AWARENESS

October events aim to prevent domestic violence

Story on Page C1





TRAINING Local Army 10-Miler

team ready for D.C. Story on Page D1





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

VOL. 61 • NO. 39

FORT RUCKER * ALABAMA

SEPTEMBER 29, 2011

NEWSLINES

FALL CLEANUP

Post readies to spruce up Tuesday through Oct. 7. See Page A6.

CG GOES BACK TO SCHOOL

Maj. Gen. Anthony G. Crutchfield and his wife, Kim, visit Fort Rucker Elementary School to talk to students about the flag, the Constitution and citizenship. See Page C3.

PROCLAMATION TO END DOMESTIC VIOLENCE

Fort Rucker's Family Advocacy Program, Army Substance Abuse Program, Preventive Medicine Services and Picerne Housing host a proclamation signing ceremony to end domestic violence Monday at 9 a.m. in the lobby of Bldg. 5700 as part of National Domestic Violence Awareness Month. The proclamation and other information will be on display until noon.

Officials said the awareness month is essential to furthering the Army's efforts to raise awareness about domestic violence, educate people on the signs of abuse and emphasize the negative impact it has on Family readiness.

For more information, call Army Community Service at 255-9644 or send an email to luverne.fryer@us.army.mil.

WANTED: OUTSTANDING **FAMILIES**

Army Community Service accepts nominations for the Month of the Military Family **Outstanding Military Family** now through Oct. 14. People who know a military Family that they would like to honor can submit a nomination in Bldg. 5700, Rm. 390. Nominations must describe specific contributions the Military Family has made to improve the quality of life for the Soldiers and Families in units, organizations and the Fort Rucker community. For the specific criteria and requirements for nomination applications, call Tom Jenkins at 255-3817 or email him at Tom.C.Jenkins@us.army.mil.

What's Inside

Perspective	2A
Armywide	1-4B
Community	1-8C
On-Post	2C
Wiregrass	6C
Sports	1-4D

Weather 3-DAY











Firefighter challenge

Brothers Adam and Matthew Beat completed the firefighter's skill challenge with help from Sparky the Fire Dog at Saturday's event. See Page A3 for the full story.

promotes prevention

BY ERIN MURRAY Army Flier Staff Writer

The Fort Rucker Army Subto educate the community on identifying and preventing suicide among Soldiers, Family members and civilian employthe post theater.

act dramatization, "Before Dialing 911," which was written, directed and produced by Linstarred members of the Fort Rucker community, empha-

sized both identifying symptoms and supporting Army Family members at risk of suicidal crisis. The play follows Beth, stance Abuse Program aimed the wife of a Soldier, played by Sgt. Janet McMahon, as she contemplates and avoids suicide with the help of a concerned fellow spouse. At the climax of ees during an event Monday at the play, Beth's husband, Jack, portrayed by Staff Sgt. James The event featured a three- Borchardt, also contemplates suicide, but is helped by a fellow Soldier and his Army chaplain. The third act of the play da Pappas. The dramas, which featured Chaplain (Maj.) Scott

SEE ASAP. PAGE A6



Staff Sgt. James Borchardt and Chaplain (Maj.) Scott Crossfield provide a dramatized version of a suicide crisis in the play "Before Dialing 911" at the ASAP

CFC kicks off 50th year of caring | Enterprise

BY ERIN MURRAY Army Flier Staff Write

The Heart of Alabama Combined Federal Campaign began its 50th year Sept. 21 with an agency fair and keynote address by Russ Dunman, Executive Director of the River Region United Way.

More than 200 military and federal employees attend the event. which hosted 26 local charity agencies that receive CFC support. The agency fair is a new approach to the annual kickoff, intended to connect donors directly to charitable organizations, said Beverly Arnold, the Wiregrass Area Associate Heart of Alabama CFC.

"The agency fair is a wealth of information. It was nice having several of the CFC recipients here to let us get more insight into their pro-



Staff Sgt. Marci Nemtzow, left, a CFC volunteer, greets a fellow Soldier and explains the agency's bingo game at the CFC kickoff event at the Landing Sept. 21.

grams and their needs," over a dozen drawings should give, military or military spouse and federal employee.

Attendants received an organizational bingo card, which they had understand the CFC tives at the event. The cards were entered into on out there. Everyone

said Shanna Vickery, a for gifts donated by charities and local businesses.

"I think it's a fun part of the event. People stamped by representa- and what a great thing it is.We see what goes

civilian," said Vickery.

In addition to the agency fair, the CFC held a formal ceremony, with guests Fort Rucker Garrison Commander Col. James A. Muskopf, and

SEE CFC, PAGE A6

City Schools receives **DOD** grant

BY RUSSELL SELLERS Army Flier Staff Writer

Officials from Enterprise City Schools, Daleville City Schools and Fort Rucker announced to the public Sept. 22 that the Department of Defense awarded the school systems sizeable grants.

According to Aaron Milner, Enterprise City Schools superintendent, the school system applied for a grant through the DOD Education Activity program and was awarded \$2.5 million over the next three years.

Milner added that the money would be spent to help make improvements to all schools within the system, including the pur-

SEE GRANT, PAGE A3

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Perspective

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

How to win at war without losing at love

BY CHAPLAIN (MAJ.) JIMMIE GREGORY 101st Airborne Division Family Life Chaplain

FORT CAMPBELL, Ky. — "I've won at war, but I think I'm losing at love."

That's what the Soldier said as he sat across the table and rolled the No. 2 pencil under his fingertip.

"I just don't understand how I could be so good at what the Army asks of me, but so bagged up when it comes to my love life now that I'm back home. What do I do?'

War is full of challenges, both for those who leave to fight it as well as for those who stay to fight it, isn't it? Relationships are a lot like a combat patrol: one of the most precarious times is when we get back together after long periods of being away, when we "re-enter friendly lines."

How do we make sure that we are as successful back home in peace as we were while deployed in war? You may want to try the A-B-C approach that others who've gone before you have successfully used.

A — Adjust Your **Attitude**. You might ask yourself these questions: "Are my expectations too high — are they realistic or idealistic? "Am I expecting to mostly give or take now that I'm back home?" "Am I willing to meet my mate's needs first, ahead of my

B — Bring Home Your **Best**. During your first weeks at home, you might want to take the advice of others who've successfully navigated this territory by asking the following. "Will I commit to 10 compliments



and little-to-no criticism in my first days at home?" "What could I do to make our time together a '10' for you?'

C — Call Your Own Conference. During your second week at home, it's usually a good idea to set some time aside to quietly, positively ask, "What three things, specifically, do you most need from me in order to make this first month home together successful?"

Also, you may want to keep in mind these guidelines recommended by other Soldiers and spouses who've survived what you are

going through: · Both of you have changed to varying degrees, so don't criticize - cut each other some slack

- · Don't play first sergeant or "assume command" once home - go easy.
- Avoid over-scheduling quiet and rest after the initial rush is helpful.
- · Resist the urge to go on a spending spree celebrate inexpensively.
- · Be patient and encouraging readjusting can take anywhere from a couple of weeks to a couple of months.
- Seize the opportunity to grow together spiritually — couples that pray together, stay together.

Putting in the laps

BY JACEY ECKHART

(Editor's note: This article is reprinted with permission from CINCHouse.com. Eckbart is a military life consultant in Washington, D.C. She is the author of "The Homefront Club" and the voice behind the award-winning CD "These Boots.")

I've never seen her swim. I only imagine Ginger in the water. I imagine her in goggles, her face turned to the bottom of the pool, her feet kicking out a rhythm, a cool flip turn at the end of the lane. I imagine Ginger in peace.

And Ginger shouldn't be this peaceful. She should be haggard by now. She should be jittery. Ginger has been an Army wife for more than 30 years. One of her other is at West Point gearing up for a career in the Army. Because for men and women who are much too young to die -Soldiers

who are other people's spouses and parents, other people's tender sons and darling daughters.

While I could imagine Ginger in the water, I couldn't imagine what it would be like to carry that kind of worry every day.

How do people do that? I've been to funerals. I know they leave you drained for days even if the person was 90 and in pain and the process of death had taken a long time. How do you handle it when you witness the loss left by even one Soldier? How do you handle that constant reminder?

Me, I would just keep circling a fast food drive-thru, swallowing burgers and pushing down the emptiness.

But Ginger swims. I don't mean she just exercises in the way that magazine articles might children is a helicopter pilot. The tell us to meet stress by sleeping well and eating right and exercising. (Burn calories! Create of her husband's job, Ginger at- endorphins!) Those things alone everything.

There is more to those things

than just checking them off a todo list. That is why I wanted to tell you about Ginger. Because while she swims she recites the 91st Psalm. Not just the verse, "You will not fear the terror of night, nor the arrow that flies by

Ginger printed out a copy of the psalm and took it to the pool in a plastic sleeve. She memorized the whole thing and recites it while she swims and focuses in turn on her husband, her children, her neighbors, these Sol-

I'm not telling you about this because it is some kind of magic and you should go jump in a pool. I am telling you about Ginger because she is deliberate in her efforts to handle what her military life has to offer. She deliberately chooses to quiet her mind, to quiet her body, to fous in a lot of experienced military wives - which may be why they tends a lot of memorial services are good, I think, but they are not have managed to stick with it so long and have fewer face fur-

I want to be that kind of person myself. I want to have a deliberate practice of military life. Not all the time, just when I need it. Because the closer my life resembles a normal civilian life — regular meals, a constant dent on my mattress, another adult to license the cars or paint the cabinets or recite multiplication tables - the less I need to be deliberate.

It is when things get edgier, scarier, less predictable, less normal (in all the blessed sense of that word) that you and I need to be deliberate. When you are so worried that you don't know what to do next, when you are pacing, when the thought of the safety of your Family member is with you every minute, then you need to be deliberate every single day - not only to do the walk or the run or the swim, but on her Army Family. I see this to do it in a deliberate combination with a spiritual practice that centers a person, calms a person, provides peace.

> Because it looks to me like that makes all the difference.

What's your best tip for military couples who want to keep their relationships strong?



Shamia Arthur, military spouse

about

"Communicate

what's bothering you.'



Kris Fiala, military spouse

"Have a sense of humor

with one another.



Capt. Jimmy Padin, 164th TAOG

"Be truthful to each other."



Dolly Rodriguez, military spouse



Staff Sgt. Robert Kee, B Co., 1st Bn., 145th Avn. Regt.

"Find a decent babysitter and use your time together to have fun."

Firefighters, Family members put skills to the test



Military children Aubrey and Lily Seligman pose with Sparky the Fire Dog while watching Fort Rucker firefighters compete at the quarterly skills challenge.

BY ERIN MURRAY

Fort Rucker emergency responders showcased their skills at the Fort Rucker Directorate of Public Safety Fire and Emergency Services Division's quarterly skills challenge Saturday at the post firefighter training grounds.

The event was more than just a competition, according to Sgt. 1st Class Eric D. Mattson, military fire chief, Fire Protection Division, 6th Military Police Detachment.

"What can we do to honor each other and remember what is important? We come together as a Family to commemorate our vows to protect those who protect America by competing, laughing and sharing good times," said Mattson.

