Safety top priority for new school year

Story on Page C1





FITNESS

Civilian Fitness Program aims for 'whole health'

Story on Page D1





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

VOL. 61 • NO. 32

FORT RUCKER * ALABAMA

AUGUST 11, 2011

NEWSLINES

HOT SHOTS

August is Immunization Awareness Month. Are you and your children up to date? See Page A3.

EASING THE **TRANSITIONS**

New interstate compact helps military children transition from school to school

See Page C4.

BLOOD DRIVE

The 1st Battalion, 13th Aviation Regiment hosts a blood drive Friday from 1-8 p.m. at the Fortenberry-Colton Physical Fitness Facility. Organizers said donating blood to the Armed Services Blood Program helps injured Soldiers in Afghanistan and Iraq, active duty Soldiers and Family members and Lyster Army Health Clinic.

For more, call 255-7557 or 255-1333.

CHANGE OF COMMAND

The 1st Warrant Officer Company hosts a change of command ceremony Tuesday at 9:15 a.m. at the U.S. Army Aviation Museum, For more information, call 255-3432.

CIF CLOSURE

The Fort Rucker Central Issue Facility will close for inventory Sept. 26-30. For more information, call James Jackson at 255-9573 or Phyllis Keith at 255-1095.

FOOD COURT HOURS CHANGE

To better reflect demand, the Army and Air Force Exchange Service will change the operating hours of Anthony's Pizza and Charley's Steakery in the Main Street Food Court, located inside the post exchange mall, beginning Aug. 20.

Anthony's new hours will be 11 a.m. to 5 p.m. Mondays-Saturdays and Sundays from 11 a.m. to 4 p.m. Charley's new hours will be Mondays-Saturdays from 10 a.m. to 6 p.m. and Sundays from 10 a.m. to 5 p.m.

What's Inside

Perspective	2A
Armywide	.1-4B
Community	. 1-6C
On-Post	2C
Wiregrass	4C
Sports	.1-4D

Weather 3-DAY









Members of the Fort Rucker 98th Army "Silver Wings" Band practice last summer to prepare for its Freedom Fest concert. The band will perform Music Under the Alabama Stars Aug. 19

CG hosts 'Music Under the Alabama Stars'

BY NANCY RASMUSSEN

Although school starting signals that the end of summer is near, Families have an opportunity to gather for one more memory maker here Aug. 19.

Due to inclement weather, the Music

nally scheduled for June 10 was cancelled. Calendars are now synched for an evening of entertainment and relaxation starting at 6:30 p.m. on Howze Field.

Maj. Gen. Anthony G. Crutchfield. U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, invites Soldiers, Families and community mem-*Under the Alabama Stars* concert origibers to join him for a relaxing evening of

Music Under the Alabama Stars.

"I envision a relaxed atmosphere for our Families. A park full of lawn chairs, Frisbees, children and leashed pets running around. A way to say 'thanks for your hard work' by enjoying the great music of our band," Crutchfield said.

SEE MUSIC. PAGE A5

New USACR/Safety Center Command Sgt. Maj. aims at reducing off-duty accidents

BY ART POWELL

Strategic Communication Directorate USACR/Safety Center

ties at the U.S.Army Combat Readiness/Safety Center in a ceremony Aug. 8 at Fort Rucker, Ala.

The ceremony at the Army Aviation Museum was led by Brig. Gen. William T Wolf director of Army safety and commanding general, USACR/Safety Center.

"Regardless of their title, senior enlisted Soldiers have filled our ranks since the Revolutionary War, helping Soldiers and tirelessly sup-

porting commanders with advice and recommendations and always serving bravely alongside the men and women who serve," Wolf said Command Sgt. Maj. Richard D. during his remarks. "Soldiers will Stidley assumed his responsibili- tell you their primary motivators are nothing more than a sense of dedication, duty and a genuine love of Soldiering. Command Sgt. Maj. Stidley certainly fills this role."

> The ceremony was attended by approximately 75 active and retired Soldiers and civilians and local officials. Afterwards, Stidley outlined his goals in his new posi

> > SEE CSM, PAGE A5



In a ceremony Monday, Command Sgt. Maj. Richard D. Stidley assumed his responsibilities as the senior enlisted person at the U.S. Army Combat Readiness/Safety Center.

EFMP seeks to indentify, increase aid to special Families



practice putting greens during the first EFMP golf clinic this summer.

Ronnie Mobley, SWGC golf pro, works with Alerik Nedostup, 6, on the

BY RUSSELL SELLERS Army Flier Staff Writer

Active duty Families with special needs children don't always get to participate in the same activities as other Families, but Fort Rucker's Exceptional Family Member Program is looking to change that.

EFMP is in the process of identifying military Families with special needs with the Child and Family Find Campaign during the month needs can include physical, intellectual, developmental delays, emotional impairments that require special treatment, therapy, education, and training or counseling needs, said Marion Cornish, post EFMP manager.

"In September, we're kicking things off with EFMP bowling," she said. "We're also going to have a display at the post exchange from Sept. 12-19, which will give parents a chance to get some more

of September. Special information about the program. The bowling is an opportunity for active duty Families with special needs to enjoy themselves and meet other Families like theirs."

The EFMP "Let's Roll Bowl" takes place Sept. 19 from 4 to 5 p.m. at Rucker Lanes Bowling Center Games are free from 4-5 p.m., and will be \$1.75 from 5-6:30 p.m. plus a \$1.25 shoe rental. Families must register by

SEE FAMILIES, PAGE A4

ARMY FLIER

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Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker,

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

Perspective

LET YOUR VOICE BE HEARD BY WRITING AN E-MAIL TO THE ARMY FLIER AT JHUGHES@ARMYFLIER.COM.

Riding on empty

BY GUNNERY SGT. KEVIN L. JONES 1st Battalion, 11th Marines Camp Pendleton, Calif.

I was just finishing my threeyear tour as a Marine drill instructor at Camp Pendleton and I rode my Yamaha R1 as often as I could. I planned to celebrate finishing my DI tour by meeting a friend and riding in the mountains east of San Diego.

We scheduled the ride for the first Saturday that August. The temperature was 101 degrees, typical for a mid-summer day. I was wearing all the proper personal protective equipment, including my motorcycle jacket.

We started riding about 10 a.m. and, before long, I was feeling light-headed. Although I hadn't drunk any water since the previous day, I just thought this feeling was due to the hot weather. When we stopped to get gas, I bought a soda. Later, I'd wish that I'd bought water.

As soon as we resumed riding, I began feeling light-headed again. We were in the mountains going through a series of curves at a pretty good clip when we came upon a two-lane road. My friend took off down the road, but I decided to slow down and found myself behind

Keep your cool

With all the possible accident causes when riding, it is easy to overlook the danger of becoming dehydrated. Yet, if it's important to stay properly hydrated when you train and fight, why would it be any less important while cruising down the road? Here are some tips to help you ride safely.

- · Drink plenty of water before and during your ride. Avoid coffee, tea, soda or sports drinks with caffeine or sugar, as they promote dehydration. However, sports drinks that don't have caffeine or sugar can be helpful in maintaining your electro-
- Consider wearing a hydration system that will allow you to sip water as you ride.
- · Exposing your skin to the sun's heat and wind will accelerate dehydration. Instead, wear riding clothing designed to both cover you and keep you cool.
- · Wear your helmet to reduce the effects of the hot wind and help retain body moisture.
- · Schedule rest stops so you can get out of the heat and into air-conditioning.
- · Ride during the cooler parts of the day, such as the early morning or late afternoon.

at maybe 25 mph.

As I was following them, the effects of my dehydration set in, causing me to pass out and hit the guardrail. As I did, I apparently woke up and put out my right arm to catch myself. When the bike fell, it shattered the ulna bone in my right arm and the radial bones in my hand. I didn't realize my arm was browouldn't have wished that pain on my worst enemy.

A few drivers stopped to help and eventually called the California Highway Patrol. When I finally stood up, I realize how close I'd come to being killed. I'd only survived because I was going slowly when I hit the guardrail. Had I been going any faster, I'd have gone over the guardrail and an older couple driving uphill ken until I tried moving it. I down a 175-foot cliff onto some I make sure mine are too!

I was taken to the hospital, where doctors placed two rods and 14 screws in my arm. It took 50 staples to close the wound. Due to the bones not healing properly, I had to go back for another surgery five months later.

Four months after that, I had a third operation where doctors did a bone graft by taking bone marrow from my hip and putting it in my arm. The pain was excruciating.

In the state of California, if you pass out or blackout while driving or riding, your driving privileges are automatically revoked. The Department of Motor Vehicles revoked my driver's license because of my blackout and I had to get a CT scan and be interviewed by a physician. It was later determined that I blacked out because I was dehydrated.

After the results of the CT scan and the documentation from the physician, my driver license was

As a youth, I was taught the importance of staying hydrated. It was a lesson I had to relearn the hard way as an adult and I'm glad I survived to tell my story. Before I take any long rides now, I not only make sure my bike's fluid levels are where they should be,

My discovery of mild traumatic brain injury

BY HEATHER MARSH

The phrase, "can't see the forest through the trees" seems to describe a bout of cluelessness I recently experienced. Or perhaps, the more common "if it was a snake, it would have bit me" is truly the best fit.

Either way, the fact is I work at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury with top subject matter experts in the field of traumatic brain injury, and I couldn't even recognize that the weird symptoms I had, after a recent good bump to the head, were symptoms of a concussion. How's that for irony?

Put a name to the pain

In March, I spent about 10 days of feeling a little disoriented and helpless - having no clue as to what was going on with me. After a few conversations with a variety of military health care providers, to include an emergency room resident and former chief of neurology, I finally was able to "put a name to the pain." It turns out I had sustained a mild TBI as a result of a recent fall - hardwood floor, meet Heather's face. It wasn't a pleasant introduction and resulted in five stitches and a severely bruised

With a huge sigh of relief and several deep breaths later, I began my recovery process by talking to friends and Family, and combing through resources and facts. The first tidbit that jumped off one fact sheet - courtesy of Defense and Veterans Brain Injury Center — was that falls are the leading cause of a traumatic brain injury.

I know much more about mild TBI now. like the fact that you should give yourself a little slack and let your brain heal, which can take one to three months in most cases. But, as

my neurologist insists, that doesn't mean you should stop doing routine tasks, like reading. He reminded me how amazing the brain is and it's important to keep working it because, in time, it will learn new tricks to help self-correct.

Gratitude

I also have a newfound appreciation for deployed service members who have sustained not one, but multiple concussions, and yet they still continue to put themselves in harm's way when they've recovered. This gratitude was even more apparent during a recent com-

I was driving home from work one day, not too long after my diagnosis, taking my usual route along a scenic parkway. I drove along my curvy path and watched the sunlight flicker through the trees and shimmer off the flanking river crests — this sounds like a tranquil moment until I mention that the flickering light quickly caused my brain to hiccup and feel overloaded — like someone pushed the pause button. I felt a sudden rush of panic as if I was intoxicated; I felt disoriented and blinded all at once. Luckily, I was able to pull over to the side of the road — thank goodness for a nearby outlet — and regroup.

Almost as quickly as I thought that maybe I shouldn't be driving, my thoughts shifted to our nation's warriors. As a patriot and veteran, I feel a connection to our service members and their Families frequently. I've lived the life and still do as a military spouse. I had visions of uniformed service members and wondered what it must be like to have the responsibilities they have down range. I imagined them walking around on patrol, on high alert, charged with keeping their unit, local civilians and themselves safe in the middle of an unfamiliar, wartorn city, catching glimpses of sparkling metal or debris that just seem "off."

Sound like an intense scenario? Let's make it more realistic by mentioning that the group of service members experienced a jarring blast from an improvised explosive device during a convoy to deliver supplies a few days prior. Oh, and it's the third blast this month. Wow.

So, I'm pulled over on the side of a picturesque road worried about driving impaired while there are men and women, with guns, fighting to keep my Family safe who may be experiencing the symptoms I have right at this moment? Again, wow. Another TBI fact: In the military, the leading causes of TBI are bullets,

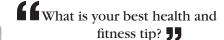
fragments and blasts. **Lessons learned**

Fortunately, my story has a happy ending, and I learned some stuff too. I made it home safely that day and as I write this, almost all of my concussion symptoms are gone. I learned that people use different words to describe the way they feel, so it's important to talk to someone who can help decipher when a response or feeling is normal and when it's not. I also know a lot more about the human brain than I ever thought I would, which is pretty cool.

I've found among all that I have learned, the two things I want to share from my experience

1) I discovered simply knowing what was wrong with me offered relief and comfort - proof that it's crucial to talk to others and reach out for help.

