligently worked to produce another team of champions to represent the team and Army. Krause's persistent, painstaking drive has been the edge needed to bring home more Gold Medals than the team has seen in more than a decade.

Krause helped hone the skills of his team in historically short time period, which enabled them to compete as the official United States Team. Traditionally it has taken a new team five or six years to develop into world-class competitors. This year the Knights' 8-way and Ladies 4-way teams proudly lead the way as they competed at the 2012 FAI Mondial Championships.



The U.S. Army Parachute Team Golden Knights 8-Way Formation Team flies two and a half miles above the Palms of Dubai, in the United Arab Emirates.

In 8-Way Formation Skydiving, the team leaps from an aircraft more than two miles above the ground and then races against the clock to form prescribed geometric formations in freefall while tion 8-Way teams have 50 seconds working time with each jump to perform and gain the most points to win a medal. What it boils down to is how many formations they can complete in the allotted time.

The Golden Knights were presented a unique trophy that the team has not held in 15 years: an Excalibur-style blade known as the Ottley Sword, named after Bill Ottley, which was crafted in 1982 from polished mahogany.

"Hard training, personal sacrifice of time and a deep desire and commitment to being number "One" was what made the team successful," Krause said.

Davidson who has been with the team for 17 years, is the only member still assigned to the team and was serving as an alternate when the team brought home the Ottley Sword in 1997.

Isenbarger, a world medal holder said, "I wanted to win this for the new guys on the team so they could experience the same feeling that teammates felt fifty-three years ago when the team was originally formed."

Starr brought back some breathtaking photographs of the team flying high over the Palms.

Starr said, "I love being the cameraman. I see everything. It makes you in tune with every move each individual makes. Tent City was absolutely phenomenal to look out over and see hundreds of people from all different countries. Each country has their own structure where everyone gathers and they all run into a central gathering center."

"I am so very proud of both teams," said Lt. Col. Jose Melendez, commander of the U.S. Army Parachute Team. "It is extremely gratifying to see how all of the hard work, training falling at speeds upward of and dedication has paid off. 120 mph, before opening It is such a great accom-8-Way Team was lead to their parachutes. Formaplishment. They are truly Ambassadors of the Army. They are not only World Champions, but three time volunteers. They all volunteered to join the Army, to go to airborne school and to attended Assessment and Selection program to qualify as a U.S. Army Parachute Team, Golden Knight."

The Golden Knights were fresh off an impressive 50 Gold Medals and eight Bronze medal win at the 2012 U.S. National Skydiving Championships, held in Eloy, Ariz., and were favored as medal winners at the world championship competition.

Krause also helped develop an All-Female 4-Way Team, which is now known as GKF4-way around the world. Krause's expertise and love of the sport helped develop enhanced training for this newly formed team, and allowed the new team to medal in record time.

The Golden Knights Formation Skydiving Women's 4-way team, or GKF4, have only been together for two years, but have already made their mark on the world skydiving stage.

The lady Knight's brought home Silver with an impressive 2nd place in women's 4-way. They monumentally fought a head-to-head battle, and were defeated by only one point to France.

GKF4 made their historic debut this year when they won the Bronze Medal at the U.S. National Championships in Eloy. This is the first time that an all-female team has ever earned a medal in the 4-way Open

Sgt. 1st Class Angela Nichols, the GKF4 team leader, started jumping 18 years ago on her 18th birthday with her father, and now has approximately 10,000 jumps. She has worked with her teammates diligently producing a fearsome foursome.

Woosley (3,000+ jumps), married with two small children; Sgt. 1st Class Laura Dickmeyer (3,200+ jumps), who started skydiving as an extra credit assignment in her high school physics class; freefly expert Staff Sgt. Jen Schaben; and Sgt. 1st Class Scott Janise, videographer and photogra-

"I attribute the success of the ladies team taking second place in the women's 4-way formation division to the expertise and leadership of Sergeant First Class Nichols, the camaraderie,

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hard work and training of GKF4," Krause explained.

Time and memory are key factors for these events. The four-way discipline is judged by how many times a team can perform a specific set of geometric formations in 35 seconds of freefall. Each formation equals one point. Two points are deducted for incomplete formations or improper hand grips.

Sixteen hundred parachutists from 58 countries enthralled the world with their spectacular performances at Skydive Dubai, at the Palm Marina. People of all ages, religions and cultural backgrounds participated in the parachuting championship.

More than 10,000 competition skydives were made, with competitions made in formation skydiving, vertical formation skydiving, canopy formation, style & accuracy, canopy piloting, Her team members are: artistic events (freestyle and Sgt. 1st Class Dannielle freeflying), demonstration events for speed skydiving (vertical freefall speed) and indoor para-skiers displaying their skills in the 12-day championship competition.

> The U.S. sent a delegation that consisted of 60+

of the best skydivers in all disciplines in the U.S.

Former Golden Knight competitors were members of the U.S. delegation, including Elisa Feldt Tennyson, who has won eight consecutive Gold Medals in formation skydiving, and four world records at the Military World Parachuting Championships when she was with the Golden Knights. She also formed the first Golden Knight female 4-way team.

Tennyson placed First in freefall style in Dubai.

Also competing was acclaimed skydiver Cheryl Stearns, the first female to make the team, who recently set the U.S. national record for the most jumps (female) with 19,000 skydives; and Sgt. 1st Class Eric Heinsheimer, Craig Gerard, Andy Honnibaughm and Chris Talbert attended the competition to name a few.

The U.S. Team took home 14 medals overall six gold, six silver, and two bronze — which is the most of any nation.

This victory is the best Golden Knights performance at the FAI World Parachuting Championships since 1997.



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