Four teams and two individuals competed on a course designed to simulate a fire rescue, but there were also a few surprise competitors who put their skills to

Firefighters' Family members and children of the Fort Rucker Hearts Apart and Survivor Outreach Services Program joined emergency workers and ran the course.

The Hearts Apart Families were invited by the Fire Protection Division, 6th Military Police Detachment so that they could enjoy an afternoon with the community Both the Hearts Apart spouses and spouses of firefighters were honored with roses for their support as spouses and Family members.

"You will always have a friend in the Fort Rucker fire department," said Mattson. Several local children were also able to

participate in the challenge, Brett Barrett, Mattson,

Adam and Matthew Beat completed the course alongside Master Sgt. Pedro San Miguel and Spc. Matthew Rayfield.

"It's awesome to keep us occupied and to let the kids get involved," said Ruth Gonzales, Relocation Readiness Program manager, who helped bring the Hearts Apart spouses to the event.

While it might look easy to spectators, the skills challenge really puts people to the test, said Pvt. Gage Brown, 6th Military Police Detachment

"I've done skill challenges before. There's nothing harder. It's definitely workout, probably the hardest two minutes of your life.When you're watching, it doesn't seem as difficult," said Brown, adding that having Family and friends attend helps motivate the firefighters through the event. "It's a great experience. I hope it shows them to respect firefighters and what they do."

Family members were also encouraged by watching the challenge together.

"It's interesting to see where my spouse goes every day. I think it's great to see all the Families here — to see that you're not the only one going through the 15-hour days," said Emily Lemmon, who watched her husband compete in the event

The winners of the event were Pfc. Lawrence Coe in the individual challenge, and group winners were Staff Sgt. Jerry Adamson, Sgt. Mark Bradshaw and Sgt. Jonathan Dunham, all of the Fire Protection Division,6th Military Police Detachment.

"As a firefighter, you don't run into a burning building or an aircraft crash without knowing that it could be the last fire you put out. That is a hero," said

Cancer-stricken boy lives his dream as an Army Aviator

BY VICKI BOWKER Fort Eustis Public Affairs

FORT EUSTIS, Va. -Thanks to social media and one Soldiers' thoughtfulness, one little boy's dream came true Sept. 19 at Fort Eustis.

Sgt. Daniel Kallmeyer, traffic investigator assigned to the 221st Military Police Detachment, received a Facebook message from one of his friends at Fort Campbell, Ky., notifying him that there was a child in the area with Neuroblastoma cancer whose dream was to be a military pilot when he grew up. That's when Kallmeyer got involved in trying to make that child's dream come true for at least one day.

That child is Wes Pak, 5, of Yorktown. Wes has always dreamed of becoming a military pilot, according to Krista Pak, Wes' mother

"Wes has completed the 'Call of Duty' game and loves anything relating children. I hope I never to the military, especially Army helicopters," said Krista.

Through

with the Pak Family to coordinate a trip to Fort Eustis although, until the visit. Kallmeyer never met the members of the Pak Fam-

something to give him a

Fort Campbell.

"The biggest thing that has pushed me into doing this is the fact that I have two kids of my own, ages 1 and 3. So it (cancer) is something that I can't imagine going through with my have to," said Kallmeyer.

"I was just trying to do

day that he will remember," said Kallmeyer. "Hopefully, this is something that he can look back on and say, 'This was my day.' I wanted to give him a day that was just for him. This is not the first time

that Kallmeyer has given back to the community. He said that he has been involved in a lot of charities, to include the Special Olympics and the "Camp We Can" program for children with special needs at

After meeting the Family at the main gate, Kallmey-Facebook, er transported them in his Kallmeyer sent instant military police vehicle with



Five-year-old Wes Pak gives the thumbs up sign that all is a go before "take off" on the Blackhawk as his father, Nyong Pak, accompanies n on his "first flight."

sirens and lights running to the K-9 kennel where Wes got a chance to meet Sgt. Hanze, a golden retriever, and the dog's handler, Spc. John Nolan. Wes gave the commands to Sgt. Hanze to complete the K-9 obstacle course and received an honorary dog handler's certificate of completion

At the Transportation Museum, Wes walked the grounds and asked many questions about some of the trucks and helicopters on display.

From there, Kallmeyer took Wes to Felker Army Airfield, where John Musser, airfield commander, met them and showed Wes and his parents the AH-64

Apache simulator. Wes got to "fly" the Apache in the simulator and received an honorary certificate of completion for his training experience. Wes even got to sit in a UH-60 Blackhawk.

Rounding out Wes' day at Fort Eustis was a ride in one of the fire trucks at the airfield with sirens going and lights flashing.

"I'm extremely happy with the people who have been involved in making Wes Pak's day so memorable. Everyone was willing to come together just to help this one kid. It's amazing that all of them said that they would put down everything just for this child," said Kallmeyer.

Grant: Enterprise, Daleville schools receive DOD support

Continued from Page A1

chase of new technology such as iPads, laptops, desktop computers, Liquid Crystal Display projectors and more.

"This will help better prepare our students for the world after they graduate," he said. "Today is a great day for the children of Enterprise City Schools."

Milner added that around 39 percent of students attending Enterprise City Schools are connected to Fort Rucker. The grant is also meant to help those making the transition from an outside school to an ECS school by providing funding for a new counseling position to specifically help those in transition.

"Fort Rucker is one of the things that is vital to our success as a school system," he said. "We've taken a great amount of pride in making sure that military students experience no disparity in their educational opportunities. We want them to receive a comparable or better educational opportunity inside our classrooms.

Kimberly Crutchfield, wife of Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, was also in attendance for the announcement.

As a former educator, she said the awarding of the grant was a great moment for both the city of Enterprise and Fort Rucker.

'We're so grateful that the local school districts understand the importance of the needs of our military children and that they took the time to apply for these grants," she said, "I know from experience the application process takes an enormous amount of manpower and effort. The great thing about these grants is they will help not only military children, but all the children of their districts. The Wiregrass consistently shows Fort Rucker Soldiers and Families how much they care, and now

the Department of Defense

knows that, too."

Kimberly Kozel, Fort Rucker school liaison officer, said the grant had been in the works before she started here in June, but she was happy to be here to see the final results.

"Once I contacted (Miner) I knew everything was going smoothly," she said. "He had a great team working on the project and everything came together very well."

Kozel added that this grant represents a great opportunity for Fort Rucker and all other children attending Enterprise City Schools.

"This is an awesome opportunity," she said, "They've already shown us some of the technological advancements that will be made in the near future and I think it's only going to get better from here."

Daleville City Schools was also awarded a grant from DODEA in the form of \$468,749 over the next three years, according to Andrew Kelley, Daleville City Schools superintendant.



Kimberly Crutchfield, wife of Maj. Gen. Anthony G. Crutchfield, USAACE and Fort Rucker commanding general, poses with Aaron Milner, Enterprise City Schools superintendent, at a ceremony in Enterprise to announce the awarding of \$2.5 million to the school system from DODEA.

Panetta: Budget cuts will boost risk to nation at war

BY CHERYL PELLERIN

WASHINGTON - Bud get cuts create more risk for the military in a time of war but the risk can be reduced by making decisions strategically and protecting core national security interests, Defense Secretary Leon E. Panetta said Sept. 20.

"While we will continue to focus on reducing overhead and duplication, make no mistake," Panetta told reporters during a Pentagon news briefing, "these reductions will force us to take on greater risk in our mission to protect the country in time of war and in the face of growing security challenges.

The nation must think and act smartly as it makes difficult but necessary fiscal decisions about force structure, personnel and operations, said Navy Adm. Mike Mullen, chairman of who joined Panetta at the

that our national debt is our greatest national security threat that I also believe we must do our part to reduce it, to limit its harm," he added.

The department, Panetta said, is undergoing a strategy-driven process to prepare to implement the more than \$450 billion in savings that will be required over 10 years as a result of the debt-limit agreement.

"This review is still ongoing," he said. "No decisions have been made, but ing these decisions based on the best advice that I receive from the service secretaries and from the service chiefs, as well as the combatant command-

The following principles will guide such decisions, he said. The nation

- Maintain the world's best military, a force capable of deterring conflict, projecting power and winning wars;
- Avoid a hollow force and maintain a military that, even if smaller, is ready, agile and deploy-
- · Take a balanced approach to the entire budget for potential savings - from trimming duplication and bureaucratic overhead to improving competition and management in operating and investment programs, to tightening personnel costs and developing a smaller, more agile and flexible future force; and
- · Keep faith with the men and women in uniform because the volunteer force is central to a strong future military.

Panetta said that the budget-cutting environment "can be used as an opportunity to shape the very best defense we can for this country as we approach the next 10 years."

Achieving the mandated savings "will be very hard and require extremely difficult tradeoffs," Panetta said. He added that an automatic trigger in the nation's debt-reduction law



federal spending if Congress fails to agree on reductions by Nov. 24 would be potentially devastating.

For the Defense Department, that means another \$500 billion from defense spending over 10 years, on top of more than \$450 billion in cuts already identified over the same period.

"The roughly \$1 trillion in cuts forced by sequester would leave us with a "It is because I believe military that would be unable to protect this nation from the range of security threats we face," the secretary said.

Such sequestration would hollow out the force, reducing military and economic strength, he added.

"Cancellation of weapon systems, construction projects [and] research activity would seriously cripple our industrial base." Panetta said, "which would be unacceptable not only to me as secretary of defense, but to our ability to be able to maintain the best defense system."

Mullen said the department must begin with a clear-eved assessment of things the joint force must continue to do for the nation and the options it

must be able to provide

"And [we must] be willing to curtail or even end those missions and capabilities which do not comport with that strategy," the chairman said

The United States must consider the world as it is, the threats as we see them, he added.

"Programs that are behind schedule or woefully over budget should be considered for elimination. The personnel accounts, which make up the vast majority of our allocation, should be scrubbed for inefficiencies and overhead." Mul-

Exercises and operations that do not directly contribute to essential security commitments should be recalibrated, he

"We ought to make sure that the military is the right one for the future: flexible and adaptable enough to fight wars both big and small, near and far," the chairman said, "a force that can secure our national interests, and not by its size and shape define those interests."

Mullen said he is convinced the effort to find

more than \$450 billion dollars in cuts over the next 10 years is achievable, but agreed with Panetta that possible sequestration cuts puts "at risk the very security we are charged to provide."

Ten years of war have not broken the all-volunteer force, the chairman said, "but drastic budget measures that adversely affect the lives and livelihoods of our people very well might. We can afford to lose some things, but we cannot to lose them.'

The budget environment presents difficult choices for our armed forces, Panetta said

"I believe that if we can avoid further cuts, we will have an opportunity to set priorities and make the hard choices needed to build a stronger force for the future," he said, "and to keep faith with our men and women in uniform."

Opportunity Knocks

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Family Readiness Support Assistant

GS-0303-06 SCEG11340855 Closing Date: Sept. 29 (DUTY LOC: Fort Walton, Fla.)