2) Because of the amazing people I work with at the Defense Centers of Excellence, things are changing on the battlefield for men and women who experience TBIs. New guidance and research are helping health care providers ensure injured service members get the right treatment at the right time, when it's absolutely critical to their mission, the lives of others and themselves.





2nd Lt. Taj Williams, B Co 1st Bn. 145th Avn. Regt.

"Don't overindulge with anything you eat.



Bianca Ramos. Fortenberry-Colton PFF trainer

more than you eat out.'

"You should always cook

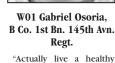


exercise.

Fortenberry-Colton PFF recreational assistant "Eat healthy, work out and



W01 Gabriel Osoria, B Co. 1st Bn. 145th Avn. Regt.





W01 Dustin Schiffler, B Co 1st Bn. 145th Avn. Regt.

"Exercise. Get off the lifestyle instead of saying couch!

Lyster officials encourage immunization awareness

BY RUSSELL SELLERS Army Flier Staff Writer

August is a time of transition for many in the Wiregrass region as children prepare to go back to school or go to college, and also as medical professionals prepare for flu season.

This month is also National Immunization Awareness Month, and Lyster Army Health Clinic officials said this is a good time for people to make plans for updating immunization shots or for parents to make appointments to get their children vaccinated.

"Prevention is really the most important part of fighting disease," said Lt. Col. Andrew Powell, Nursing and Patient Support Services deputy commander. "It's vital not just to health, but in the case of the Army, to the mission."

Soldiers are required to have a longer list of vac-tuna than in any of these cines than other Americans because of the frequency and distance they may travel, due to potential deployments. This means they, and their Families, will probably have more immunization treatments than others, Powell added.

Some immunizations are only given at certain points Prevention website, it was during a person's life, such as measles, mumps and rubella and Hepatitis A and B. Others, like the influenza annually, said Carolyn Peterson, Lyster Allergy and Immunology licensed practical nurse.

"The flu can be very weaker immune systems, like the elderly or the very young," she said. "If left untreated it could become pneumonia, which can be

While it's not flu season vet, it's not far off, said Pow-

"We'll let Soldiers and Families know once it gets closer, but they should always remain vigilant and be prepared for the upcoming season," he added. "There are some antiviral treatments for the flu, but the best course of action is prevention."

Powell also addressed the still-persistent rumors that vaccinations have lead to diseases like autism in children as a result of mercury content in certain vaccines.

"There have been a number of studies that show there are no increases of cases of autism in children who've been vaccinated,' he said. "There was a concern about vaccines that contained the preservative thimerosal, a mercury-containing product. But, there's more mercury in a can of vaccines. We do have thimerosal-free flu vaccines for voung children and pregnant women, for those who want it."

Powell said the childhood vaccines do not have thimerosal in them now According to the Center for Disease Control and removed from all childhood vaccines in 2001.

The CDC website also notes that no link between vaccine, should be taken autism and thimerosal has ever been found.

"People sort of think of vaccines as not being very important, but these diseases have killed thousands dangerous for people with upon thousands of children throughout history," Powell said. "Vaccination has been one of the most successful medical breakthroughs to increase public health and

Recommended Adult Immunization Schedule UNITED STATES · 2011

Recommended adult immunization schedule, by vaccine and age group ≥65 years Meningococcal

nercial sources is for identification only and does not imply end ent by the U.S. Departn

Vaccines that might be indicated for adults based on medical and other indications

INDICATION ▶	Pregnancy	Immuno- compromising conditions (excluding human immunodeficiency	infection CD4* T1	HIV n3,6,12,13 lymphocyte ount	Diabetes, heart disease, chronic	Asplenia12 (including elective splenectomy) and persistent	Chronic liver disease	Kidney failure, end-stage renal disease, receipt of	Healthcare personnel
VACCINE ▼		virus [HIV])3,5,6,13	<200 cells/µL	>200 cells/µL	alcoholism	complement component deficiencies		hemodialysis	
Influenza ^{1,*}				1 d	ose TIV annua	ally	ic		1 dose TIV or LAIV annually
Tetanus, diphtheria, pertussis (Td/Tdap) ^{2.}	Td	Substit	ute 1-	time do	ose of Tdap for	r Td booster	; then boost	with Td ever	y 10 yrs
Varicella ^{3,*}	Con	traindicated				- 2	doses		
Human papillomavirus (HPV)4.				- 3	3 doses throug	gh age 26 yr	s		
Zosters	Con	traindicated					1 dose		
Measles, mumps, rubella (MMR) ^{6,7}	Con	traindicated				1 0	r 2 doses		
Pneumococcal (polysaccha- ride) ^{7,8}					1 or 2 o	ioses			
Meningococcal ^{s,*}		1 or mo	re dos	es				UA .	
Hepatitis A ^{10,*}	8 3	0 8	2 de	oses		3 5	9		
Hepatitis B ^{11,1}					3 do	ses		0	

Library preserves Army Aviation history

BY DAVID AGAN Fort Rucker Public Affairs

FORT RUCKER — From 1955 to 1995, the Aviators of Fort Rucker chronicled their story in the pages of the Army Aviation Digest.

Since publication ended nearly two decades ago, the only place to find old issues were in large, bound collections, but that all changed earlier this vear when the U.S. Army Aviation Technical Library made ever issue available

ration and hard work, but the end result is an amazing piece of Army Aviation history, according to Beata Totten, head of public services for the U.S. Army Aviation Technical Library Every issue of the Army Aviation Digest is now available online at http:// www.rucker.army.mil/ usaace/techlibrary/avdigest.html.

"It's something we'd wanted to do for a long time but we just didn't have the resources to do it ourselves," said Totten. "It's such a unique part of Army Aviation. We thought it was something that was important to make available to the Aviation com-

The first issue of the Army Aviation Digest was published in February 1955 At that time Gen Matthew Ridgway, Chief of Staff of the U.S. Army, wrote of his confidence that the publication would be of great value in stimulating professional military discussion and in disseminating information concerning the increasingly important role of Army Aviation.

For the next 40 years Army Aviation Digest did just that, according to J. P. Hughes, Ph.D., Army Aviation Branch Historian.

"The Army Aviation Digest has really uniquely captured a lot of the things that were of concern to the Branch," said Hughes. "It's one way that we have to go back to the years that the Aviation Digest cov-It took months of prepaers and allows us to find out what the branch was focusing on at that point in time and what sort of work was being done to develop the fleet we pres-

ently have" Digitally preserving the Digest was an arduous pro $cess, said \\ Totten. The issues$ had been bound together in large volumes, but they did not lend themselves well to the scanning pro-

"We had to find the copies loose leaf," said Totten. "The U.S. Army Aeromedical Research Laboratory library gave us some.We got more from the U.S. Army Aviation Museum. We had to hunt them down until we got all of the issues from 1955 to 1995.

Once collected, the issues were sent to a company that had been contracted to cut them apart and scan them.

"It was a couple of months before we got the first CDs back. We went through them, page by page, comparing the scans

to the originals," said Totten."We spent a lot of time on this. It was tedious but I think it was well worth it."

The finished product was every issue of the Army Aviation Digest, scanned in full color in PDF format. The next step was to make them available to the entire Aviation community online.

"It's out there," said Totten. "You can get it at your home, on your desktop, 24 hours a day, seven days a week. You don't have to wait until the library is open to get a black-andwhite copy. You've got exactly what it looks like in the library."

Compared to today's Army Aviation magazine, published by the Army Aviation Association of America, the Army Aviation Digest "was not as glossy, a little bit more of a tight community of Army Aviators and not so industryoriented," said Hughes.

"One thing the Digest had that I don't see in our more contemporary magazine was a lot of traditions and customs of the service," said Hughes."They did not hesitate to have jokes in there or to talk about cus toms and traditions of the Aviation community. Of course, that's completely missing in modern publications, which are much more polished products."

While the Army Aviation Digest was being preserved, the U.S. Army Aviation Technical Library was also digitally archiving 40 years of annual command histories. These are narrative accounts of historically significant events and activities of the command in the context of the history of the Army and serve as a guide for future operations, according to Totten.

versions of 'What happened this year at Fort Rucker," said Totten. "It's unclassified, unlimited information that is uniquely Fort Rucker. You aren't going to find it anywhere

The annual command history archive is located online at http://www. rucker.armv.mil/usaace/ techlibrary.

Hughes says that future histories will be created and published digitally.

"I am extremely grateful that the librarians have digitized these two works because the entire Aviation community can use them as a resource," said Hughes. "I constantly talk to veterans who ask 'Do you have anything on...? I'll say 'I can look it up for you but did you know that you can look it up now? and now they do."

Scan this code with



Army Aviation Digest Archive website.

This month in Army Aviation *bistory*

August 1967,

Volume 13, Number 8 (Editor's note: This is a new column that highlights Army Aviation bistory as noted in past issues of Army Aviation Digest, which people can find online at www.rucker.army. mil/usaace/techlibrary/digest.)

In this issue:

- · Find the enemy airmobile style by Lt. Col. Kenneth D. Mertel — In an airmobile infantry unit in Vietnam today, intelligence and reconnaissance, always a difficult problem in the past, have been improved to a point where the enemy is located more rapidly than before in a counterinsurgency environment
- **Passing** weather buck by Capt. Robert D. **Kelley and Cletus** Blaming the weather for the loss of lives and destruction of perfectly good aircraft in thunder-
- the easy way out. · Here comes the CH-47B — Think

storms is too often

of Vietnam and you think of the helicopter. Think of the helicopter and among those that immediately come to mind is the CH-47A Chinook. Since its arrival in Southeast Asia in September the tandem-rotor airthe mainstays of the Army's aerial assault against the enemy. Now it has passed its 56,000th flight hour in Vietnam

 The human factor in Army Aviation by Dr. Wallace W. Prophet - Signs of progress made in the 25-year history of Army Aviation meet us on all sides. As one views the great changes that have occurred in the equipment and manner of employment of Army Aviation, it would be easy to forget the most important factor in the system, the

human factor. To see more from August 1967 Army Aviation Digest. download the issue at: www.rucker.armv.mil/ usaace/techlibrary/

GI Bill changes include actual cost for in-state tuition

BY VETERANS AFFAIRS

WASHINGTON - The Department of Veterans Affairs is reaching out to inform veterans of recent changes made by Congress to the Post 9/11 GI Bill that take effect this year.

"The Post 9/11 GI Bill is incredibly important because it reduces the financial burdens of higher education so that veterans have an opportunity to achieve their education goals," said Gen. Allison Hickey, under secretary for benefits. "The VA believes it is important for veterans to be aware of changes to the GI Bill this vear and learn more about how these changes may affect them."

Hickey said that today, more than 537,000 students have received more than \$11.5 billion in GI Bill benefits to help them take charge of their future.

Changes to the Post-9/11

GI Bill that took effect Aug. 1 include paying the actual net cost of all public in-state tuition and fees, rather than basing payments upon the highest in-state tuition and fee rates for every state.

Another change involves capping private and foreign tuition at \$17,500 per academic year, as well as ending payments during certain school breaks to preserve veterans' entitlement for future academic semesters.

Additionally, certain students attending private schools in select states can now continue to receive benefits at the same rate payable during the previous academic year.

Beginning Oct. 1, eligible individuals will be able to use the Post-9/11 GI Bill for programs such as noncollege degrees, on-the-job training, and correspondence courses. They will also be eligible to receive a portion of the national

ance rate when enrolled only in distance learning courses

The VA is implementing the latest round of changes to the Post 9/11 GI Bill and has already begun processing fall 2011 enrollment certifications.

Outreach by VA has helped to increase participation by colleges and universities in the Yellow Ribbon program, which helps students avoid outof-pocket costs that may exceed the benefit. More than 2.600 schools are participating in the Yellow Ribbon program.

"VA is committed to ensuring veterans have the information and tools they need to succeed," Hickey



Families: Some don't realize they're eligible

Continued from Page A1

Sept. 16.

Some other activities will include "Story Time" at the Center Library Sept. 23. No time has been officially set for the event yet. The stories will focus on children with disabilities and the event will also serve to get Families more information about EFMP and to broaden their perspective as to what is a qualifying condition for enrollment, Cornish added.

don't realize they may be eligible or need to enroll in EFMP," she said. "For example, if you have a child who has been diagnosed with Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder, they need to be screened for possible enrollment."

Being part of EFMP can also help Families find and be assigned to posts that are better equipped to deal with their needs.