Supervisory Counseling Psychologist YC-0180-02

SCEG11344724 Closing Date: Sept. 30

Supervisory Air Traffic Control Specialist

GS-2152-14 SCEG11143206 Closing Date: Sept. 30

IT Specialist (CUSTPT)

GS-2210-09 SCEG11291250 Closing Date: Oct. 3

(TERM NTE 36 MONTHS)

Contact Representative GS-0962-07 SCEG11329428

Safety and Occupational **Health Specialist** GS-0018-11

Closing Date: Oct. 4

SCEG11199486 Closing Date: Oct. 5 (TERM NTE 24 MONTHS) (DUTY LOC: Hattiesburg, Miss.)

Electronics Technician GS-0856-11

SCEG11365287 Closing Date: Oct. 5

Medical Support Assistant (Office Automation)

GS-0679-04 SCEG11329340 Closing Date: Oct. 6

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Making 'cents' of energy usage

BY TONY W. KING Fort Rucker Efficiency Resource

October is Energy Awareness Month, and while I know not everyone is an energy geek like me, there are lots of things to consider about energy.

One of the fundamentals of energy that everyone should be aware of is. "How much do my electrical appliances and gadgets cost me to operate?"

To know this is to take the first step in controlling monthly costs. As one of our country's founding fathers said, "A most recent electricity penny saved is a penny earned."

So, where do we begin? When we think of purchasing a new car, we find ourselves increasingly interested in the new model's fuel efficiency. We want to know how much it is going to cost us to drive this vehicle.

many miles do you drive divided by the stated fuel economy multiplied by the expected cost per gallon of gas. But, when we find ourselves asking the same questions regarding our electrically fueled appliances and gadgets, we quickly re-

ber we can all calculate fairly easily.

First, you need to know your average cost per kilowatt hour of electricity. A kilowatt hour is simply a 1,000 watt hours (kilo=1,000) and is the basic unit of electrical fuel you purchase. To put it in perspective, 10 100-watt bulbs, turned on for one hour would be 1,000 watt hours, or one kilowatt hour (10 X 100 X 1 hour).

To get your cost per kilowatt hour, simply look at a few of your bills and divide the total bill amount by the kilowatt hours (kWh) vou purchased that month. and voila! You have your cost per kWh.

Now, we need to determine what the specific appliance/gadget uses. To do so, we need to locate the name plate. The Now that is a fairly name plate is a tag on simple calculation - how an appliance that usually contains the model, serial numbers and other useful data. It will also contain either watts of power used by the appliance or amps of current the appliance draws.

If it has a wattage rating, the math is pretty simple. Divide the watts alize that calculation is by 1,000 (unless it is not as straight forward kilowatts, then simply for the average user. But, use that number). Take

with a little effort and the answer and multiply knowledge, it is a num- it times the average cost per kilowatt hour and you will have the cost of that appliance used for one hour.

> If the name plate only list amps, you have to add one more step. In electricity, volts times amps equals watts. So, take the amps on the name plate and multiply it times the voltage of the appliance. If the appliance has amps on the name plate, it will typically list the voltage as well. In a home, it will either be 120 or 240.

Refrigerators, washing machines, hair dryers - things we plug into a standard outlet - will all be 120. Thus, a 10-amp

refrigerator plugged into a 120 volt outlet will be a total of 1,200 watts. However, if it is a stove or dryer, it will be plugged into a 240 outlet. Thus, a 23.5-amp dryer plugged into a 240 volt outlet would be 5,640 watts of

So, if we pay an average of 10 cents per kilowatt hour, our refrigerator would cost us 12 cents an hour (10 amps X 120 volts = 1.200 wattsor 1.2 kilowatts times 10 cents = 12 cents), and our dryer would cost us 56.4 cents an hour (23.5 amps X 240 volts = 5,640watts or 5.64 kilowatts times 10¢ = 56.4 cents).

Now that you are

armed with the energy facts, look at the appliances in your home and see where you are spending your energy dollars. In the energy management field, we say that if you can measure it, you can manage it.

Now that you have the basic tools to calculate your cost per hour of electricity-using appliances (you can measure it), you can manage your costs!

Now, I don't care who you are, that's good stuff!

As part of Energy Awareness Month, Fort Rucker will host an Energy Expo and Fair at the festival fields Oct. 20 from

10 a.m. to 2 p.m. The event will feature exhibitors from a wide variety of energy and resources conservation areas available with products and ideas to help you manage your energy and resource usage at work and

There will be giveaways at the booths and door prizes awarded at the end of the day, and hamburgers and hot dogs will be on sale. Door prizes will include some light-emitting diode, or LED, lighting; an electric grill; an electric smoker; and gift cards.

For more on Energy Awareness Month, call 255-0494.

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Post looks to clean up this fall

BY RUSSELL SELLERS

It's that time again, and units, offices, Soldiers and civilians are gearing up to take on the fall cleanup project on post, according to garrison and Directorate of Public Works officials.

According to Command Sgt. Maj. Dwaine E. Walters, garrison command sergeant major, this twice-yearly event gives everyone a chance to contribute to making Fort Rucker a more beautiful and cleaner place to live and work.

"It's just a simple time for

folks to put some effort into minor beautification of the installation that it's easier for the tenants of those buildings to accomplish," he said. "It's a fairly inexpensive way to take care of our installation. It's almost like having a volunteer cleanup."

The cleanup begins Tuesday and runs through Oct. 7 across the entire post

Wednesday, the units and organizations will move outside and clean the exterior of their buildings and areas, he added. Willie Rucker, DPW construction representative, has taken a lead role in organizing the cleanups for the last six years. He said the cleanups have done a lot of good for Fort Rucker.

"It's really important to evervone that we have something like this at least twice a year," he said. "Especially with the funding cutbacks we've experienced over the last year or so, it's great to see people taking pride in their post and trying to make it as good as it can possibly be.'

Rucker said the installation doesn't have a lot of litter along the road sides, but he has seen several instances of small limbs and other small things that need to be cleaned

"This is about pride in the installation," he said. "We need to approach it as making this place the best it can be. If vou make something beautiful, you want to keep it that way."

Rucker, a retired Soldier, said that taking pride in his appearance and the appearance of his post is something that was instilled in him from the beginning.

"As a former Soldier, that was one of the things that were always taught to me," he said. "This is just an extension of that where we focus direct-

Rucker added that he's seen some units and organizations go above and beyond their own areas in the past and he hopes to see that again.

"I've seen a group of Soldiers start near Lyster Army Health Clinic and work both sides of the street all the way to the Enterprise gate," he said. "They would pick up anything that was lying on the side of the road to make it look nicer. That was one of the more unique things I remember seeing here."

For more information on the fall cleanup, call 255-0020.

ASAP: 'Your Family needs you

Continued from Page A1

Crossfield, who explained the many ways a Soldier or Family member can seek help if at risk for suicide and emphasized this year's Suicide Prevention Month theme - standing shoulder-to-

Your Family needs you. The Army needs you. It doesn't have to be this way - you can get help," said Crossfield in the closing lines of the produc-

After the play, Dr. Thomas Joiner, professor at Florida State University and author of more than 385 publications on the psychology, neurobiology, and treatment of suicidal behavior and related conditions, presented a briefing entitled "Why People Die by Suicide."

The briefing expanded on the causes and symptoms of suicide based on his research involving a sense of uselessness, alienation and lack of fear. According to Joiner, suicide can be prevented by removing the stigmas surrounding expressing concern and seeking help.

Joiner said that the ASAP presentation was a way to relay information about suicide in an approachable way.

"It's a very effective way to connect people. Bringing it to life in a dramatic fashion really brings the point home,

Joiner enjoyed his experience speaking to a theater full of Fort Rucker community members.

"It's been terrific. Everybody's been really welcoming. It's an extremely organized series of presentations. It's been a pleasure," he said.

In his presentation, "So, What Now?" Crossfield spoke about the Army's suicide prevention method, also known as the ACE card method. The ACE card method, as Soldiers at the event recalled out loud, involves three phases- asking, caring and escorting a Soldier or Family member in crisis.

"It takes energy to care, but we're called to take care of each other. It's going to take an Army Family to beat down this suicide risk that we have You're important to the Army, to our country and to me," he said.

Joiner said that the ACE method was certainly an effective way to prevent suicide, as supported by his presentation.

"A big emphasis of the ACE approach is connecting people to care. I'm definitely a supporter of the approach. It's almost ideal," he said.

People in crisis or who know people at risk can get help from the Fort Rucker Garrison Chaplain by calling 255-2989

For more information on suicide prevention, call 255-7509.

ears of making a difference

Continued from Page A1

Col. Patrick N. Denman, U.S. Aeromedical Center commander, and Dunman.

recognized the work of CFC staff and volunteers over the past 50 years, explaining that these people are doing their part to impact lives.

"Our project officers, key workers and other volunteers are the heart and soul of this campaign, because they truly perform community service connect willing donors with much deserving agencies," he said.

Denman and Muskopf expanded on the importance of combined efforts of CFC workers, federal employees and donors

that has helped the CFC reach and exceed its goal year after year

"What a profound statement about the CFC - 50 years of making a difference in the lives of others. You can once again change lives. Let's work together once again to achieve our 2011 goal," Muskopf said.

He also encouraged donors to remember the importance of giving, even in times of financial hard-

"All that it takes for each of us is to make a small sacrifice. This may be more difficult this year, due to the current economic environment. However, the need is greater than ever." said Muskopf

In his keynote address, Dunman thanked troops, key workers and project managers, encouraging people to continue to give as they have for 50 years.

"Give from the heart and give until it feels good. More people will be served than you can ever imagine," he said.

Dunman also detailed his experiences with charitable giving, explaining that his Family's past struggles we're alleviated by organizations like the Wiregrass United Way and other CFC-supported organizations. Giving to charity is a way for individuals to help others and help themselves

"It makes no difference whatsoever your status in life, someday, somehow, somewhere you're going to need someone to help you," he said.

To help the CFC reach this year's \$1,125,000 visit http://www. heartofalabamacfc.org/ or visit Bldg 5700 Rm. 280. For more information on the CFC, call 255-9261.



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Prescription abuse dow

BY C. TODD LOPEZ

WASHINGTON - Prescription drug abuse among wounded warriors has decreased since the Army Pain Management Task Force was founded two years ago, said the Army's vice chief of

A drop in narcotics use was the good news Gen. Peter Chiarelli related as he discussed the high number of Soldiers suffering from post-traumatic stress. or PTS, and traumatic brain injury, or TBI, during his keynote speech Monday at the 2011 Defense Forum Washington seminar "The Journey Back: Helping Wounded Warriors and their Families Transition."

As of Sept. 1, just more than 8,900 Soldiers were part of the Wounded Warrior Program, he said. Of those, just under 4,500 suffered from PTS, and just under 1,500 suffered from TBI.

"These are the signature wounds of this war," said Chiarelli. And he added that more Soldiers are likely suffering, but have not yet been diagnosed. "We must get a handle on this," he said.

Advancements have been made though, he said, in dealing with one problem facing wounded warriors: prescription drug abuse.

The Army Pain Management Task Force has created new guidelines, he said, to ensure fewer Soldiers are able to become addicted to prescription

"These important changes have led to a decreased use of prescription medications," he said. Specifically, there have been reductions in the use of narcotics and psychotropic drugs.

At Walter Reed's Warrior Transition Unit, narcotics usage went down from 80 percent to 8.5 percent among wounded warriors, he said. The general said the Army would like to replicate



Vice Chief of the Staff of the Army Gen. Peter Chiarelli said post-traumatic stress and traumatic brain injury are "the signature wounds" of the wars in Iraq and Afghanistan. The general spoke Monday as a keynote speaker during the 2011 Defense Forum Washington seminar "The Journey Back: Helping Wounded Warriors and their Families Transition."

that success at all Army installations, but there is a shortage of those trained in alternative pain management.

The Army Pain Management Task Force was chartered in 2009 to look at alternative ways to treat pain, including such things as yoga, meditation and acupuncture, for instance. Prescription records for Soldiers are also now tracked by Defensewide electronic databases.

"My number-one priority is the health and well-being of the force," Chiarelli said.

While issues such as cost savings and the Army's network are also important, he said that unlike the Air Force and the Navy, where platforms such as aircraft and naval vessels are critical the Army is "people-centric."

"The rest simply won't matter if our people aren't cared for properly," Chiarelli said.

Chiarelli also expressed concern to seminar attendees about the complexity of and the speed at which Soldiers move through the Integrated Disability Evaluation System, or DES. After a decade of war, he said, there are about 20,000 Soldiers in the sys-

Those are Soldiers who are not able to deploy, he said, adding that the number of Soldiers in the system has increased about 169 percent since January

"The reality is that number is probably closer to double that factor if you figure in the number of Soldiers who are not yet enrolled in DES, but are nonethe-less non-deployable, with either temporary or permanent medical profiles.

Some of those, he said, will get a permanent profile, for up to six months, and they will heal

and be able to go back into a deployable status. Others will not, he said. Others will remain undeployable, and enter the DES.

When you take 40,000 Soldiers out of the end strength of the U.S. Army — that is one of the effects of 10 years of war."

Getting an active-duty Soldier though the system takes about 373 days now, he said. "Needless to say, this is too long. The system is complex, disjointed and confusing. DOD is continuing to work closely with the Department of Veterans Affairs, along with military services, to make needed improvements"

Inside the Army's Wounded Warrior Program, about twothirds of Soldiers are suffering from either post-traumatic stress or traumatic brain injury, Chiarel-

Both TBI and PTS produce symptoms like concentration problems, irritability, personality changes and memory impairment, Chiarelli said, also saving it's important to learn the difference between the two."We need to understand how to differentiate between them and how to effectively treat them."

One challenge with both PTS and TBI is the latency of symptoms - the time between when an injury occurs that causes them, and when the symptoms present themselves. After that, there is even time before somebody suffering from the two injuries is first treated.

Chiarelli reported a statistic from the National Institute of Health that the average time between injury and first treatment is 12 years.

"A bunch of bad stuff happens in that 12-year interval," he said.

With the drawdown in Iraq and Afghanistan, more Soldiers will be coming home, and some will stay home 12-14 months. Many of those, he said, will be dealing with physical and behavioral health issues - including depression, anxiety, TBI and PTS.

Of particular concern are Soldiers in the Army Reserve and the Army National Guard. Unlike their active-duty counterparts, those Soldiers do not stay on a military installation or a military community after they return from overseas.

"The reality is we are able to more effectively influence those Soldiers serving on active duty," Chiarelli said. Soldiers in the reserve components are isolated from military support structures, including their command structure and mental health facilities. And isolation from the military community and support is now exacerbated by the concerns that come with the declining economy, he said.

"We are not going to rest until we figure out how to bridge the divide of the reserve component," he said.





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ARMY BRIEFS

DEADLINE NEARS TO AP-PLY FOR SPECIAL 'STOP LOSS' PAY

WASHINGTON - Only a month remains for eligible servicemembers, veterans and their beneficiaries to apply for Retroactive Stop Loss Special Pay.

Officials extended a previous deadline to Oct. 21 to allow more time for eligible people to apply.

The special retroactive pay was established to compensate for the hardships military members encountered when their service was involuntarily extended under Stop Loss authority between Sept. 11, 2001, and Sept. 30, 2009. officials said. Eligible members or their beneficiaries may submit a claim to their respective military service to receive the benefit of \$500 for each full or partial month served in a Stop Loss status.

To apply, or for more information - including submission requirements and service-specific links – go to http://www. defense.gov/stoploss.

ARMY SEEKS TO ID, TREAT SOLDIERS **EXPOSED TO RABIES**

FORT SAM HOUSTON, Texas -A Soldier who recently returned from Afghanistan died from rabies last month after contracting the disease from a feral dog while deployed.

The Army has initiated an investigation to ensure that other servicemembers who may have been exposed to rabies are identified and receive preventive treatment, if needed.

All personnel redeploying since March - including active or reserve-component service members, as well as those recently discharged from military service: DOD civilians, and contractors - who have had contact with a feral/stray animal while deployed, should be immediately evaluated by medical personnel. Army Medicine and the DOD are committed to ensuring that anyone who believes they may have been exposed while deployed is provided with appropriate medical evaluation and care, officials said.

The Wounded Warrior and Family Hotline can be called at 1-800-984-8523 (Stateside DSN: 421-3700 or Overseas DSN: 312-421-3700) for information on obtaining a medical evaluation and, if necessary, treatment.

More rabies information can be obtained by visiting: www.cdc. armv.mil/topics/discond/aid/ Pages/Rabies.aspx.

JBLM SOLDIERS, CIVILIANS UNITE IN BATTLE AGAINST SUICIDE

JOINT BASE LEWIS-MC-CHORD, Wash. - Gary Ouellette, who has worked in suicide nrevention the past two decades, took a few more steps for the cause last week

On Sept. 14 he joined Soldiers, civilians and spouses for the annual Walk 4 Life on Joint Base Lewis-McChord. The 2 1/2-mile walk was held to raise awareness for suicide prevention.

The reason to participate in the Walk 4 Life was obvious for Quellette, who currently works with the Warrior Transition Battalion.

"Because I care," he said. Participants gathered in front of the garrison headquarters, Building 1010, at 6:45 a.m. during physical training hours and listened to a brief message by Steve Kosylo, JBLM suicide prevention coordinator.



This stock photo shows the CH-47F Chinook helicopter currently being manufactured for the U.S. Army. The newest Chinook model incorporates key reliability and maintainability improvement modifications, such as a new machined airframe, vibration reduction, digital source collectors, T55-GA-714A engine, Common Avionics Architecture System, ed air transportability, Digital Automatic Flight Control System, and is compatible with joint digital connectivity requirements.

hinook turns 50

BY PROGRAM EXECUTIVE OFFICE

PHILADELPHIA, Pa. — For most individuals, change can be harder with age. Not for the CH-47 Chinook Helicopter — an aircraft originally designed and built to haul missiles that the U.S.Army no longer uses.

"To see the improvements and what we've done with this aircraft through the years gives me a lot of pride," said Maj. Gen. William "Tim" Crosby, program executive officer for Aviation. to the aircraft. "That aircraft was designed to haul something

valid. It is so versatile at all altitudes, with internal and external loads. It's an outstanding capability."

The cargo aircraft celebrated its 50th year of flight with the U.S. Army Sept. 21 during the opening ceremony of a renovated Boeing Company CH-47 Chinook factory in Ridley Park, Pa. Crosby has flown every model of the CH-47 Chinook and has experienced firsthand the advancements and improvements made

But those improvements are far from over.

we don't even have anymore, but it is still so The Army has been working with Boeing to modernize the floor for on-load and off-load capability and to add ballistic protection, said Col. Bob Marion, project manager for cargo helicopters.

"We owe it to the people who went before us, the people who we serve today and the people in the future to maintain that vision and maintain that perseverance and everything we do every day," said Marion. "This weapons system is doing great things around

SEE CHINOOK, PAGE B4

Army preparing to produce JLTVs

BY KRIS OSBORN ASA (ALT) Public Affairs

WASHINGTON — After refining requirements during a twoyear technology development phase for the Joint Light Tactical Vehicle, Army developers are poised to conduct full and open competitions geared towards recapping Humvees and producing JLTVs, as part of a synergized Light Tactical Vehicles strategy.

The Army-led program is planning to accelerate the developmental timeline of the next phase of the JLTV program, said Col. David Bassett, project manager, tactical vehicles.

"We're in the process of restructuring an acquisition strategy that responds to a shorter timeframe for these vehicles to be able to reduce the cost of the next phase as well

SEE JLTVS, PAGE B4



After refining requirements during a two-year technology development phase for the Joint Light Tactical Vehicle, Army developers are poised to conduct full and open competitions geared towards recapping Humvees and producing JLTVs, as part of a synergized Light Tactical Vehicles strategy.

WWII Aviators recovered from New Guinea, laid to rest



BY ARMY NEWS SERVICE

WASHINGTON — The remains of nine Army airmen were interred Sept. 21 at Arlington National Cemetery, Va., more than 68 years after their flight over Papua New Guinea was shot down by the Japanese.

At the height of World War II, the flying mission of one B-17E Flying Fortress, nicknamed "Naughty but Nice," ended up short lived. All but one of its crew were killed after the aircraft was hit, June 26, 1943.

The crew's mission, after launching from an airfield near Dobodura in New Guinea, was to carry out a bombing mission over Rabaul. The plane was dam-

aged by anti-aircraft fire and ultimately shot down by Japanese fighter aircraft. Only the mission's navigator, 1st Lt. Jose L. Holguin, survived.

The lieutenant, who had bailed out of the aircraft after it was shot by the Japanese, was severely injured. He survived for three weeks in the jungles of Papua New Guinea, until he was found by natives there. The natives provided him immediate assistance, but eventually turned him over to the Japanese.

Holguin was held as a prisoner of war from about July 30, 1943, to Sept. 7, 1945, at the Japanese Sixth Field Kempei Tai Headquarters Prisoner of War Camp, Rabaul, New Guinea.