Enrollment allows the assignment manager at Army personnel agencies to consider the documented medical and special needs of exception Family members in the assignment process. When possible, Soldiers are assigned to an area where the medi- conducts EFM screenings, cal and special education needs of their EFM can be met.

This will depend on a bility for the tour. All Soldiers are still eligible for worldwide assignments.

Having the support and on EFMP, call 255-9277.

training that comes from being part of EFMP has made some parents' lives much easier

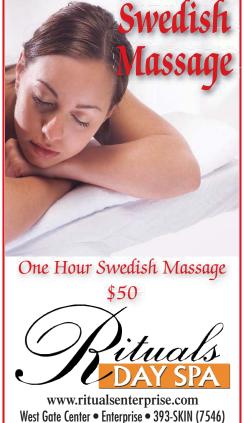
"We've been in the Army 10 years and with EFMP for nine," said Kelli Revnoldson, military spouse and mother of a son with special needs. "Being with EFMP can only make your life easier. When you're about to move and you need to establish a point of contact that understands special needs at the next post, they do a lot of the leg-work for you."

Reynoldson said meeting other Families with similar situations to her own was also helpful in her four years at Fort Rucker.

"Sometimes you just need to talk with someone who understands what you're going through," she have no support or just need a break sometimes, EFMP can open a lot of doors.'

If you are a Soldier with a Family member with a special need or disability, or have knowledge of someone who is disabled or with a special need, contact the EFMP at Lyster Army Health Clinic, 255-7431. Lyster's EFMP enrollments, updates and dis-enrollments. According to Amy Regulation 608-75, EFMP requires valid personnel require- Soldiers to update EFM enment for the Soldier's rollment every three years grade, specialty and eligi- or sooner if services for special needs are no longer required.

For more information





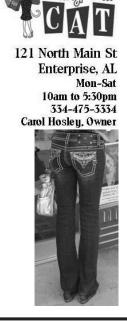
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A Consignment



Music: Families should arrive early with blankets

Continued from Page A1

The 98th Army "Silver Wings" Band will perform about 20 minutes of patriotic music followed by a traditional Streamer Ceremony, featuring re-enactors from the Wiregrass area. The evening will conclude with a rock concert and should last about an hour and a half, according to CW4 Jesse Pascua, bandmaster.

"The music is ready, and I'm tweaking the script. I encourage Families to arrive early with their blankets, lawn and unfurled for the triots who served our chairs and coolers to settle in a nice shady spot," Pascua said.

The Streamer Ceremony is traditionally conducted in celebration of the June 14 Army Birthday, according to

"When the 13 original colonies began their

a national flag," Pascua said. "Militia units of banners, which reflectsentiment of the times. Me,' 'Live Free or Die,' and symbolic represent hat action or war," Pastations such as snakes, cua said. beavers, pine trees and anchors. "The Army flag, as we have come to know it heroism, valor, courage

today, was dedicated and dedication of pafirst time on the Army's nation in time of need. 181st birthday, June 14, Our Army was there at 1956, by then-Vice Pres- the birth of the nation ident Richard Nixon at and serves today, as a Independence Hall, Phil-

"The 178 streamers at- of liberty," he said.

fight for freedom at Lex- tached to the Army flag ington, they had neither represent campaigns an established Army nor fought by Soldiers throughout our nation's history. Each streamer this period had local is embroidered with the designation of the ed in many cases the campaign and year in which it occurred. The Banners included mot- colors of the streamers tos such as 'Hope,' 'Lib- are derived from camerty, 'Don't Tread on paign ribbons authorized for service during

"The Army flag and its multi-colored streamers are symbolic of the beacon of light around adelphia, Pa.," he added. the world in the cause





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CSM: Stidley to focus on increasing off-duty safety

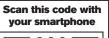
Continued from Page A1

"My initial goal will be to try to reduce the offduty fatalities we're having throughout the Army," he explained. "We do a good job with on-duty, but do a poor job with off-duty safety. As a Soldier and now a command sergeant major, I've led Soldiers my entire career and can't understand why we lose our standards when we go out the gate or at 5 p.m. when we fire the cannon."

That experience, he said, provides the focus for keeping our Soldiers

"That's my goal: get out there with the Soldiers and senior noncommissioned officers to try to find out why we can't maintain those safety standards off the installation."

Stidley's last duty assignment was at Hunter Army Airfield, Ga., where he was the brigade Command Sgt. Maj. for the 3rd Combat Aviation Brigade. He served 11 years with 3rd CAB, beginning as a battalion first sergeant, before rising to the brigade senior enlisted position.





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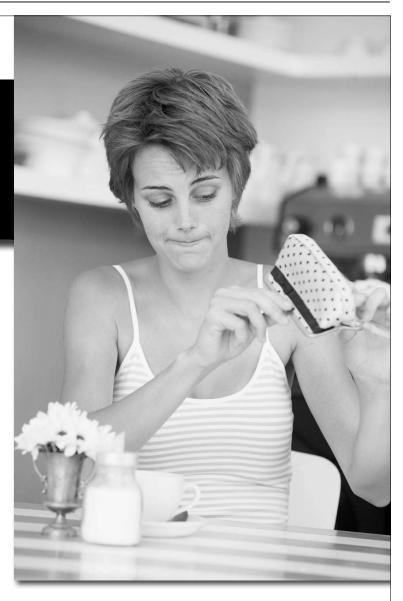


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Grilled Chicken Caesar

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VOL. 61 NO. 32 AUGUST 11, 2011 **ARMYFLIER** * COM

ARMY BRIEFS

ARMY ANNOUNCES CIVIL-IAN REDUCTIONS

WASHINGTON, D.C. - The Army announced Aug. 4 it will reduce the size of its civilian employee workforce by more than 8,700 people by Sept. 30, 2012. These cuts are based on Department of Defense resource decisions as reflected in the fiscal year 2012 President's Budget and require a reduction of Army civilian employees to comply with decreased funding levels.

The Army has identified more than 30 different commands and agencies affected by these reductions, with nearly 80 percent of the cuts taking place within Installation Management Command, Army Material Command, Training and Doctrine Command, and Headquarters, Department of the Army.

"We are in a very challenging fiscal environment and understand the impact these cuts will have on our civilians and their families" said Thomas R. Lamont, assistant secretary of the Army for Manpower and Reserve Affairs. "Tough choices have to be made, but we'll make them in a thoughtful and deliberate manner that best supports the Army's mission."

RAPID EQUIPPING FORCE DEVELOPS 'ENERGY TO THE EDGE' PROGRAM

FORT BELVOIR, Va. - The U.S. Army's Rapid Equipping Force has partnered with the Defense Technical Information Center's Weapon Systems Technology Information Analysis Center to procure, deploy and assess hybrid alternative and renewable energy systems in an effort called "Energy to the Edge".

The effort is a response to the growing energy demands among troops in theater and in distant, hard-to-reach locations, referred to as the "tactical edge." The initiative also seeks decreased reliance on JP-8 diesel fuel for

military vehicles and equipment. Energy to the Edge is a subset of Rapid Equipping Force's or REF's, Net Zero effort, which focuses on meeting energy and water requirements at locations that are hard to reach with Innistical aid, while simultaneously reducing dependence on ground and aerial resupply operations.

ARMY AIRBORNE ISR PLATFORM SLATED FOR EARLY 2013 ARRIVAL

WASHINGTON - Army acquisition officials say they expect intelligence, surveillance and reconnaissance asset to be available to the force within 18 months.

"What we're hoping is to be able to have the first platform deployed as a Christmas present in the 2012, early 2013 time-frame," said Lt. Col. Dean Hoffman, product manager for the Medium Altitude Reconnaissance Surveillance System, or EMARSS.

The EMARSS will consist of a commercial derivative aircraft - the Hawker Beechcraft King Air 350 - that is equipped with an electro-optic and infrared full-motion video sensor, a communications intelligence collection system, an aerial precision guidance system, line-of-sight tactical and beyond-line-of-sight communications suites, two operator workstations, and a self-protection suite.

The EMARSS operates as a single platform in support of tactical missions, but through connectivity to tactical and national networks, also contributes to the joint overall airborne intelligence, surveillance and reconnaissance. or AISR, constellation.

Deployments shorten for Soldiers

ARLINGTON, Va. — Jan. 1, most Soldiers will deploy for nine months, meaning more time at home with their Fami-

Secretary of the Army John McHugh signed a directive instituting a nine-month "boots on the ground" policy for deployed Soldiers, providing more "dwell" time at home for Soldiers and Families.

"Implementation of this change is based on the projected demand for Army forces, and remains contingent on global security conditions and combatant commanders' requirements," said Lt. Col. Peggy Kageleiry, an Army spokesperson.

Corps units and above, and individual augmentee deployments will remain at



SEE DEPLOYMENTS, PAGE B4 Beginning in 2012, deployment time for many Soldiers will be reduced to nine months in theater.



PHOTO BY SGT. ROLAND HALE

Lt. Col. Brian Hughes, commander of the 2nd GSAB, 1st Avn. Regt., is lowered on a hoist from a UH-60 Black Hawk medevac helicopter during training on Fort Riley, Kan., July 28. This is the first time the battalion's medevac company has conducted hoist training since its return from Iraq this March. Like the rest of the Combat Aviation Brigade, 1st Inf. Div. the medevac company is back in the full-swing of its training cycle, and is working around the clock with ground units across Fort Riley.

Aviation brigade spins up aircraft for training with ground troops

BY SGT. ROLAND HALE CAB, 1st Infantry Division, Public Affairs

FORT RILEY, Kan. — Fort Riley's aviation brigade hit the skies heavy this week to train with its 1st Infantry Division counterparts on the ground.

The Combat Aviation Brigade, 1st Infantry Division, used its arsenal of Black Hawk and Chinook helicopters Aug. 3 to conduct air assault training with troops from the 1st Battalion, 28th Infantry Regiment.

Air assaults are the movement of ground troops to targets by use of helicopters. The events served to train both the helicopter crews and their passengers.

CW2 Dwayne Williams piloted a UH-60 Black Hawk on one of the missions. He has been with the brigade's 3rd Assault Helicopter Battalion, 1st Aviation Regiment, for three years, and knows what it takes to pull off an air assault in combat.

"I'd say 90 percent of it goes to the planning," he said. "They tell us where they want to go, and it's up to us to figure everything else out."

Williams said the troops were dropped at their objective within seven seconds of their goal. In the context of Iraq or Afghanistan, every moment can count, he said.

"Time is big, and we have to consider everything - like the added weight of the passengers effect on the aircraft and wind



A Soldier with the 1st Bn., 28th Inf. Regt. pulls security during air assault training with the Combat Aviation Brigade, 1st Inf. Div. at Fort Riley, Kan., Aug. 3. UH-60 Black Hawk and CH-47 Chinook helicopters from the brigade have been busy training ground troops, as well as their own crews, for combat missions.

speed - to make sure we're on time," he

In the back of Williams's aircraft, Pfc. Matt Jordan crewed his first air assault mission with the battalion. During air assaults, crew chiefs are responsible for watching their aircraft's distance to other aircraft, keeping the

passengers safe, and monitoring the area for enemy activity.

"I thought it went pretty well," said Jordan. "This was my first time here, and one of my first times period. It's good to train like this."

SEE TRAINING, PAGE B4

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Deployments: Army plans full implementation

Continued from Page B1

12-month deployments.

The goal for the corps units is to eventually get to ninemonth deployments.

Most augmentees — those with particular skills or those in low density skill sets and grades - will remain on 12-month deployments.

This change in policy, to be fully implemented by April 1, will affect Soldiers in all named operations, including and Reserve Forces that will Operation Enduring Freedom in Afghanistan, Operation Noble Guardian in Kosovo, and Multi-National Forces Sinai in

unit tour lengths will be the same as active duty - nine months. In their case, though, deployment and mobilization are two different issues. Even though these units may still be mobilized for 12 or more months, they will only spend nine months of that mobilization deployed.

It is clear to Army senior leadership that there are still issues tied to Guard need to be worked out, said Kageleiry.

Soldiers deploying under the change in policy will not be granted environmental

R&R — but commanders will retain the option of granting emergency leave and leave for special circumstances, according to Army regulations and local policy.

"This policy will enhance operational success by reducing the friction that comes with having 10 percent of a commander's personnel being away on leave in the middle of a deployment," Kageleiry said.

"Operational continuity is enhanced and risk to the individual Soldier is reduced by not having to move a warrior around on the battlefield to go on leave," she said.

Also, Kageleiry said, the reduced deployment length could potentially improve Soldier and family quality of life while continuing to meet operational requirements, and is an important step in sustaining the all-volunteer force.