SEE AVIATORS, PAGE B4

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Disposition of Personal Effects This notice serves as an advisory for all those in possession of the property of LTC Dennis K. Bennett, as well as to persons to whom the deceased is indebted to or those indebted to the deceased. Contact CW5 Bobbie Schweikart, summary court martial officer, United States Combat Readiness/Safety Center, with all inquiries at 334-379-2894, 334-255-3503. **DISPOSITION OF PERSONAL EFFECTS** This notice serves as an advisory for all those in possession of the property of WO1 Joel P. Hocker, as well as to persons to whom the deceased is indebted to or those indebted to the deceased. Contact 2nd Lt. Werner Leemhuis, summary court martial officer, B company, 1/145th Aviation Regiment, with all



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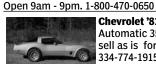
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The CH-47F model was first delivered to Army Aviators in 2009 and has already seen less maintenance needs than the CH-47D model that came before it, said Marion. The frame experiences less erosion and cracking and the gas components are in Iraq and Afghanistan. A stronger frame means a stronger aircraft - something that CW3 Jason Franzen knows about.

this aircraft and it was fine," said Franzen, who has flown the CH-47D and CH-47F during two tours of duty in Afghanistan and three in Iraq."The safety of the aircraft — the strength and the endurance — is

model include the Digital Automatic Flight Control System, said Franzen, who now acts as government flight represen-"I've been able to make hard landings in tative that test flies all CH-47Fs that come off out of the Boeing plant before delivery to a Combat Aviation Brigade. This system aids pilots who are trying to land during brown-out conditions like a sand

"We work in Aviation for the ground

needs something somewhere, we provide that for them with this airframe," said Franzen. "Capabilities of the aircraft, where it can go and how it can get there have changed. With the cockpit being all digital, we are allowed to fly this aircraft that we may not have been able to get into before. Even in zero-visibility situations, I can bring this aircraft in at a hover and bring

ILTVs: Officials seek to harness latest technology, minimize cost

Continued from Page B1

as get vehicles out there faster" Bassett said "We're going to deliver vehicles into the field sooner and we are working handin-hand with our user community to look at cost of the vehicle."

opment, or TD, phase for the JLTV program, completed this past May, successfully demonstrated the vehicle's ability to meet a wide range of requirements. These requirements included fortified improvised explosive device protections designed off-road mobility, variable ride height suspension, exportable power and essential command, control,

communications, computers, intelligence, surveillance and reconnaissance capabilities, said Tim Goddette, director of sustainment Systems

The TD phase further illustrated that the JLTV will be a next-generation light ways to drive down the vehicle that brings Soldiers an unprecedented blend The Technology Devel- of protection, payload and performance, Goddette said. The 27-month TD phase included prototype vehicles from three teams of vendors: BAE-Navistar, Lockheed-BAE and General Tactical Vehicles (General Dynamics and AM General).

"The purpose of the TD to withstand blast attacks, phase was geared toward refining the requirements in order to demonstrate the ILTV's ability to meet the designated capability

program has succeeded in identifying and proving out those areas of needed development - and now the Army is analyzing what trade-offs might be required in order to best pursue an acquisition strategy that both lowers costs and delivers this needed capability to Soldiers."

The competitive prototyping and extensive testing pursued during the TD phase was designed to match technological capability with the vehicle's requirements as well as lower risk for an anticipated production phase.

'We demonstrated not only that the requirements were achievable, but we gained valuable insight into the cost of each capability and effect that

one capability might have on another. We've learned that some trade-offs are necessary to pursue an overall strategy that best synchronizes requirements, resources, mature technologies and a costreducing acquisition strategy," Goddette said.

Operating in today's more budget-constrained fiscal environment, Army developers are working on an approach to JLTV procurement that harnesses the best available technologies while minimizing costs and achieving efficiency in the process.

One such approach includes the possibility of buying less add-on armor, known as B-kits, for the vehicles. Not every JLTV will need the added protection and new, lightweight maavailable in the future.

With its off-road ability, blast-protection and on-board electronics, the JLTV will bring a new set of capabilities to the Army and Marines. The JLTV is being engineered to maximize Soldier protection without compromising mobility and vehicle performance.

"We are now focusing on a vehicle that is 10,000 pounds lighter than an M-ATV and yet we believe will offer as much protection as the original M-ATVs that the Army fielded," said Bassett. These enhanced technological capabilities will allow the JLTV to perform a wide range of missions and perform many roles Humvees are currently unable to do.

At the same time the Army is preparing for the next phase of the ILTV program, they have also embarked upon a competitive Humvee recap program-called the Modernized Expanded Capability to improve the survivability of the existing Humvee that is already in the Army inventory.

The Army plans to release a draft request for proposal for MECV this fall, with an award date notionally slated for next

Thus far, the Army has been encouraged by a strong industry response to earlier requests for information, and plans to award multiple test vehicle contracts before downselecting to one vendor.

Aviators: Several techniques used to positively ID burial remains

Continued from Page B1

in 1949, U.S. military perby local citizens to a B-17 crash site on New Britain Island.There, remains were recovered but couldn't be identified given the technology of the time. The found remains were buried as unknown at the National Memorial Cemetery

of the Pacific in Honolulu.

In 1982 and 1983, Holand located the crash site. sonnel in the area were led A fragment of the aircraft nose art was recovered and is displayed in the War Museum in Kokopo, Papua New Guinea. In 1985, the remains buried in Hawaii were exhumed and identified as Staff Sgt. Henry Garcia, Staff Sgt. Robert E. Griebel, 2nd Lt. Herman

H. Knott, Staff Sgt. Pace P. Payne, and 2nd Lt. Francis Following World War II, guin returned to the area G. Peattie. In 2001, a team from the Joint POW/MIA Accounting Command excavated the crash site and found additional human remains and crew-related equipment.

Among forensic identification tools and circumstantial evidence, scientists from JPAC used dental comparisons and

the Armed Forces DNA Identification Laboratory used mitochondrial DNA - which matched that of some of the crew members' families - in the identification of their remains.

Remains representing nine of the 10 crew members of the B-17E mission over Papua New Guinea were interred as a group at Arlington National Cemetery. They were buried with full military honors.

Among the remains represented in the group burial are:

- Tech Set Robert L. Christopherson, engi-
- Staff Sgt. Henry Garcia,
- assistant engineer Tech. Sgt. Leonard A. Gionet, radio
- Griebel, assistant radio
- 2nd Lt. Herman H. Knott assistant bombardier
- · Staff Sgt. Pace P. Payne, gunner
- 2nd Lt. Francis G. Peattie, bombardier
- · 1st Lt. William J. Sars-
- field, pilot · 2nd Lt. Charles E. Trim-

ingham, co-pilot Holguin, who had served as the navigator, died on Staff Sgt. Robert E. March 22, 1994, in Los An-



School events teach liberty, citizenship

Story on Page C3

SEPTEMBER 29, 2011 VOL. 61 • NO. 39 **ARMYFLIER**★COM



October events aim to prevent domestic violence

BY ERIN MURRAY Army Flier Staff Writer

During October, the Fort Rucker Family Advocacy Program will host multiple events in observance of Domestic Violence Awareness Month, starting with a proclamation signing Monday from 9 a.m. to noon in the lobby of Bldg.

This year's theme is "together we can end domestic violence," said Luticia Trimble-Smith, FAP manager. The theme will be highlighted as senior leaders, Family members and community members sign a proclamation issued by Maj. Gen. Anthony G. Crutchfield, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

The goal of the proclamation is to encourage the community to be aware of and prevent domestic violence in every way possible, explained Trimble-Smith.

"Partnering with the community is important. We can't do this alone. One of the problems with preventing domestic violence is when bystanders know what's going on and don't do anything. We want to encourage them to make a commitment to let someone know," she said.



After the proclamation signing, community members are encouraged to participate in events aimed at preventing and ending domestic vio-

lence.

FAP and the Fort Rucker Chaplaincy will host Marriage 101 Wednesday from 1-4:30 p.m. at the Spiritual Life Center. This event will focus on Paradise Fun Night, which will preventing marital problems be held Friday at Lake Tholocthat can contribute to domestic violence, said Trimble-Smith.

"It's about strengthening relationships. Couples may already have things that they do that are working, but there may be some areas where they need a little more help,"

Oct. 13, the entire Fort Rucker community is encouraged to wear purple to raise awareness and support victims of domestic violence.

"The purple ribbon is the national symbol for domestic violence awareness. We're asking everyone in the community to show their support by wearing purple," said Trimble-

A divorce, separation and co-parenting workshop takes place Oct. 24 and 31 and is also aimed at preventing violence by resolving issues, she

"Separation is one of the most lethal times for victims in a domestic violence situation. At the workshop, people will learn skills to help reduce emotional abuse," she said

Other events during October will help strengthen Families in order to prevent violence. These include Aloha events, call 255-9641

co; the "In Her Shoes: Living with Domestic Violence" presentation, Oct. 13 from 11:30 a.m. to 1 p.m. at Wings Chapel; and Family game night Oct. 21, 5-7 p.m. at the Commons. Game night is open to the first 25 Families who register by Oct. 14 and is open to active duty, retired, federal employees and Family members.

As domestic violence awareness month begins, Trimble-Smith hopes the community will help by knowing the options available to victims, abusers and witnesses of abuse.

"One of the reasons why the Army now has two reporting options is because it gives an opportunity to those who may be afraid that reporting may impact the career of the servicemember involved. If nothing else, let the victim know that there are resources available. We have victim advocates on call. They can take a restricted report or non-restricted report," she said.

Victim advocates are available 24 hours a day, seven days a week at 379-7946 or 379-7947.

For more information on domestic violence awareness month and to register for

Snakes: The good, the bad and the pygmy

BY RUSSELL SELLERS Army Flier Staff Writer

Alabama is home to a variety of snake species, according to Game and Wildlife officials here. Most are nonvenomous, but there are some that carry powerful toxins.

It's important to know how to handle the situation if a snake is encountered on post, said Steve Stokes, Fort Rucker game warden. People knowing what kind of snake they're dealing with can sometimes help the situation, but telling the difference can be tricky.

"The majority of poisonous snakes in Alabama have diamond-shaped heads and slit-eyes, as opposed to more flat heads and round eyes you see on constrictors," he said. "People automatically assume that the snakes they see are poisonous. That's just not the case. most times."

There are about 50 different types of snakes in the state, Stokes added. Only six of them are actually poisonous.

"For example, a lot of people mistake the oak snake for an Eastern Diamondback rattlesnake," he said. "But, the two actually look a lot different from each other. The rattlesnake is a fat snake that isn't very long. The oak snake is a lot longer and thinner."

As the weather cools off, snakes will



Venomous snakes, like the diamondback rattlesnake nictured above, have a triangular head.

be more active, he added. When winter comes, the snakes will hibernate, but first they have to prepare by eat-

The most common species Stokes said he gets called out to deal with in the housing areas are copperheads, a venomous snake.

If a snake is seen in the housing areas, the game wardens will go out to retrieve the snake. However, they need to know where it is in order to retrieve it. Stokes said.

"We've been called out to the housing area a day after the snake was actually seen," he said. "By then, it's too late to do anything because we have no idea where the snake is. The best thing



Nonvenomous snakes, like the corn snake pictured above, have a spoon-shaped or rounded head.

to do is call us when the snake is seen. But people have to keep an eye on the snake to let us know where it is so we can get to it when we get there."

There's virtually no way to keep snakes from entering a yard, he added. But, there are things that can be done to deter the snake from sticking around

"It's important to pick up toys and keep the vards trimmed," he said. "They look for places to hide so they can hunt. Keep the toys picked up and the yards cut so they don't have places to hide."

It's important to note that no snake wants to be around people, he added. When snakes feel threatened, they and most try to warn people.

"Your rattlesnakes, like timbers, diamondbacks and pygmies, will rattle to alert you," he said. "But other species, like the coach whip, a non-venomous snake, will whip its tail in a similar way to a rattlesnake. Others will flatten their heads out or bow-up to make themselves look bigger. It's all a warn-

All snakes have a place in the environment, Stokes said. When the game wardens retrieve a snake, they don't kill it. The animal is transported to an area away from people and released back into the wild.

"All snakes keep something in check," he said. "They eat rats, mice, rabbits, frogs and even insects. Some snakes, like the non-venomous king snake, eat other snakes."

According to the Alabama Cooperative Extension System website, there are no endangered species of snake in Alabama, but there is one threatened species: the Eastern indigo snake.

The Eastern indigo is a large, stout, black snake that often averages six feet in length and is the longest snake in the United States.

If a snake is encountered in the housing areas, call the police at 255-2222 or the game warden office at 255-4213.

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS . SERVICES AND ACTIVITIES

Thrift shop sale

The Fort Rucker Thrift Shop hosts a bag sale Saturday from 7 a.m. to 1 p.m. where people can pay \$3 for everything they can stuff in a brown paper sack. The shop will also be open inside with other special promotions. The thrift shop is located at the corner of Red Cloud and 5th in front of the theater, next to the bowling alley.

For more information, call 255-9595.

Peanut Festival tickets

Leisure travel is selling National Peanut Festival tickets now through Oct. 31 for the Nov. 4-13 event in Dothan. Tickets cost \$6. For more, call 255-9517.

Construction affects parking, traffic

Due to ongoing construction work, the 1000 block of Quartermaster Road, from Dilly Branch Road to the west end of Bldgs. 1309 and 1310, and Stockade Road from just north of the railroad tracks adjacent to Bldg. 1121 to 18th Street are closed.

Barricades are set up at the locations to mark the closures. These portions of the roads are closed for the duration of the project, which is expected to be completed in September 2013. Additionally, the small parking lot on the southeast corner of Dilly Branch Road and Quartermaster Road is closed. Traffic on Dilly Branch Road and 18th Street are not affected at this time.

Cub Scout food drive

Fort Rucker's Cub Scout Saturday and Oct. 15 from commissary opening time until 5 p.m. at the commissary's exit that will benefit the post's food bank. The Scouts ask that only canned and dry goods be donated.

BOSS cruises

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

for Single Soldiers sponsors its third annual cruise Dec. 12-17. The cruise will be to the eastern Caribbean and set sail from Sea Port Miami. Single Soldiers can sign up in Bldg. 5700, Rm. 350. Payment plans are available, but people are strongly encouraged to pay in full at the time of booking. Deadline for full payment is Saturday.

Cost includes transportation to and from the port of call, lodging and food. Soldiers will be responsible for gratuities and any other expenses incurred while on the cruise. The cruise is reserved only for single Soldiers and geographical bachelors. There are only 18 slots available. For more information, call

Wanted: Outstanding **Families**

Army Community Service accepts nominations for the Month of the Military Family Outstanding Military Family now through Oct. 14. People who know a military Family that they would like to honor can submit a nomination in Bldg. 5700, Rm. 390. Nominations must describe specific contributions the Military Family has made to improve the quality of life for the Soldiers and Families in units, organizations and the Fort Rucker community. For the specific cri-Pack 50 hosts a food drive teria and requirements for nomination applications, call Tom Jenkins at 255-3817 or email him at Tom.C.Jenkins@us.army.

Youth art, essay contests

Fort Rucker children are invited to put their Better Opportunities artistic and literary tal-

ings — pencils, Crayons or paints — on 8 ½ by 11 paper in vertical format. not be mentioned by name in the drawings.

Me," is open to all military has on Family readiness. children ages 7-12. Essays should be between

School counselors. The tic violence: act now!" deadline for off-post students is Oct. 21 and call Army Community Ser-Bldg. 5700, Rm. 390 in an email to luverne.fryer@ Army Community Ser- us.army.mil. vice.

Winners will be recognized during the chili cook-off and ACS' "Salute to Military Families" event Nov. 5 at the Fort Rucker Festival Fields.

For more on the contests, call Tom Jenkins at 255-9888 or send an email to Tom.C.Jenkins@ us.army.mil.

Ladies Night

The Landing Zone hosts Ladies Night from 8 p.m. to midnight Friday, featuring dance mix by DJ Dave. The Landing Zone's courtesy van offers patrons a free ride home to anywhere on Fort Rucker. For more, call 598-8025. The event is open to the public

Proclamation to end domestic violence

Fort Rucker's Family Advocacy Program, Army Substance Abuse Pro-

ents on display for the gram, Preventive Medicommunity in two sepa- cine Services and Picerne rate contests in October, Housing host a proclamawith the winners being tion signing ceremony to announced in November. end domestic violence The art contest, titled Monday at 9 a.m. in the "My Military Family," in- lobby of Bldg. 5700 as part vites children ages 4-11 of National Domestic Vioto submit their work lence Awareness Month. depicting their military The proclamation and Families in color draw- other information will be on display until noon.

Officials said the awareness month is essential to Family members should furthering the Army's efforts to raise awareness about domestic violence, The essay contest, educate people on the titled "What being in a signs of abuse and empha-Military Family Means to size the negative impact it

The Army's new restricted reporting policy 100 and 200 words, and involving domestic abuse may be hand written or seeks to create a climate of confidence where Sol-All entries should in- diers and Family memclude the child's name, bers experiencing domesgrade, name of parents, tic violence can access phone number and email needed services without address on the back of fear of possible repercusthe drawing or essay, sions to them or their inti-Deadline for submission mate partner's career. The is Oct. 20 to Fort Rucker theme for this year is "To-Primary or Elementary gether we can end domes-

For more information, should be turned in at vice at 255-9644 or send

DFMWR Spotlight



\$20 by Sept. 24* \$25 after Sept. 24* \$12 no shirt option \$100 per 8-person team**

Bike It, For the Fun of It!

Participants will be bused to the Ozark gate, the last bus will leave at 8:40 a.m.

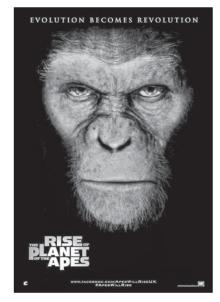
Fortenberry-Colton PFF, 255-3794 w.ftruckermwr.com EFMP Friendly



Pick-of-the-litter

Meet Madi. a 6-week-old. female domestic medium hair available for adoption at the Fort Rucker Stray Facility. She is sweet and lovable. It costs \$81 to adopt Madi and other animals at the facility, which includes all up-to-date shots, microchip and spaving. 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 fortruckerstravfacility/ for constant updates on the newest animals available for adoption.

FORT RUCKER Movie Schedule for September 29 - October 2



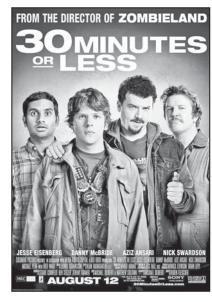
THURSDAY, SEPT. 29

Rise of the Planet of the Apes (PG-13) 7 p.m.



FRIDAY, SEPT. 30 & SATURDAY, OCT. 1

Spy Kids: All The Time In The World (PG) 7 p.m.



SUNDAY, OCT. 2

30 Minutes Or Less (R) 7 p.m.

School events teach liberty, citizenship

BY ERIN MURRAY

Fort Rucker Elementary School observed Constitu-Day last week with events citizenship to students.

Because Constitution fell on a Sunday, Sept. 17, of activities.

community, we are proud gram provides lessons on to honor our Constitution freedom and good citiand celebrate our rights zenship, said Chris Rainand responsibilities as water, sound engineer American citizens," said and co-organizer for Lady Vicki Gilmer, principal of Liberty. the school.

Aviation Center of Excellence and Fort Rucker Rainwater. commanding general, The event was well reand his wife, Kimberly ceived by students and school Sept. 20.

talking to the students Fort Rucker. about the American flag and the importance of thank Mrs. Crutchfield, citizenship and his wife who helped orchestrate read the book America-A this event for us. Lady Patriotic Primer, by Lynne Liberty's theatrical per-Cheney.

ent day.

"Our country was built by people who were difand formed a country. The week of citizenship. differences we had are fact, it's a pretty good Penix.

thing. I think the strength of our country lies in our differences," he said.

He also explained proper flag etiquette, tion Day and Citizenship including the different ways to salute the flag aimed at teaching good and the symbolism of its colors and design.

On Sept. 21, the school Day and Citizenship Day welcomed the "Lady Liberty Live" nationwide the school celebrated Next Great Americans a few days later, which bus tour, a presentation made for a week's worth that is provided by the Liberty's Legacy super "As part of this military citizen program. The pro-

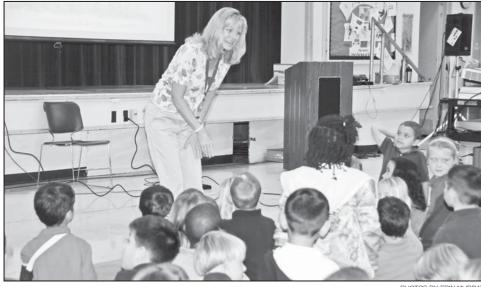
"I hope that they are Maj. Gen. Anthony G. excited about starting Crutchfield, U.S. Army this program and see the history come to life," said

Crutchfield, visited the staff, said Gilmer, who also offered her gratitude The general spent time that the tour stopped at

"We would like to formance brought the The general spoke Statue of Liberty to life about the uniqueness of - and the tour's origi-America, both during its nal, high-energy music founding and in the pres- and video had students engaged from the start," she said.

Gilmer wasn't the only ferent. We came together one excited about the

"The show was funny what made us great. It's and awesome. The sing-OK for someone to look ing was the best part," different from you — in said third-grader Taylor



Kimberly Crutchfield, wife of Maj. Gen. Anthony G. Crutchfield, interacts with Fort Rucker Elementary school students after reading a book



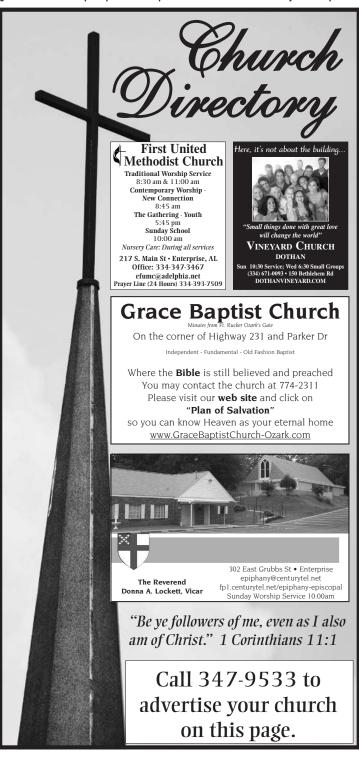
Maj. Gen. Anthony G. Crutchfield taught lessons on citizenship and patriotism at a presentation at Fort Rucker Elementary School Sept. 20.

Oktoberfest



Above: Sonnenschein Express provided traditional German music to quests Fort Rucker's Oktoberfest Sept. 23 at the

Left: Sarah Kirsch and her children, Nate and Lily, dressed in authentic German style to celebrate Oktoberfest at Fort Rucker's festival fields.



A Soldier's story

From hospital to Hollywood

BY ELIZABETH M. COLLINS

(Editor's note: The former Soldier bigblighted in this article. I.R. Martinez, is also currently on the television program "Dancing With the

WASHINGTON - In the glitz and glamour of Hollywood, appearance is almost everything and plastic surgery - to achieve the perfect body, the perfect face, and perfect skin - is commonplace if tabloids and TV shows can be believed.

So, as soap opera star J.R. Martinez of All My Children sees it, he fits right in. After all, he's had more than 30 surgeries. The only difference between Martinez and other young actors: instead of getting a nose job or Botox shots from high-priced Beverly Hills surgeons, Martinez spent more than two years at Brooke Army Medical Center in San Antonio, undergoing skin grafts and treatments for burns that covered 40 percent of his body.