The goal of the policy is to reduce the amount of time Soldiers are deployed and provide more time for them to spend with their families, depending on the needs of the combatant commander erational environment allows and the potential of decrease operations. Units deployed before the policy takes effect, January 2012, will continue to have 12 month deployments.

been 12 months with a goal of 24 months at home.

However, the Army will continue to review how to increase the amount of time Soldiers spend at home depending on the amount of time they are deployed.

"We are constantly analyzing all range of policies to address the issues of the mission, Soldiers, and Families. We believe that the current opus to adjust the deployment policy in a way that meets all mission requirements and better serve our Soldiers and Families," Kageleiry said.

Training: Exercise helps prepare Soldiers for combat zone

Continued from Page B1

The brigade's 2nd General Support Aviation Battalion, 1st Aviation Regi-

ment, trained with the same unit later that day. They did not conduct a full air assault, but held "cold load" training to familiarize the infantrymen with how

to load and exit Chinook helicopters. The battalion is scheduled to conduct a full version of the training next pares for a deployment to Afghanistan week. Additionally, the brigade's crews

will continue to train with 1st Bn., 28th Inf. Regt. as that battalion prenext year.



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Male military spouses cope with added challenges, expert says

Story on Page C3

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PHOTO BY RUSSELL SELLER:

Dozens of students cross the road on their way to the first day of school at Fort Rucker Elementary School Friday morning.

Back 2 School

Safety top priority for new school year

BY ERIN MURRAY

Local children have returned to school, as Fort Rucker Elementary School and Fort Rucker Primary School are already one week into the school year that began Aug. 4, and Enterprise, Daleville and Ozark schools started classes Tuesday.

A new school year brings excitement for both students and educators, but there are also concerns about getting to and from school safely each day, according to Fort Rucker school officials.

Vicki Gilmer, Fort Rucker Elementary school principal, was thrilled to start the new school year, but had to send a letter to parents explaining that children could not be at school before 7:30 a.m., after having many students arrive at school as early as 7 a.m. on the

"We have a little over 300 walkers nd bike riders. The supervision of those children is really important. We have lots of eager kids on the first day of school," said Gilmer.

Aside from the early arrival by many of the children, the school year began smoothly at Fort Rucker Elementary School, with students excited about returning from summer break.

"It's been great. I really like my teach- an emergency or unexpected event. ers this year," said sixth grader Faith Nicholson about her first week. "Every-

one here is so nice." Faith walks to school each morning, and she's never felt uncomfortable getting to school in the mornings.

She says that the crossing guard, who is also the school's librarian, makes her feel safe and is always friendly.

Gilmer and Peggy Contreras, Fort Rucker Community Police supervisor, both encouraged parents to be aware of the school's policies as well as communicate with their children and teachers about getting to and from

"Remind the children who do walk and ride bicycles to make sure they use the bike path and sidewalk," said Contreras, who also encouraged every parent to talk their children about what do to when something unexpected happens

According to Contreras, Families should "always have a Plan B" in addition to the transportation plan they've made with their children.

Often, that plan includes notifying a neighbor or friend, giving them parents' contact information and making sure children know where to go in case of

One event that Gilmer and Contreras urged parents to be prepared for was inclement weather. Gilmer said that Like many of her fellow classmates, each child should have a "rainy day plan" that includes finding alternate transportation.

> She said this plan seems even more relevant after the string of severe afternoon storms over the past few weeks.

> Contreras added that being aware of weather forecasts and making sure children wear weather-appropriate clothing will help in instances of bad weather.

Preparation, according to Contreras, is key in handling most school safety concerns.

Drivers should also be aware of the changes on roadways that come with a new school year, she said. Children will not only be walking or riding their bikes to school, but also waiting at bus stops for Fort Rucker and off base

"Drivers should be vigilant and more cautious in the school zones," said Contreras, who feels that many drivers have developed a routine in the summer months that might need to be changed to accommodate children on the way to school.

Kim Kozel, School Support Services

liaison, also advises drivers to remember that busses will be running during the school week.

Kozel encourages drivers to "be patient for the first weeks of school," as children and bus drivers develop a schedule.

For children who are attending schools off post, Contreras reminds parents and teen drivers to be especially aware of the school zones when trying to get off base in the mornings.

Communication between Families, students and faculty is another way to ensure that children are safe at school, said Tracy Bergmann, a teacher at Fort Rucker Elementary school, who wants parents to know that their concerns can be brought to the school without hesitation.

"We have an open door policy, so if the parents have any questions, they can come into the school and ask. We want our parents to know that their children are safe and getting a quality education," she said.

Contreras was also eager to help parents this school year, "Any questions or concerns parents have, we're always available to assist them," she said.

For more information on back to school safety, call the Fort Rucker Community Police at 255-9399.

Club's Super Sign-Up helps spouses connect

BY ERIN MURRAY Army Flier Staff Writer

Military spouses interested in making new friends, having fun and giving back to the community are invited to the Fort Rucker Community Spouses Club's annual Super Sign-Up Aug. 18 from 9 a.m. to 1 p.m. at The Landing.

Providing opportunities for social, cultural, and creative pursuits is one of the FRCSC's primary goals, so this year's event will be different from the "drop-in" events held in the past, said Kim Roedl, FRCSC first vice president.

"We want spouses to plan to come and stay awhile so they can meet the club board members, find out more about the services and resources offered on Fort Rucker," she added.

Among the over 20 vendors and programs featured at the Super Sign Up are local companies; Morale, Welfare and Recreation; and Protestant Women of the Chapel.

Along with these vendors, many different prizes will be available, including a spa makeover at Hair In Motion of Enterprise. Roedl was also excited about one event in particular, a vintage fashion show at 11 a.m. that will be presented by Enterprise retailer D Couture.

The 98th Army "Silver Wings" Band will also provide a musical backdrop of big band and swing music throughout the event.

The theme of this year's FRCSC Super Sign-Up is "We Can Do It...Together!" Roedl said the FRSC will use the iconic World War II-era image of Rosie the Riveter to represent "the strength and versatility of the everyday military spouse, who can not only have a career, but also raise a Family," she

Darcy Lynch, FRCSC publicity chair, hopes that Fort Rucker's Thrift Shop; Fort Rucker Family and this year's theme will highlight her favorite as-

pect of membership.

"One of the things I don't think people realize about the club is what we do for the community. We get together each month and have our luncheons and network with other spouses on post, but while we do that, every month we take collections for organizations around the Wiregrass area," she said. Last year, over \$25,000 raised by the club went to scholarships and grants for high school seniors, and continuing education in Fort Rucker and in the surrounding area.

FRCSC's bylaws state that one of the group's purposes is to "foster a spirit of community responsibility," which Roedl said begins at events like Super Sign-Up. "We hope this event reminds [spouses] of just how strong they are on a day-today basis. We also want to stress how important unity is in this lifestyle. We need each other."

For more information on FRCSC and Super Sign-Up, visit http://ftruckercsc.com.

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS . SERVICES AND ACTIVITIES

Pools change hours

The Directorate of Family, Morale, Welfare and Recreation reports that because of lifeguard shortages, some post aquatic facilities will change their hours.

- Flynn Outdoor Swimming Pool closed for the season Aug. 6.
- · The indoor swimming pool at the Fort Rucker Physical Fitness Facility in Bldg. 4605, is open Mondays-Fridays from 5:30 a.m. to 7 p.m. and Saturdays and Sundays from 11 a.m. to 5 p.m.
- SPLASH (full facility swimming pool and spray park), is open only on the weekends and the Labor Day holiday from 10 a.m. to 6 p.m. The facility will close for the season Oct. 3.
- SPLASH (spray park only), is open Mondays-Fridays from 1-5 p.m. through Sept. 30.
- West Beach is open only on weekends from 10 a.m. to 6 p.m. through Labor Day, Sept. 5.

Mini Mall Express renovations

The Burger King Express' dining area is closed because of renovations to the Fort Rucker Mini Mall Express. Store hours will remain the same, but patrons will have to make their orders to go. Customers are welcome to dine in the newly renovated Burger King at Bldg. 4300.

Donations needed

The Thrift Shop has moved and needs donated items. People can drop off donations at the shed behind the new Thrift Shop location, the old Armed Forces Bank, in front of the deductible.

call 255-9595.

Blood for the Military

The 1st Bn., 13th Avn. Regt. is sponsoring a blood drive at Fortenberry-Colton Physical Fitness Center in Bldg. 5900 Friday from 1-8 p.m.

For more information, call 255-7557.

DEADLINE for On Post is noon Thursday for the following week's edition. E-mail submissions to Jim Hughes at jhughes@armyflier.com.

Becoming a Love and Logic Parent Workshop

Army Community Service's Family Advocacy Program's Becoming a Love and Logic Parent classes are Thursdays now through Sept. 15 from 9-11 a.m. at the Early Childhood Activity Center

This workshop is a seven part series. Participants must attend all classes in order to receive a certificate of completion. This workshop is open to active duty, retired military, civilian employees and Family. For more information, call 255-3898.

Promotion Points Parent Support Proaram

Army Community Service's Promotion Points staff hosts a new parent support program from 9-11 a.m. at the Farly Childhood Activity Center, Bldg. 3705, on Dean Street These monthly parenting education classes are designed for Soldiers and are held the first Friday of every month. For more information and to register, call 255-3898.

Resilience Training

Army Community Service staff host resilience training today, Tuesday, Thursday, Aug. 23 and 25 from 5-8 p.m. at The Comtheater. Donations are tax mons, Bldg. 8950. The workshop is designed to For more information, help servicemembers and their Families learn how to not just bounce back from life's challenges, but learn to thrive. For more information, call 255-3643 or 255-3735.

BOSS presents Committed

Committed, winners of NBC's show The Sing from 6-8 p.m. following 11 a.m. the Top 12 performers of Rockin' Rucker's Talent

of Family, Morale, Welfare the Fort Rucker area. and Recreation office, ets are \$15 on the night for eligibility information. of the event.

For more informa- Dueling Pianos tion, call 379-4594 or 255-9810.

AFTB Level I

are Monday and Tuesday from 8:30 a.m. to 2:30 ing include: military acronyms, chain of command, customs and courtesies A Whale of a Time and more.

Pre-registration is required and all materials whales with Marine Biand instruction are free. ologist Heather Riley at Childcare may be available.

For more information. call 255-2382.

Job fair

Enterprise Chamber of Commerce and Fort Rucker Army Community Service staff hosts a job fair Wednesday from 10 a.m. to 2 p.m. at the Enterprise Civic Center

For more information, call 255-3949.

Get REAL

Army Family Building staff hosts Rucker Experience, Army Learning Thursday from 8:30 a.m. to 2:30 p.m. at The Commons.

Topics include acronyms, Army customs and courtesies, military rank, community and more. Registration is required.

For more information, call 255-2382.

FRCSC Super Sign-

The Fort Rucker Community Spouses Club's Super Sign-up event is Thursday from 9 a.m. to 1 p.m. at The Landing.

The 98th Army Silver Wings Band performs and

Off, perform live Saturday a fashion show begins at

This 1940s-themed event is open to spouses and Show at the post theater. Family age 18 and older Tickets are \$12 in ad- of active duty and retired vance at the Directorate military personnel within

Visit http://ftruckercsc. Bldg. 5700, Ste. 350. Tick- com/membership./htm

The Directorate of Family, Morale, Welfare and Recreation staff hosts dueling pianos Aug. 20 Army Family Team from 8 p.m. until midnight Building Level I classes at The Landing Ballroom.

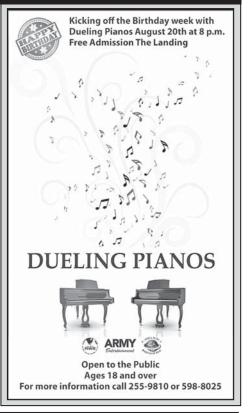
This is an Army Entertainment event and p.m. in Bldg. 5700, Rm. is free for any age 18 and 371F. Modules of learn- up. For more information, call 255-9810 or 598-8025.

Come learn about the Center Library Aug. 23 from 3:30 - 5 p.m.

This is an EFMP-friendly event and open to youth ages 3-11. A craft activity follows the presentation. Space is limited to the first 65 children registered.

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

DFMWR Spotlight

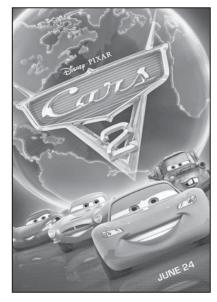




Pick-of-the-litter

Meet Willy, a 15-week-old male mix breed. He is very shy and lovable. It costs \$81 to adopt him, which includes spaying, a microchip and heartworm testing. 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.