That's because Martinez — who plays Brot Monroe, an Army veteran burned in combat — used to be Cpl. J.R. Martinez of the 101st Airborne Division. He deployed to Iraq during the initial invasion in March 2003 at the age of 19, only six months after enlisting, still so green he wasn't sure he could find Iraq on a map. Less than a month later, April 5, the front left tire of the Humvee he was driving hit a landmine. Three other Soldiers were thrown from the vehicle and sustained mostly minor injuries, but he was trapped inside.

Minutes before, he and the Soldier riding shotgun had been joking about how cool it would be to get a Purple Heart and not have to wait in line at restaurants back in the

never think it's going to lead to anything," he remembered, "because humor is the biggest thing you've got to maintain while you're over there.

was soon screaming for Humvee and flames consumed him.

"It's going to end for me. This is it," he thought. Raised by a single mother, Maria Zavala, who had emigrated from El Salva-



J.R. Martinez recovering from one of his 33 surgeries about a year after his initial injury, with his mother Maria Zavala at his side. Martinez calls her his best friend and credits her with snapping him out of the depression he sunk into when he realized the extent of the burns that covered his body.

dor and had already lost one child, he realized that there was no way he could put her through that again. He had to hang on. By the time his buddies were able to get him out (Martinez later learned insurgents had attacked their convoy as soon as the landmine went off), 10 or 15 minutes had gone by and, conscious the entire time, he was in unspeakable pain.

"It's really hard to explain," Martinez said. "You know how you burn yourself on an iron or stove and how painful that is, or maybe a sunburn, and the pain is just excruciating. This was just on-another-world-, on-anotheruniverse-painful. It was just so far beyond what I had ever known and what I've ever experienced that there's no way to explain "The things you say and it. It's an unbearable pain. Burns are something I would never wish upon my worst enemy."

The third-degree burns were so deep, and he lost so much fluid and tissue, That's what keeps you go- that after a while, they destroyed the nerves. But it wasn't cool, and The smoke damage was instead of laughing, he so severe that his lungs and other organs began help as smoke filled the to shut down. Martinez was put in a medically induced coma for the pain that and because he kept trying to touch his face, thinking he could make it feel cooler.

One of the medics later

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told him that he had to "What the hell is going be strapped to his bed at the evacuation hospital after he bounced up and told everyone to leave him alone because he was "fine." In reality, when he arrived at BAMC four days later, doctors still weren't sure if he would make it, be traumatic, but Martinez and kept him in the coma for almost three weeks.

After he came out of it. he remained completely dependant on others for weeks, and nurses escorted him to the showers every morning for debridement (removing the dead, scarred skin), which Martinez said was even more painful than the initial burns. But after several days of the torture, he became suspicious:

on? Why is this so painful? Why does it hurt so much?" he thought, and demanded to see a mirror. although his doctors and nurses were vehemently opposed. They thought it was too soon and would insisted.

"'I want to see my face. I want to see my body, now," he told them, explaining that he was the one who would have to live with it for the rest of his life. Why bother putting it off? It would be just as devastating later, so surely it was better to get it over with. When they finally agreed and sat him in front of a mirror, the sight of his face, neck and

hands was a shock that sent him into a depression so deep, he began to wonder if he would have been better off dying in that Humvee

The life he had dreamed of was certainly back in its burned out shell.At the age of 19, he was no longer the handsome young athlete everyone had talked about, and he no longer knew how he would ever find a girlfriend, let alone get married or have

"I just felt, looking at my body, there's no way I'm members on the wards ever going to be able to experience that," he said. often badly burned, some "My life was spared, but for what?"

Martinez grieved for the man he had been,

only going through the motions of his recovery, wondering what he had done to deserve such a punishment, until about five weeks after he had arrived at the hospital when his mother - who had gone through her own ordeal watching her only son face death and disfigurement — snapped him out of it. She explained that he had a lot to learn about life. Looks weren't everything. In fact, she joked, she was proof.

"People are going to be in your life for who you are as a person and not what you look like," she told him. "'I remember when I was younger, everyone told me I was pretty and gave me compliments. No one tells me that now."

Something clicked and Martinez immediately answered, "'You know what, mom? You're right. And now, I'm actually glad this happened to me.

Wait a minute, what do vou mean vou're hap-

"Now I get to see who liked me as a person, versus who liked me for being the popular guy in school. being the athlete. being the handsome young man. Now I get to see who really loves me or likes me for who I am as a person," he said. In that instant he understood, and he suddenly had a new mission.

Between his 32 (eventually 33) surgeries, and therapies to stretch his tender, growing skin (he even had to wear a mask to compress the scarring on his face), Martinez began to visit other, newly wounded serviceat BAMC. They too were with faces that had been nearly charred off. They

SEE STORY, PAGE C5



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Our ministries focus on every aspect of the family... youth, women and brotherhood. We are in partnership with the Dale County 211 Emergency Assistance Program and consider it a great privilege to serve those in need.



Feel free to stop by for a full, hot breakfast every Sunday morning 9:00 am to 9:40 am. We are located at 1366 Hwy 84 East, Daleville, Alabama across from Karl's German Bakery and may be reached at **334-598-4778 or 334-503-9935.**

See you Sunday!

Story: Warrior shares gift with other troops

Continued from Page C4

too were devastated and sometimes didn't want to go on living, but Martinez noticed that after he talked to them, they seemed to cope a little better.

"I said to myself, 'I think this is my gift. I'm going to share my gift with other wounded troops because a lot of these guys are arriving here without a clue of what to expect. I've been through it. Maybe I can just kind of help them and prepare them on what to expect.' So I started visiting patients on the wards every day," he explained.

The local and then national media began to pick up his story, and before he knew it, he was in the Washington Post and on 60 Minutes and Oprab, talking about hope and renewal, explaining that if wounded warriors could just find the strength they had in battle, or even when they enlisted, they could make it through this war

Due to his heavy scarring, Martinez is used to getting some strange looks when he hits the streets, figurements to know that that's OK. In fact, he em- change the mindset and his noncommissioned ofbraces the strange looks, allow these people to be and if someone wants to completely comfortable ask about his scars, that's fine, too, because Martinez figurement. But what we views the looks and ques- have to do is go out to the tions as opportunities to public. We can't be afraid. educate people about true

explained. "The more we they see, the more they sit there, the more we ac-start to say, 'OK, you know cept the unfortunate things what?' There's nothing that have happened, the wrong with it. It's unfortumore we embrace those nate, but it's kind of comthings and own them, we mon.' have the power to actually



and he wants injured ser- Headshot of J.R. Martinez today. He plays injured veteran Brot Monroe on the daytime soap "All My vicemembers, burn victims Children" and does a lot of motivational speaking. The wristwatch tattoo represents a cheap watch he and other people with disand time he was hurt.

with scarring, with dis-We have to step up and say we're going to go out We have the power," he there, because the more

In 2006, when one of

ficers urged him to stay in the Army and continue motivating other Soldiers after he was finally discharged from BAMC. Martinez explained that his new uniform was his scarred skin, and his new weapons were his words. He spent two years doing motivational speaking and nonprofit work for wounded troops, and then one day in 2008 he got an e-mail: All My Children had decided to launch a

the difficulties returning veterans faced, and especially painful, explainthought it might be intering that because he has esting to cast the role with already worked through a real veteran. Martinez his own pain, he can go had no acting experience, to that place for the scene but he had done hundreds and then turn his emoof speaking events at that tions off. Many viewers point, and figured he had are actually surprised that nothing to lose by audi- he's a real veteran and not

fiancée and Family believe cure. he was dead rather than let them see his scars, ting in Grand Central Sta-

especially because during his recovery at BAMC, while forced to watch his mother's telenovelas every night from his hospital bed, he had joked with her that he would be on a soap one day. He already knew the plot and everything: Man gets beautiful girl. Man is in car accident or fire. Girl visits man in hospital. Man turns out to be Martinez. Martinez gets beautiful girl. Things have been far

from that straightforward for Brot as he struggles to come to terms with his scars and civilian life in fictional Pine Valley, Pa., but he has connected with audiences. Martinez's three-month stint became Brot joining the local police force, and even finding possible romance with a beautiful lady detective. The show's writers and producers, Martinez said, try to be as accurate as possible, and give him a lot of input. They even incorporated his 33rd surgery last summer to fix one of his evelids into All Mv Children's storvline.

While his character carries a lot of anger and grief, and occasionally lashes out at friends and coworkers, Martinez hasn't found those scenes to be a regular actor wearing Getting the role of Brot heavy makeup, waiting for Monroe, who had let his a "miracle" plastic surgery

"I remember one day sit-

ing for a friend, and all of a sudden a guy's walking by and he said, 'Are you guys filming a scene here' At first it's understandable that people think it's makeup because TV does crazy things. However, it's nice for people to understand and learn over time that it's real and become educated about it," Martinez explained, adding that All My Children is a great way for him to educate people about wounded Soldiers and motivate people going through their own battles.

Martinez is writing a book about his experiences, and hopes to have his own talk show some day. In the mean time, he still a long-term contract, with does a host of motivational speaking and charity work on behalf of wounded troops, who he'll often invite to the show's new Los Angeles set (the show, and Martinez, just moved to LA from New York). In time-honored military tradition, once they've finished making fun of him for acting on a soap opera. and bonding over shared experiences, Martinez explains that it might be his name and face out there. but that's it. He's out there for them. They inspire him. He's been home from war for seven years, so recently returning vets are fighting for his freedom as much as anyone else's, and he has a debt to repay.

"Although a lot of these guvs say that I inspire them, a lot of them inspire me." Martinez said, "When I'm having a bad day, I just think about a lot of them, and I just think, 'What am I sitting here complaining about' These guys have gone through so much





toys and towels. Donations can be dropped off at the

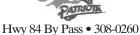
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lab. Mr. Harding holds master's degrees from Auburn University in Education and Administration and has taught at EPA for the past five years.



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Wiregrass community calendar

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

ONGOING - The Wiregrass Museum of Art hosts a free Family Day the first Saturday of every month from 10:30-11:30 a.m.

The workshops are designed for elementary-age children and Families. All supplies are provided. For more information, visit http://wiregrassmuseum.

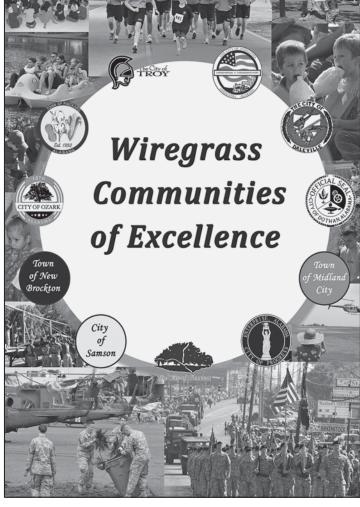
OCT. 28 — The Wiregrass Museum of Art will host a free Night at the Museum from 6-8:30 p.m. This is a free outdoor harvest costume party with food, movies, demonstrations and art activities for kids. For more information, visit http://wiregrassmuseum.com.