FORT RUCKER Movie Schedule for August 11 - 14



THURSDAY, AUGUST 11

Cars 2 (G) 7 p.m.



FRIDAY, AUGUST 12

Monte Carlo (PG) 7 p.m.



SUNDAY, AUGUST 14

Larry Crowne (PG-13) 7 p.m.

Male Military spouses cope with added challenges, expert says

BY ELAINE SANCHEZ American Forces Press Service

WASHINGTON — Brian Campbell knew some challenges were in store for him after he left his Navy career to follow his military wife

across the country. But what he didn't count on were the additional challenges brought on not by his status as a military spouse, but by his gender.

"I was the first [nonmilitary] male spouse in that command ever," Campbell said in a podcast posted on Military OneSource.

Seeking social connections, Campbell looked for a spouses' club at their new installation, but instead, found a wives' club.

"I didn't fit into that organization very well," he said. "In a lot of instances, when you're talking about a spouses' organization, lot to work out and a lot you're going to be the only male in the room."

Campbell eventually found the social interaction he craved by reaching out to men within his wife's command. These connections are vital, he said, and can "help build that social organization that can be

lacking for you as a male spouse.

As a small segment of the overall military population, it can be difficult for service members' civilian husbands to figure out where they fit in, but building strong support networks can help to ward off feelings of isolation, said Scott Stanley, a research professor from the University of Denver and a military Family expert. According to the 2010 Military Family Life Project, just 5 percent of active duty service members' civilian spouses are

"While things have changed a lot in society and changed a lot in the military, it's still more typical for people to think of the male as the warrior," Stanley said in a Military One-Source podcast. "There's a to figure out, and it's clear that it's difficult for some couples."

Stanley cited a study he's part of that's following Army couples over time to gauge how they're doing. Evidence shows that civilian men married to a service member are twice or

a little more than twice as likely to divorce, he said.

"It's really clear even in the divorce data that this is something that's even trickier than what the average military couple is going through," he noted.

Part of the difficulty, Stanley explained, is people don't understand the male role when it's the female service member who is deployed. "A lot of these men are sort of swimming in a whole new part of the pool, if you will, without really knowing exactly where to go or what to do or what sort of supports to

Compounding some men may find their spouse role clashes with their sense of who they are as a male, or their perception of who they're supposed to be. And in some cases, he said, men may be less inclined than women to seek support or to open up about their struggles.

"They may feel extra uncomfortable, at least some men might, because of the nature of this: Well. my wife is going off to war, and I'm here watching the

Military Families have access to a vast array of support programs, Stanley noted, however, many are focused on connecting with the service members

"You have all these support systems where it's really easy for the wife of a service member to walk in the room, immediately see a lot of other people like her, and start connecting in an environment that's been created to be female friendly," he said.

While service members' husbands may feel out of place in these settings, they still can create a strong support network and social connections. Stanley suggested they develop friendships with other couples who have the same dynamic. That way, he said, they'll gain a friend with whom

they can "blow off steam." as well as someone who can relate to their complaints and concerns.

Chaplains and counselors, he added, are other avenues of emotional support. People can connect with a counselor through the TRICARE military health care system or through their installation's Army Community Service. People who live away from an installation can call Military OneSource at 1-800-342-9647 to connect with a counselor.

Campbell advised his fellow male spouses to look into installation-sponsored trips or to find other men who share the same interests, such as bike riding or chess.The local community also can be a great source of support, he added.

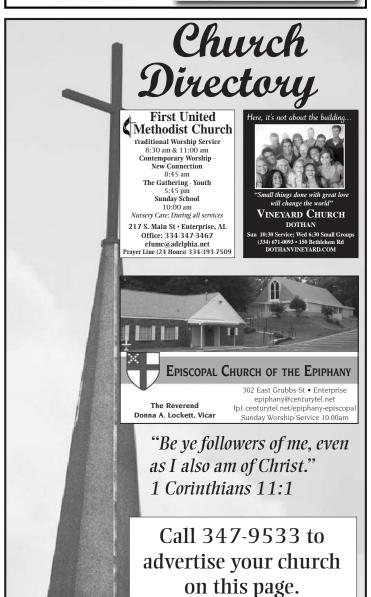
"If you can find an orga-

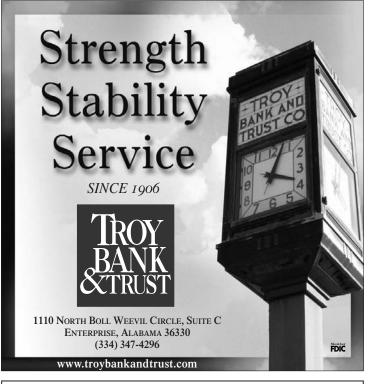
nization, a club, a church, a civic group, something in the local area that you can feel a part of, that's what you need to do," he said. "That's what's important: feeling like you belong in the community."

While male spouses may feel isolated at times, Stanley noted, they're not alone. "They may or may not be talking about it with other guys, but there are a lot of men out there who are going through this and feeling it," he said.

"But you are really in this," he added, "so you have to kind of figure out what's going to work for you to cope with this in the best way you can at this time, because that's going to be the best thing for your marriage, best thing for your Family and the best thing for you down the line.









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BY ELAINE SANCHEZ American Forces Press Service

WASHINGTON — An interstate compact is spurring sweeping improvements to the school transition process for military parents and their children, while also making inroads into addressing parents' education-related cerns, a Defense Department official said.

The Interstate Compact on Educational Opportunity for Military Children affects everything from school enrollment and eligibility to course placement and graduation, explained Ed Kringer, director of state liaison and educational opportunity for the Pentagon's office of military community and Family policy. Since its inception in 2006, 39 states have adopted the compact, ensuring inclusion of nearly 90 percent of military children and teens.

The Defense Department developed the compact in coordination with the Council of State Governments' National Center for Interstate Compacts in an attempt to counter many of the common education challenges military Families face, he said.

"All parents want good education for their children; they want them to have a chance to succeed," Kringer said. "In many cases, many [military] parents have felt there are roadblocks - unintentional roadblocks - but roadblocks put in the way of their children."

A delay in records transfer has been an ongoing concern, he noted, with some schools taking weeks, or months, to ship

records to another state. a delay in course or program placement. Through the compact, however, schools are required to ship records within 10

The compact also looks out for students in honors the past, school officials have barred students from enrolling in honors programs until their qualifications could be verified. Meanwhile, they've lost a semester or more of participation in that program.

"If you're transferring schools every couple of

years and every couple This delay can result in of years you're losing that advanced training, that can have a serious impact," he said.

The compact works to avoid these education gaps by requiring the gaining school to presume students are qualified for programs, Kringer said. In an honors program if they were in a similar program in another school and there's space in the gaining program, Kringer explained. The students still can be tested, but meanwhile, they're not losing valuable learning time.

SEE SCHOOL, PAGE C5

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We give this one the works, and that's sayin' sumthin'! We load kuntry-fried steak, grilled chicken and Calabash shrimp onto a big bed of fresh lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges and a eadstick. Purty nye heaven on earth!

Yore Choice Salad

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Ya gotta pick'n choose with this one: well top a big bed of lettuce with croutons, t'maters, onions, carrots, cheese, hard-boiled egg wedges, a breadstick and yore choice of • Kuntry-Fried Steak • Calabash Shrimp · Fried or Grilled Chicken Breast

Crispy lettuce tossed with t'maters, carrots, onions and croutons, sized to suit yore appetite

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A half-pound of USDA chuck steak, carefully seasoned, smothered with grilled

Grilled Beef Liver an' Onions

Enjoy a tender half-pound of this Southern specialty.

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• 2-Piece Fried Chicken • Fried or Grilled Pork Chop

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Thirty golden morsels of tender shrimp jest beggin' to be et! You don't sapp'int them and they sho' won't disapp'int you. Seafood Combo

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Dee-lishus, tender, bite-sized shrimp fried golden brown Calabash-style PoFolks Clam Fry

A heap o' hot and crispy clams, three-quarters of a pound in all.

GRANDMA'S CHICKEN DINNERS

We got the best recipes from Grandma's recipe box and we're offerin' v'all some plain good eatin'! Each and ever' one is put on yore table with yore pick of two homestyle veggies an' choice of warm breadstick, yeller cornbread,

Nekked Chicken Breast (Boneless) If yer thinkin' healthy well simply grill this tender chicken breast and serve it

nekked or dressed up with barbee-cue sauce. If ver cravin' down-home, we can

Blue Ribbon Fried Chicken One bite of this crispy, moist chicken and you'll be shoutin' hallelujah! We're fillin' up yore plate with a breast, thigh, leg and wang.

Chicken Tender Dinner We heard company's comin' so we rolled these fresh chicken tenders in our special seasoned breadin' and fried 'em up special fer ya! Served with honey

mustard or barbee-cue sauce fer darn good dippin' Chicken Livers or Gizzards

Sometimes va just get a hankerin' fer these crispy critters. We dust 'em up with seasoned breadin' and serve 'em hot from the fryer. Chicken n' Dumplings

We saved the best fer last! Take yore fork to a big ol' bowl of satisfyin' dumplins ladled up with chunks of slow cooked chicken.

HOMESTYLE VEGGIES

Dinners come with two veggie • French Fries • Baked Po-Tater • Rice an' Gravy • Mashed Po-Taters

• Macaroni an' Cheese • Red Beans an' Rice • Corn on the Cob

· Black-Eyed Peas · Sliced T'maters · Turnip Greens · Baked Beans • Green Beans • Fried Okra • Cabbage • Coleslaw • Applesauce

• Baked Apples • Po-Tater Salad • Cottage Cheese

PO FORKS

These belly-fillin' specials will leave va plum satisfied without emptyin' vore

Choose four of yore favorite veggies and we'll serve 'em up with yore choice of breadstick, cornbread, hushpuppies or a fresh-baked bisket. Red Beans 'n Rice

Have a big ol' bowl of this made-from-scratch Southern specialty. Turnip Greens A bowl of greens seasoned and cooked up fer genuine kuntry flavor

Chicken 'n Dumplins Tender chunks of chicken plum full of flavor cooked up with some of the best strip dumplins ya ever stuck in yore mouth. Served with homemade cornbread.

Great fer lunch or anytime of the day. Served with yore choice of one homestyle vegetable Our Famous Kountry-Fried Steak Samwich

It's a doozey! Kuntry-fried steak with lettuce, t'maters and our dressin' on a

Doc McCoy's Chicken Samwich

Doc's pick of the litter! Double boneless chicken breast breaded and fried or rilled plain and simple, laid out onna bun with lettuce, t'maters and may Whitefish Fee-Lay Samwich

Hit's a gon' make ya as wild as a junebug on a string! Milk flaky whitefish fee-lay topped with cheese, lettuce 'n tartar sauce, caught on a fresh bun. Have Half-Pound PoChuck Samwich

Ya git yo'self some downright good eatin' when ya order this half-pound of

USDA chuck steak, specially seasoned and stacked with lettuce, t'maters an mayo on a big bun. Cheeseburger

With lettuce, t'maters and mayo

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Served with a smile, plus yore choice of two homestyle veggies and choice of breadstick, cornbread, hushpuppies or fresh-baked bisket Grandma's Fried Chicken

Honey, this here fried chicken is finer than frog's hair on Friday. Hit's tender and moist and juicy as all git out. Set yoreself down to two pieces of our outstandin' chicken Golden Fried Shrimp

Yore shrimp boat has come in! Git 15 of these purty little morsels, served with

Make your belly happier'n a moth in a mitten! Have a meaty chop cooked yore way: fried, grilled or barbee-cued. Kuntry-Fried Steak

Gooder 'n grits and just as tasty at lunch as at suppertime. Topped with our rich

We'll stack four of yore favorite veggies onna plate and add yore choice of breadstick, cornbread, hushpuppies or a fresh-baked bisket.

scribe as to how ya want it fixed: fried or grilled Chicken Tenders

You'll want to stick to this 'un like white on rice! Three breaded chicken breast tenders

Chicken Livers or Gizzards

These'll git yore own gizzard a thumpin' sho' nuft Have a heapin' helpin' of

the dee-lishus morsels of yore choice. Chicken 'n Dumplins

So purty they could make a hound dog smile

HAPPY ENDINGS

So dee-lishus, you'll be smilin' like a billy goat in a briar patch. Take yore pick! Cobbler of the Day

Chock-full of fruit with a top and bottom crust so flaky it makes Grandma

proud and Mom jealous. Served with 'niller ice creat Mississippi Mud Pie

More excitin' than snuff and not nearly so dusty! Rich fudge chocolate pie over a flaky crust topped with 'niller ice cream

Strawberry Shortcake

Purty as a speckled pup an' just as sweet! Our ol' fashioned shortcake is th berries and just as full of old-timey goodness. Hot Fudge Ice Cream Cake

Naughty and nice! Two slices of devil's food chocolate cake with an angelic slab of 'niller ice cream 'tween. Topped with hot fudge, whipped cream and a cherry.

We put a big ol' scoop of 'niller ice cream in a coffee cup fer ya

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dents who move during school year draws near. the school year often miss as taped auditions.

ricular activities can't be liaison officer. underestimated, Kringer The big-picture goal of join in," he said.

and exams so students school transition issues. aren't denied a graduation "That's not what we their former school.

Kringer acknowledged schools." just ensuring kids have a board. chance to participate, to compete."

many other provisions, interstate.cfm

Continued from Page C4 Kringer said. He encouraged parents and school Kringer also noted the officials to educate themcompact's impact on ex- selves about the compact, tracurricular activities. Stu- particularly as the new

"There are going to be activity deadlines and end schools with relatively few up having to sit out a year military children [that] of an activity, such as band won't get the word," he or a sport, until auditions or said. "What's going to be tryouts are held again. The important is for parents to compact requires schools understand the compact, to waive the deadlines or, what it provides, and also if those dates are steadfast, know what it doesn't do. to find an alternate way for And if they hit any roadthe student to apply, such blocks, Kringer said, parents and guardians should The value of extracur- talk to their local school

noted."It helps them fit in, the compact, Kringer said, is to alleviate parents' edu-For high school seniors, cation concerns and to the compact works to en- keep families together. He sure frequent moves don't would like to avoid situaaffect their graduation tions in which the Families plans. The compact re- choose to stay in one place quires the gaining school while the service member to look closely at courses moves to another to avoid

due to minor differences want - we don't want to in standards between keep Families apart," he states. If standards can't be said. "We surely don't want waived, then school offi- them apart because they're cials should see if students worried about their chilqualify for a diploma from dren being put behind because they have to transfer

some schools have con- Kringer said DOD officerns about having to save cials will continue to work slots or bump someone with the interstate comelse out in favor of military mission, the compact's students. But that's not governing body, to bring the case, he said. "We're the remaining 11 states on

For more on the compact, visit the website http:// The compact includes www.dodea.edu/teachers/

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Gretchen Bradley Real Estate Agent DRE#01894275

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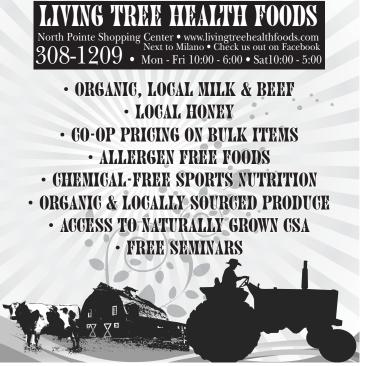
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IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, E-MAIL JIM HUGHES WITH ALL THE DETAILS AT JHUGHES@ARMYFLIER.COM.

ANDALUSIA

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more.

Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

DALEVILLE

ONGOING — The Fort Rucker chapter of the Vietnam Helicopter Pilots Association meets the first Wednesday of each month at 7 p.m. Meetings are in the Daleville VFW Post Ballroom.

ONGOING - Daleville Chamber of Commerce meets the second Wednesday of each month at 11 a.m. at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

MONDAY - The Dothan Social Security office is open Mondays-Fridays from 8:30 a.m. to 3 p.m. Most Social Security services do not require a visit to an office.

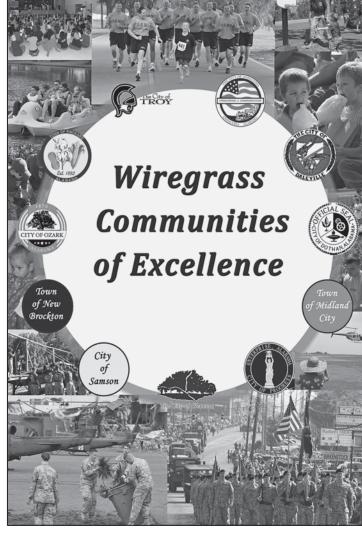
For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform the office of a change of address or telephone number may do so at www.socialsecurity.gov or by dialing the tollfree number, 1-800-772-1213.

AUG. 20 — Troy Futral, Family and Friends host an Indian Artifact Show at Westgate Gym from 8 a.m. to 3 p.m. The Show will have multiple vendors selling Indian and Pre Columbian artifacts, Civil War relics, fossils and more. There will also be a flint knapping demo, raffles and refreshments. Admission is \$2 for adults and free for children under the age of 12. For more information, visit www.dothanshow.com. \$\$\$

ENTERPRISE

AUG. 25 — Enterprise Civic Center hosts the "Getting to Know Enterprise" Retiree Fair from 9 a.m. to 1 p.m. Local businesses and clubs will be providing information about services and activities available to retirees in the Enterprise area. There will be entertainment and multiple door prize drawings. For more information, call 347-0581.

SEP. 24 — Enterprise Aviation Expo is 9 a.m. to 4 p.m. at the Enterprise Municipal Airport. Admission is \$5, free for children 12 and under. There are still several slots open for food and craft vendors as well as event sponsors. For more information, call Tara Emnett at



348-2603 or email Tarae1@cityofenterprise.net.

ONGOING - Veterans of Foreign Wars Post 6683, John Wiley Brock Post membership meetings are at the post headquarters, located on County Road 537, every third Tuesday of the month at 6:30 p.m.

For more information, call Connie Hudson at 406-3077, Randy Black at 389-0738 or Bob Cooper 347-7076, or visit the Veterans of Foreign Wars 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 — Adult education classes

are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m.

All classes are free for individuals 16 years old or older who are not enrolled in public school.

Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

SATURDAY TRHOUGH SEPT. 23 — The Dale County Council of Arts and Humanities hosts the 11th annual Regional Juried Art Exhibition at the Ann Rudd Art Center/Dowling Museum.

The council is now accepting entries from artists who wish to participate. Contestants are allowed three entries, with the first entry costing \$25 and \$5 for each additional entry

All entries must be submitted at the Rudd Art Center by 4 p.m. Saturday. An open reception and award presentation will be held Saturday from 7-9 p.m. For more information, visit www. ruddartcenter.org.

AUG. 19-20— The 17th annual South Alabama Pro Rodeo Classic will be held at the Dale County Ag-Plex Arena. Gates open at 6 p.m. and the rodeo begins at 8 p.m.

The event features bull riding, team

roping, cowgirl barrel racing, steer wrestling, bareback riding and more. For more information, call 774-9448.

ONGOING - Dale County Council of Arts and Humanities is looking for artists to participate in its Back Street Art at Claybank Jamboree outdoor art show.

In conjunction with the Ozark Chamber of Commerce and the Potting Shed. the Back Street Art show is the first outdoor art show held at annual Claybank celebration in many years.

This show will be juried and cash awards will be presented the day of the show.

For more information and an entry form, visit www.ruddartcenter.org. Complete the entry form and return the last page to: backstreetart2011@ gmail.com or mail to DCCAH, ATTN: Back Street Art, 144 E. Broad St., Ozark AL 36360

Entry fee and form must be received not later than Sept. 14. Call Denise Reyes at (334) 618-3006 with questions or 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 Church.

For more information, call 983-3064.

SAMSON

ONGOING - The Samson City Council meets monthly on the first and third Tuesdays at 5:30 p.m. at the Samson Community Center

ONGOING - American Legion Post 78 meets monthly on the second Tuesdays at 7 p.m.

TROY

AUG. 31 — Troy University hosts a volunteer fair on the Troy campus from 10 a.m. to 12:30 p.m. The deadline to register for the fair is Aug. 19. For more information, contact Jonathan Cellon

OCT 7-8 — Pioneer Days is 9 a.m. to 5 p.m. at the Pioneer Museum of Alabama.

The event features horse and wagon rides, trips on the Pioneer Express, Native American camps with demonstrations of candlemaking, spinning, weav $ing,\,quilt making,\,black smithing,\,drum,\,$

For more information, call 566-3597.

ONGOING - Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the I.O. Colley Senior Complex

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods and refreshments. For more information, call Janet Motes at 808-8500.

\$\$\$ indicates a charge for the event

Beyond Briefs

Eva Bank 5K Midnight Run

The annual Eva Bank 5K Midnight Run in Cullman is Friday at the Cullman

Registration is \$25 the day of the race. Additional free events including live entertainment begin at 11:45 a.m. and continue until the end of the race.

For more information, call (256) 734-0454 or visit http://www. cullmanrecreation.org.

Nature Programs at Oak **Mountain State Park**

Oak Mountain State Park in Pelham hosts weekly nature programs in the Campground Pavilion. Learn about Alabama's 62 native species of mammals during "Mammals of Alabama" Saturday at 10 a.m.

Then, spend the day enjoying over 50 miles of hiking, biking and equestrian trails and the 9,940-acre park. Admission to Oak Mountain State Park is \$3 for adults and \$1 for children and seniors.

Nature programs are free with admission. For more information, call (205) 620-2520.

Athens Cruise-In

The Athens Cruise-in is the first Saturday of the month Saturday through Oct. 1 from 3-9 p.m. in downtown Athens, Ga.

The event offers Family-oriented fun including businesses open late, three restaurants and a DJ playing 50s and 60s music.

For more information, call (256) 603-1227.

Stokin' The Fire BBQ Festival

Sloss Furnaces National Historic Landmark plays host to the seventh annual Stokin' the Fire Barbecue Festival at the historic Sloss Furnaces Aug. 20 from 11 a.m. to 8:30 p.m.

The competition consists of all amateur teams, allowing for over 80 local teams to compete for the "braggin' rights' to the best barbecue in Birmingham.

Grill masters compete in two divisions: backyard grillers (graded by volunteer and KCBS judges), and the People's Choice competition (judged by the public).

In addition to the barbecue battles. the festival includes art demonstrations provided by the Sloss Furnaces metal arts staff, live popular musicians known around the southeast, Cajun dancing demonstrations and barbecue sampling during the People's Choice competition. VIP tickets available.

For more information, visit www. slossfurnaces.com.

Cobbler Festival

The Gadsden Etowah County Cobbler Festival celebrates one of the south's favorite desserts Aug. 26-27 at the Gadsden Midtown Plaza in Gadsden. There is a silent and live auction Aug. 26 of interest items, dinner catered by Top of the River and carnival rides for the Family from 4-10 p.m.

The fun continues Aug. 27 from 10 a.m. to 10 p.m. with carnival rides, food and craft vendors live music and entertainment and the Cobbler Bake Off contest.

For more information, including festival pass prices, visit http://www. stjamesgadsden.com/CobblerFest/ CobblerFest.html.

Alabama Butterbean Festival

The Alabama Butterbean Festival is Sept. 2-3 on Main Street in Pinson.

The event features a butterbean and cornbread cooking contest, antique car show, a tail waggin' dog pageant and a 5k run. Events are held Sept. 2 from 5-10 p.m. and Sept. 3 from 8 a.m. to 4 p.m. Admission is free and open to all ages.

For more information, call (205) 572-2041 or visit www. albutterbeanfestival.com.

Jazz in the Park

Jazz in the Park is Sundays from 5-8 p.m. now through Sept. 4 at the Birmingham Metro Park and features performances by local jazz enthusiasts.

Jazz in the Park showcases music styles from contemporary jazz, straightahead jazz to Latin Jazz and everything in between. Admission is free and open to the public.

Visit www.magiccitysmoothjazz.com for details and complete list of locations and performers. Dates and performers are subject to change.

For more information, call (205) 616-1735.

Congratulations

CALEB EBERLE IS A 2011 Graduate of EPA



Caleb will be attending Flagler College this fall in St. Augustine, Florida with a double major in Philosophy/Religion and English. His plans for the future include continuing his education with a goal of teaching at the college level. Caleb will also continue as lead singer/guitar/song writer for Earth House. The group released their first EP this summer and recently recorded their second effort in Atlanta for a fall release

Enterprise Preparatory Academy





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You can also visit www.cutestkidcontest.net to upload your photo or stop by the office & drop it off. Each child's photo will appear in a special section in the Dothan Eagle, 10-5-11, online and in an ad that will run every Tuesday & Thursday during the contest. Everybody will be able to vote for their favorite kid! There will be 13 winners, 12 of which will receive a month in the 2012 Cutest Kid Calendar and one lucky child will be placed on the cover & of course there will be PRIZES and they are AWESOME! For a complete list of & prizes rules please visit www.cutestkidcontest.net

Child's Name Birthdate Parent's Name Address_ _City_ Phone Thank you to our AWESOME sponsors! BIG FUN

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Appetizers

Corn Nuggets - Fried cream corn Onion Rings - served with ranch dressing.. \$5.29 Fried Cheese Sticks - Served with marinara sauce. Eggrolls - Homemade straight from momma's kitchen\$4.29 Fried Mushrooms - served with ranch dressing Chorizo Queso Dip -served with tortilla chips



Annie's Famous Burgers

All burgers topped with ketchup, mustard, mayo, onions, pickles, lettuce and tomatoes. Add fries to any burger for \$1.09, or add sweet potato fries, curly fries,

	or onion rings for \$1.99	
3	Regular Hamburger	.\$4.19 with fries\$5.2
	Jumbo Hamburger	\$5.19 with fries\$6.2
	Regular Cheeseburger	.\$4.59 with fries \$5.6
	Jumbo Cheeseburger	\$5.59 with fries\$6.6
	Regular Bacon Cheeseburger	\$5.09 with fries\$6.1
Š	Jumbo Bacon Cheeseburger	\$6.59 with fries \$7.6
	Regular Mushroom Swiss Burger	\$5.09 with fries\$6.1
	Jumbo Mushroom Swiss Burger	\$6.59 with fries\$7.6
	Regular Chipotle Bacon Swiss Burger	.\$5.49 with fries\$6.5
	Jumbo Chipotle Bacon Swiss Burger	\$6.99 with fries\$8.0
9	Regular Queso Melt Burger	\$6.49 with fries \$7.5
	Jumbo Queso Melt Burger	\$7.99 with fries\$9.0
	Regular Drinks-\$1.69 Lg Drinks-\$1.79	
	Oranga luica-\$1.70 Milk-\$1.70	



Chicken Salad Plate- homemade chicken salad served with fresh fruit. Served with a homemade fruit dipping sauce.... Fried Boneless Pork Chops- hand battered pork chops served with homemade mashed potatoes and green beans. Served with a ... 1pc...\$5.99 2pc...\$8.99 Jumbo Fried Chicken Tenders- hand battered jumbo chicken tenders served with fries and homemade coleslaw. Served with a 2pc...\$5.49 3pc...\$6.99 4pc...\$8.49

Grilled Chicken Tender Dinner- grilled chicken tenders served with your choice of two sides . 2 pc...\$5.49 3pc...\$6.99 4pc...\$8.49

Open Faced Roast Beef- shaved roast beef served on top of $texas\ to ast,\ mashed\ potatoes,\ sauteed\ onions,\ and\ brown$ **Chicken Parmigiana**- fried chicken breast topped with marinara sauce and cheese. Served with spaghetti marinara and garlic

Catfish Fillets- hand battered catfish, served with french fries, homemade coleslaw, and hushpuppies...

..... 1рс. ..\$6.99 2рс. ..\$9.99 Hamburger Steak- topped with sauteed onions and brown gravy. Served with homemade mashed potatoes and green beans. **Grouper Plate-** hand battered 80z grouper filet, served with french fries and coleslaw, and hushpuppies... Cobb Salad- on top of a bed of lettuce, diced eggs, tomatoes, bacon, and cheese. Served with either grilled or fried chicken and Country Fried Steak-hand battered, served with homemade

mashed potatoes and green beans..served with a roll......\$7.99

coleslaw, and hushpuppies..



Sandwiches

Served with mayo, lettuce, and tomato\$4.99	
Grilled Ham and Cheese- served on texas toast	\$3.99
BLT\$4.29 Grilled Cheese BLT	\$5.29
Chicken Tender Sandwich -homemade chicken tend served on a kaiser roll with mayo, lettuce, and tomato	1000
Philly Cheesesteak- shaved roast beef sauteed with on green peppers Topped with cheese	
Buffalo Chicken Sandwich- fried chicken breast toss falo sauce served on a Kaiser roll topped with ranch dressi and tomato	000000
Pork Chop Sandwich-hand-battered boneless pork clon choice of bread	7000
Chicken Bacon Melt-grilled chicken topped with bacc cheese, served on Texas toast	
Grouper Sandwich - handbattered eight ounce filet frie Served on a hoagie roll with mayo, lettuce, and tomato	
Hot Dog-topped with ketchup, mustard, & diced onion.	s\$1.69
Chili Dog- topped with homemade chili, ketchup, musta diced onions	rd and \$2.99
Shrimp Poboy - served on a hoagie roll with 9 jumbo : lettuce, tomato and mayo	700
Chipotle Chicken Sandwich - chicken breast served	with our
chipotle ranch sauce, lettuce and tomato	
Add bacon and Swiss cheese	\$6.99



Religious Services

HEADQUARTERS CHAPEL (BLDG 109)

- Multi-Cultural Worship Service, 8:00 a.m., Sunday.

MAIN POST CHAPEL (BLDG 8940)

- Catholic Confessions, 4:00 p.m., Saturday.
- Catholic Mass, 5:00 p.m., Saturday
 Oatholic Mass, 0:00 p.m., Saturday
- Catholic Mass, 9:30 a.m., Sunday.Liturgical Service, 8:00 a.m., Sunday.
- General Protestant, 11:00 a.m., Sunday.

WINGS CHAPEL (BLDG 6036)

 Contemporary Protestant Service, 9:00 a.m. & 11:00 a.m., Sunday.

SPIRITUAL LIFE CENTER (BLDG 8939)

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

ADULTS GROUPS

- Protestant Women of the Chapel (PWOC) meets every Tuesday at 9:00 a.m. at Wings Chapel. Childcare provided.
- Military Council of Catholic Women (MCCW) meets every Thursday at 5:30 p.m. – 7:30 p.m. at the Spiritual Life Center. Childcare provided.
- Catholic Adult Fellowship (CAF) meets regularly throughout the year. For more information, call 255-9894.

YOUTH GROUPS (CLUB BEYOND)

Varsity Club (9th – 12th Grade) Tuesday, 6:36 p.m. – 8:00 p.m., Spiritual Life Center.

Beyond Club Bible Study (6th – 12th Grade)

Wednesday, 5:30 p.m. – 7:00 p.m., Spiritual Life Center.

JV Club (6th - 8th Grade)

Thursday, 5:03 p.m. – 6:30 p.m., Spiritual Life Center

Bible Study

Wednesday, 5:30 p.m. – 7:00 p.m., Wings Chapel

BIBLE STUDIES

Protestant Women of the Chapel Tuesday, 9:00 a.m. - 11:30 a.m., Wings

Tuesday, 9:00 a.m. - 11:30 a.m., Wings Chanel

Precept Bible Studies

Wednesday – Friday, 9:00 a.m. – 11:30 a.m., Spiritual Life Center.

Above the Best Bible Study

Wednesday, 11:00 a.m. – 12:00 a.m., Yano Hall (lunch provided).





to view the Fort Rucker Community Spouses' Club website.



Motorists are reminded to obey all traffic signs.



AUG 27

RSVP: 671-9445

Dr. Asha Voss, Dr. Latoya Torrence & Dr. Sarah Raines

To Be Held At Flowers Hospital
Doctor's Building • 4th Floor Class Room #1
9-12 Years Old – 9:00-11:30 A.M.
13 to 17 Years Old – 12:30-3:00 P.M.



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BULL'S-EYE

Army rifle shooters on target at 50th Interservice Championship

Story on Page D3

VOL. 61 • NO. 32 ARMYFLIER * COM AUGUST 11, 2011

SPORTS SHORTS

NASCAR TICKETS OFFERED AT LEISURE **TRAVEL**

The Fort Rucker Leisure Travel Office offers Atlanta Motor Speedway tickets for the NASCAR race Sept. 3-4. The prices are \$75 per person for both days and \$45 for Sept. 4 only. Seating is general admission for Sept. 3 and Upper Elliot reserved for Sept. 4. For more information, call 255-9517.

ULTIMATE FRISBEE

Ultimate Frisbee pick-up games are every Wednesday and Friday morning at 6 a.m. behind the Fort Rucker Physical Fitness Facility on the soccer field. All skill levels and athletic abilities are welcome. Cleats and water are highly recommended. For more information, call 255-0870.

INTRAMURAL FOOTBALL COACHES MEETING

There will be a Fort Rucker Intramural Flag Football coaches meeting Aug. 23 at the Fort Rucker Physical Fitness Facility beginning at 9 a.m. All coaches should attend this meeting. For more information, call 255-2393.

INTRAMURAL **VOLLEYBALL COACHES** MEETING

There will be a Fort Rucker Intramural Men's and Women's Volleyball coaches meeting Aug. 25 at the Fort Rucker Physical Fitness Facility beginning at 9 a.m. All coaches should attend this meeting. For more information, call 255-2393.

SILVER WINGS CLUB CHAMPIONSHIP

The SWGC club championship is Sept. 10 and 11. Tee Times are from 7-9 a.m. with a 45-hole Individual Stroke Play.

Entry fee is \$45, plus cart fees, unless walking. All participants must register by noon Sept. 8. A sign-up sheet is located in the golf shop. Gift certificates will be awarded to gross and net winners. Lunch will be provided Sept. 11 following play. For more information, call 598-2449.

BOWLING INTRAMURALS

Fall Intramurals begin Sept. 13 at 6:30 p.m. There will be a one-time fee of \$10 to cover buffet the last night of league play. All servicemembers, civilian employees and Family members are eligible to play. Family members must be at least 19 years old. For more information, call 255-9503.

TAOIST TAI CHI SOCIETY The Enterprise YMCA staff

hosts two beginner's classes in the Taoist Tai Chi Society arts of health. Classes are offered Thursdays, 1-2:30 p.m., and Saturdays, 10-11:30 a.m. The beginner's class covers all 108 moves of the Tai Chi set. Taoist Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. Comfortable, loose clothing and flat-soled shoes are recommended attire. All classes are taught by accredited volunteer instructors. For more information, call 348-9008 or 347-4663.

SEE SHORTS, PAGE D4



PHOTO BY RUSSELL SELLERS

Courtney Vigil, military spouse, does crossover stretching during the 2011 Boot Camp session at Fortenberry-Colton Physical Fitness Facility this year.

Civilian Fitness Program aims for 'whole health'

BY RUSSELL SELLERS

Being in shape and living a healthy lifestyle isn't just or Soldiers at Fort Rucker, according to the organizers of the Civilian Fitness Program.

The purpose of the program is to help those with less active jobs put more physical activity in their lives during their work day, said Denece Clayborne, Lyster Army Health Clinic community health nurse and program organizer.

"The program is beneficial to both the Army and civilians because it aims to help keep the civilian work force healthy," she said. "By having healthier employees, it keeps the mission going smoothly. You have less sickness and fewer people getting injured if they are in better physical

The program is also aimed at other forms of health, not just physical activity, she add-

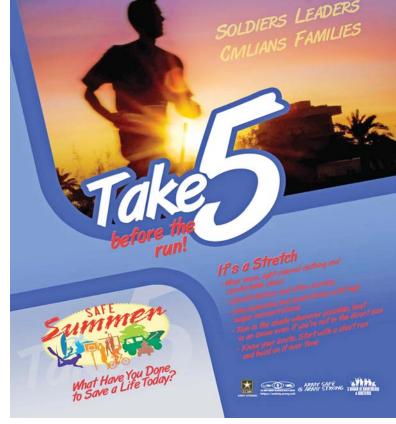
ing healthy and the whole health picture," she said. "Army Regulation 600-63 addresses physical health of both Soldiers and civilians, and we're using that as a base for designing the program."

CVP is a six-month event that requires three hours per week of on-the-clock exercise for participants, with supervisor permission. It will also include health and wellness assessments, educational brown bag lunches with guest speakers, fitness center guided tours and more, Clayborne said.

One of the long-term goals of the program is to make sure those who participate stick with the exercising and eating healthy after the six months is over, Clayborne added.

"Some folks aren't familiar with the resources available to them on this post and this will help them get to know them," she said. "We hope this encourages them to spend more time with the gyms and the walking trails and other physical activities available to them here. This post does a very good job of providing Soldiers and civilians with exercise options."

One advantage civilians will have here that they might not get elsewhere is access to a trainer who can help them get used to equipment if they've never used it, or help them come up with an exercise routine that works for them, said Kristi Fink, Fortenberry-Colton Physical Fitness Facil-



ity fitness program coordinator.

both facilities on post, so they should be able to find just about anything they might need," she said, "Our trainers are available to show them how to use the machines. I wouldn't suggest someone who's brand new to working out to go to free weights, but if they establish a routine, then trainers might be able to help get them started."

Another issue Fink said people should watch out for is staying hydrated during workouts.

"Most people should work out indoors during these hotter months," she said. "Some people do prefer to work out outside, but they should try to utilize the cooler parts of the day like the mornings or late afternoons and early evenings."

For those who might be intimidated by the fitness facilities, Fink said she and her staff are there to help.

"That's where our trainers can really We have lots of different equipment at help get them used to being here and using the equipment," she said. "New people should also consider bringing a friend with them. It makes working out a lot easier if vou have someone there with you. Once vou've been here a little while and gotten used to the equipment and people, it really isn't a big deal."

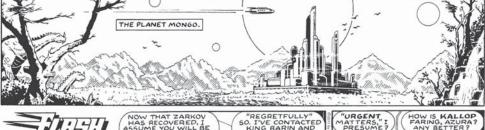
Fink said she participated in the program over a year ago and it helped her to develop some good workout habits and made her enjoy doing it even more.

"It's a lot of fun," she said. "I think anybody who's thinking about trying it should give it a shot. Once you get into the habit of doing it, you don't want to stop."

Participants must preregister before Sept. 6. The first meeting is Sept. 9.

To register for the program, visit Bldg. 5700, Rm. 230 or call 255-9908, Mondays-Fridays from 7:30 a.m. to 4:15 p.m.

Down Tin









A PLUS

Super Crossword 56 Coarse flour 58 "— on My Pillow" ('58 song) 60 Stiller's ACROSS 1 Buddy 4 Verne hero 8 Cantata composer 12 Goo 17 "— 62 Tread the boards 63 Man from Munich 65 Ponderosa, corny as Kansas ..." 19 Orenburg's river 20 Literary pseudonym 21 Like Schoen-65 Ponderosa, for one 68 Mrs. Zeus 71 Mineral suffix 72 Sgt., e.g. 73 Gamble 75 Extremely encouraging individual? 79 Kitten's comment Schoenberg's music 22 Like Felix Unger? 25 Act like Holmes 26 "— Card"

('90 film) 27 Comic

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 sharte
 - 73 Big party
 74 Cary of "The recess Bride"
 75 Bit of a beach?

 - 91 Billy Williams 92 Fancy planter 95 Slope

25

- 108 Pie ingredient? 110 Greek

- beach?
 77 Leisurely, to
 Leoncavallo
 78 Team
- scream
 84 Palm oil?
 86 Lloyd
 Webber
 musical
 87 Principle
 89 Booker T.'s

- 96 Cain's victim 98 breve 99 Bring up 102 Gauguin setting 104 Feminist Gloria 108 Pie ingredient?
- sandwich
 112 Neighbor of
 Turkey
 113 Variety show
 114 Tight
 115 Actress
- - instrumer
 124 Way over
 yonder
 126 Director
 Adrian
 128 Roller
 - coaster unit
 - 133 Scottish

refusal 134 Annoy

15

79

106

119 120

100

'Lost'

Just Like Cats & Dogs

OK, I UNDERSTAND WHY THESE DIET MEALS" HELP ONE LOSE WEIGHT I WOULD RATHER GO HUNGRY THAN EAT THIS.

est by Fifi Rodriguez

by Dave T. Phipps

1. TELEVISION: What was the name of the airline company whose plane crashed in the television series

2. POLITICS: Who is the only person in U.S. history to serve as governor of two different states?

3. GEOGRAPHY: In what U.S. state would you find Fort Donelson? 4. BIBLE: What famous biblical

character survived a night in a den of 5. HUMAN ANATOMY: What is the

liquid part of blood called?
6. NICKNAMES: What is the nick-

name of the Indianapolis Speedway?
7. MOVIES: Who wrote the story that was eventually made into the ani-mated film "The Iron Giant"?

8. LITERATURE: The character of Mercutio appears in which of Shake-

speare's plays?

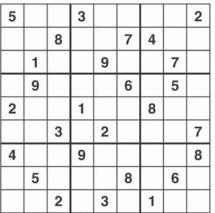
9. COMICS: Who was "Peanuts" character Charlie Brown's favorite

baseball player? 10. INVENTIONS: Who invented the non-stick substance called Teflon?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: **

★ Moderate ★★ Challenging *** HOO BOY!

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See Page D3 for this week's answers.

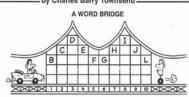
Kid's Corner



SJUMBER WASHINGS

by Charles Barry Townsend A WORD BRIDGE

See Page D3 for this week's answers.



Answer. Starting with the "S" in the left-hand rait. "Strike while the inon is thu."

Illustrated by David Coulso A SENSITIVE STUMPERI Replace the letters on our sun worshiper's chest with the digits 0, 2, 3, 4, 5, 6, 7, 8 and 9, so that you will have a correct addition problem. The same letters get the same digits. Try to get the highest total possible.

Our answer: T=8, I=6, M=2, E=0, S=7, U=3, N=4, B=9, R=5 (8620 + 734 = 9354). PUZZLES IN PARADISE! Pictured below are two puzzle grids to fill in. Hints are given for each word. The words in Grid A contain the same letters as the corresponding words in Grid B.

 A military base.
 A sudden attack
 A tasty food store.
 Great Dutch cheese. Beats out another.
 What the desert is.
 Gave false testimony.
 Produced by construct. The bridge above contains 10 sup-porting words. We give you the first letter of each word, plus plenty of

letter of each word, plus piemy or hints.

1. Sleeps in the daylime.

2. To persuade by pleading.

3. Beverage for a nervous person.

4. End-of-term ordeal.

5. A wind mover.

6. Slang for sailor.

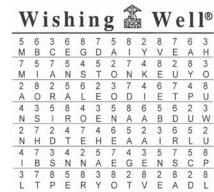
7. To pay attention to.

8. Extremely angry.

9. Triangular sails.

10. Smoked salmon.

Answers 1, Bet 2 Coex 3, Decel 4, Exem. 5, Fan 6, Gob. 7, Heed 8, Inste. 9, Jibs. 10, Lox



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 up-per 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.



y's pants are brack, 4. Barberanop pole is b

Army rifle shooters on target at 50th Interservice Championship

BY MICHAEL MOLINARO

MARINE CORPS BASE OUANTICO. Va. - Soldiers from the U.S. Army Marksmanship Unit's Service Rifle platoon dominated their fellow servicemembers at the 50th Interservice Rifle Championships July 17-26, proving once again that the premier marksmen in the military serve in the Army.

Despite the determination of the other services to dethrone the defending champions, the Soldiers displayed their superior skills at the annual meeting of the military's best rifle shooters, winning 18 out of 19 team and individual matches.

The USAMU won the coveted 10-man Interservice Rifle team championship

Team shooters included Sgt. 1st Class Lance Dement, Sgt. 1st Class Grant Singley, Staff Sgt. Tyrel Cooper. Staff Sgt. Brandon Green, Staff Sgt. Joel Micholick, Staff Sgt. Daniel Peters, Sgt. Sherri Jo Gallagher, Spc. Kevin Trickett, Spc. Augustus Dunfey, and Spc. Amanda

The team's coaches included Sgt. 1st Class Emil Praslick and Staff Sgt. Walter Craig, while Staff Sgt. Scott Grant Staff and Sgt. Nathan Verbickas were team captains. Cooper was the high individual shooter during the match with a score of 496-21x

USAMU teams swept all team matches, including the Marine Corps Combat Development Command Commanding General Match, the Infantry Trophy Team Match, and the Interservice 1,000 yard Team Match.

Two USAMU Soldiers stood out individually at the championship. Cooper won his first overall championship after posting the high aggregate score for individual matches. He won the Navy match, Army match, the 1,000 yard match rifle, and the match rifle individual long-range championship to go along with his overall championship.



Staff Sgt. Joel Micholick, U.S. Army Marksmanship Unit, fires his service rifle during the 50th Interservice Rifle Championship July 26. Micholick set a new match record in the 1,000 yard aggregate with the service rifle, a record that had been standing since 1984.

He also won the Lt. Col. C.A. Revnolds Memorial Trophy for high score in the 10-man team match.

"This means a lot to me," Cooper said, who returned in April from an Afghanistan deployment. "It's my eighth year on the team and my first win. You've got a lot of guys here who have won it two or three times — it's not easy."

The longest standing record at the match was broken by Micholick. He set a new match record in the 1.000 yard long range match with a service rifle, and also eclipsed a record that has stood since 1984 by scoring a new high in the long-range aggregate with the service rifle after scoring a 397-12x.

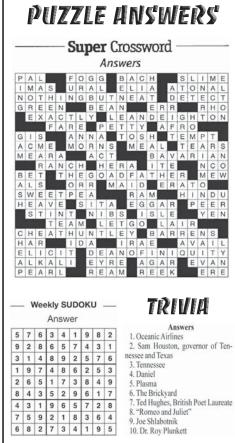
"Staff Sergeant Micholick did not lagher also won individual matches." simply break a record, he crushed the Gallagher was crowned high woman longest standing record in the history of the Interservice Rifle Championships, which stood for nearly 30 years and in perhaps the most difficult match — the 1,000-yard long range with a service weapon," said Lt. Col. Daniel Hodne, commander, USAMU. "I could not think of a more fitting time for one of our Soldiers to establish this new record than at the 50th iteration of this Interservice Rifle Champion-

The Excellence-in-Competition Match was won by Staff Sgt.Armando Ayala. Green, Verbickas, Trickett and Galshooter.

With the overall win, the USAMU swept all individual and team championships in Interservice competition for 2011, the second consecutive year they have done so.

The competition dates back to 1960, when the value of an interservice marksmanship competition was recognized in a memorandum of understanding by the chiefs of each ser-

The event highlights the professional capacity and versatility of military servicemembers







To sign up call 334-714-9819 or email jmorgan@dothaneagle.com

SPORTS SHORTS Continued from Page D1

BURGER AND BOWL Rucker Lanes staff offers a daily "Burger and Bowl" special for \$7. The special includes a cheeseburger, fries, soda, shoe rental and two games of bowling.

EXTREME BOWLING

Extreme Bowling at Rucker Lanes is Saturdays from 8-11 p.m. for \$10 and features unlimited bowling with lights. music and glow-in-the-dark balls and shoes. For more information, call 255-9503.

ARCHERY SHOOTS

Fort Rucker Archery Club members conduct weekly shoots at the club's range. located off Whittaker Road. Shoots are Thursdays at 4 p.m., and members take aim at a 20- to 60-yard practice range, 28 3-D targets along a walking trail or a 10-target area. Annual membership costs \$20. For more information, call 389-6135.

BATTING CAGES HOURS

The child, youth and school services batting cages are open Mondays-Fridays from 4-7 p.m., Saturdays from 2-6 p.m. and are closed Sundays. They are located in the Youth Sports Complex on Fifth Avenue between the post office and the youth football field. For more information. call 255-9105.

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

SKIES ACTIVITIES

Dance: The School of Knowledge, Inspiration, Exploration and Skills Unlimited program offers children dance classes in ballet, hip hop, technique and stretch. Times and prices vary. For more information, call 255-1867.

Gymnastics: SKIES offers gymnastics lessons for boys and girls ages 18 months to 16 years old. Class times and prices vary. For more information, call

Tennis: SKIES offers tennis lessons for children, ages 8-16, Wednesdays from 3:30-5:30 p.m. For more nformation, call 255-1867

SKATE NIGHT

Skating is offered Fridays at the Child, Youth and School Services building. Hours are 6:15-7:15 p.m. for children ages 10 and under and from 7:30-10:30 p.m. for children of all ages. Cost is \$2 for the first session and \$5 for the second session. For more information, call 255-9108.

PAINTBALL

Dothan Survival Games Paintball at Fort Rucker Outdoor Recreation is open. Paintball prices are \$25 per person or \$20 per person with groups of 10 or more people. Prices include all-day field usage, equipment, unlimited carbon dioxide and 100 paintballs. Fields are open Saturdays from 10 a.m. to 5 p.m., Sundays from 1-5 p.m., and during the week by reservation. Call 793-8202 for more details about this opento-the-public facility.





To advertise in the

Spotlight

Your ad could be here for only \$96 per month. Call Ashley Latimer for more information at 334-393-9710

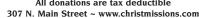
Christian Mission Bargain Centers

Donation Pick-Up Available

Call 393-4471

Your donation of clothing, furniture, house-hold items, autos, etc. helps to provide the following services for the homeless and hungry...shelter, food, hot meals, for home-bound, emergency utility assistance and residential substance abuse program.

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