ENTERPRISE

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 Re-



lay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens

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

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

OZARK

FRIDAY — Men and women, boys and girls (5 years of age and older) are invited to apply to be models for the Fashion Revival show in Ozark on March 31

Applications are available at the Dale County Salvation Army Family Store at Martindale Plaza, the Ozark-Dale County Humane Society's "New Leash on Life"Thrift Shop on South Union Avenue.This fundraiser fashion show will benefit both these organizations.

Applications should include a full body photo and must be received at the Salvation Army Family Store, or the "New Leash on Life"Thrift Shop by Fri-

Applicants will be reviewed by a panel and those selectd will be notified by Nov. 30.

SATURDAY — The annual Claybank

Jamboree kicks off in downtown. The event offers a chance to browse for bargains among exquisite antiques, vintage furniture, homemade quilts, and other special keepsakes from days gone by. There will also be an Art Show and Sale and a Quilt Show. For more information, call 774-9321.

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

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 Clavbank 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 Wednesday. Call Denise Reyes at 618-3006 with questions or for more information.

information, call more 445-3070.

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

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

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

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

Beyond Briefs

Sundown Concert Series

The free Sundown Concert Series are held at Kiesel Park in Auburn every Thursday through October featuring live musical performances from local and regional artists. Guests can bring a picnic, lawn chairs or a blanket and the family dog to an evening of entertainment. For more information, call (334) 501-2940 or visit www.auburnalabama.org/parks.

Way off Broadway Theater

Prattville's Way off Broadway Theater presents "Complete Works of Wllm Shkspr (Abridged)" today, Friday and Sunday. Three men will attempt to perform each and every one of Shakespeare's 37 plays in less than two hours, resulting in the funniest play that Shakespeare never wrote. Admission is \$8 in advance and \$10 at the door. For more information. visit http://www.prattvilleal.gov/departments/way-off-broadway-theatre.html or call (334) 358-0297.

Bluff Park Community Art

Bluff Park Community Center in Hoover is selling the works of more than 130 national artists at the Bluff Park Art Show from 9 a.m. to 5 p.m. Saturday. The event is free, and provides parking and shuttles as well as refreshments and food Children's events are also scheduled. For more information, call (205)795-4126 or visit www.bluffparkartassociation.org.

Frog Level Festival

Favette hosts the annual Frog Level Festival this Friday through Sunday. There will be free arts and crafts; bed races; antique cars, trucks, and tractors as well as the annual frog jumping contest. Paid events such as concerts and plays will also be held. For more information, visit http://favetteareachamber.org.

Boaz Harvest Festival

Visit downtown Boaz Oct 7-8 for the 47th annual Harvest Festival from 8 a.m.-5 p.m. This is a free outdoor event that includes a variety of arts, crafts and food vendors, entertainment, farmer's market, Miss Harvest Festival Pageant and moon pie-eating contest. For more information, call (256) 593-8154 or visit www.boazchamberofcommerce.

Alex City Oktoberfest

The Charles E. Bailey Sr. Sportplex in Alexander City hosts the 31st annual Oktoberfest on Oct. 8. This is a day-long celebration with vendors from all across the southeast, featuring local arts and crafts, great food, entertainment, Kid-Fest children's activities, sports programs, antique car show and much more. A Native American Artifact show is new event at Oktoberfest. For more information, call (256) 234-3461 or visit www.alexandercityonline.com

Bruce Phillips "Different Perspectives" Exhibit

Troy University's Rosa Parks Museum showcases the work of Tuskegee University

professor and artist Bruce Phillips until Oct. 14 in the museum's exhibit hall. The museum is free and open 9 a.m. to 5 p.m. Monday-Friday and 9 a.m. to 3 p.m. on Saturday. For more information call curator, Viola Moten at 241-8701.

Main Street Alexander City

Local growers will exhibit and sell their fruits, vegetables, plants, specialty products and baked goods at the Broad Street Shopping Plaza in Alexander City on Saturdays through Oct. 28, from 7-11:30 a.m.

For more information, call 256-329-9227 or www.mainstreetac.org

Eclectic Trade Days Second Saturday

Local vendors will sell antiques, artwork, clothing, baked goods and farm fresh produce on the second Saturday of every month through December at The Warehouse in Eclectic from 7 a.m. to 4 p.m.

Throughout the day, activities such as music, contests, educational displays and family activities will accompany the trading. For more information, call 541-2148.

Flberta festival

Elberta Town Park hosts the bi-annual German Sausage Festival Oct. 29 from 8 a.m. to 6 p.m. This fundraiser benefits the Elberta Volunteer Fire Department.

The fire department sells nearly 7,000 pounds of sausage and boasts nearly 30,000 visitors each festival.

For more information, call (251) 974-1510 or visit http://sausagefest.elbertafire.com/.

Jazz in the Park

Free and open to the public, Jazz in the Park Birmingham will feature performances by local jazz enthusiasts and will take place each Sunday from 8-10 p.m. Neo Jazz Collective, a community music school designed to provide free music lessons will perform at all 10 parks and provide on-site lessons for the young and the young at heart on an instrument of their choice.

Visit www.magiccitysmoothiazz.com for details and complete list of locations and performers or call (205) 616-1735.

Green and Gray Saturday

Curious about eco-friendly living? The National Park Service hosts a free green living program on the second Saturday of each month at 1 p.m. at Little River Canyon National Preserve in Fort Payne. Dates through the rest of the year are Sept. 10, Oct. 8, Nov. 11 and Dec. 10.

For more information, call 256-845-9605 or visit www.nps.gov/liri.

Alabama Charity Championship Horse Show

Visit the Morgan County Celebration Arena in Decatur Oct. 13-15 for the 20th Annual Alabama Charity Championship Horse Show. This is one of the largest saddlebred shows in the Southeast with over 700 horses entered in the competition. Proceeds from the competition benefit the Junior League of Morgan County and the new handicap accessible playground, "The Playground for All Children". For event times and more information, call (256)654-014 or visit www.

Army targets Soldier transitions, unemployment rate

BY ROB MCILVAINE

WASHINGTON - A year ago, with the drawdown in Iraq and Afghanistan, Army senior leaders began to revamp the Army's transition process so personnel - active and reserve components, spouses and retirees - could become productive citizens for the nation and lifelong recruiters to help sustain an all-volunteer force.

"This was similar to the drawdown that was done after Desert Storm I." said Col. Ed Mason, chief of Army Transition Policy Initiatives. "So the Army said, 'let's look at the way modernize, let's improve it — and be prepared for the future challenges that we're going to have."

With the unemployment rate for veterans in the 20 to 24 age group at 31 percent, compared to the national average of the same age group at 15 percent, the Army has focused on ensuring a beneficial transition for the 130,000 to 150,000 people who transition out of the Army every year, Mason said.

"This unemployment rate for veterans is a burning platform because they're going into the roughest economy since the Great Depression," he

The Army has a special trust with the nation, and Families trust their greatest treasure - the best and brightest children that they have to offer the Army, he said.

"So they come in the Army and we make them Army strong. Now it's our turn to return them to the nation so they can become leaders, using their experience and the training and education they received in the Army to be leaders in the communities, (continuing) to be Army strong forever," Mason said.

TRANSITION BECOMES A COMMANDER'S PROGRAM

"We're looking at a capstone regulation that integrates all the different pieces and parts of transition, because there's a lot of different regulations out there, but there was nothing that was tying them all together," Mason said.

The first part of this transition policy, he said, will focus on what commanders of both the active and reserve components can do right now to better prepare their Soldiers for separation and demobili-

ow a commander's program. Before, the installation staff officers were responsible for executing the Army Continuing Education System and The Army Career and Alumni



Spc. Nickol Sullivan receives an initial pre-separation counseling earlier this year at the Wiesbaden Army Career and Alumni Program Office located on Wiesbaden Army Airfield, Germany. This ACAP briefing is now required at least one year before separation.

didn't have responsibility for the Soldiers, so if the Soldiers came or not, they had no control of them. Now, the commanders are responsible for getting their people to the transition training," Mason said.

One of the reasons some Soldiers didn't sign up for ACAP was the stigma involved.

"An outcome of a West Point study was (the discovery of) a stigma associated with ACAP. And the stigma was that you're leaving the team. If you don't re-enlist, you're going to ACAP, you're leaving the team. So the commanders would say, 'I'm going to focus on my people who are staying with the team, because I have to prepare for my next deployment,"

Under the new transition policy, commanders will still care about all their people who stay in. but they will also focus on the needs of those individuals that are going to transition back to society. That's the primary reason why it's the commander's program, he said.

"The program will mature from this first phase, but at this time we're saying Soldiers must begin their separation processing no later than 12 months prior to their separation from service,"

Mason said. This means Soldiers might have to start 18 months prior to their transition.

"So you start the process early. And this isn't just active component, it's also Guard and Reserve who mobilize and deploy and they even have more challenges once they redeploy and reintegrate with their communities. Sometimes their job isn't there when they get back. Sometimes they have to find another job, so this program is really meant to help them as well - provide different capabilities to those Soldiers. That's what we "Transition Policy is mean by holistic," Mason said.

TRANSITION A **PART OF LIFE**

"No one stays forever. We all know that So why would we not want to Program — the train- help those individuals ing for our Soldiers. They leave, to be successful feel good about their service?" asked Mason, adding that as the transition policy matures, and after Soldiers graduate from basic combat training and advanced individual training and get to their first assignment, they will begin to think about transition through all their different lifecy-

At some point in each Soldier's life, he or she will be faced with a transition of some sort - component change, separation, retirement.

"So we're going to move from just a focus on separation, or demobilization for the Guard and the Reserve, to key events through the Soldier's lifecycle. What I mean by that, is when you PCS (permanently change duty station), that's a transition. When you get promoted, that's a transition. When you go to school, that's a transition. These are all key events for the Soldier and the Family," Mason said.

The Army's Health Promotion and Risk Reduction Task Force, he said, has focused on transition

as a stress on the force. "And in some cases, it's more of a stress on the spouse then it is on the Soldier, because the spouse is employed their entire time while they're in the military. However, when you PCS, the spouse has to be concerned about finding employment again. So that's why we're moving toward that more holistic understanding of transition," Mason said.

Currently, the Army has many programs to help with transition, including the Army Career Alumni Program, Retirement Services, Army Spouse Employment Program which has morphed into the purple program of Military Spouse Employee Program, Army Continuing Education System, and the **Employment Partnership**

TRANSITION MATURE

The Transition Policy

has begun with pieces al-

ready in place "Now we're integrating, synchronizing, identifying the best business practice, and we're partnering with the Department of Labor, the VA — to improve their capabilities, because they're also a key player in the transition process.

"However, as the transition policy matures, we say it's going to be through the entire life cycle of service. So after they graduate from basic training and AIT (advanced individual training), they get to their first unit of assignment then they're going to start thinking about transition through all their different life cycles," Mason said.

Army Career Tracker will be the foundation for the beginning portion of the Soldier lifecycle. ACT is built to be a career counseling tool, developing an Individual Development Plan, or IDP.

"IDP is at the beginning of the Soldier lifecycle where ITP, an Individual Transition Plan, would come into play when someone goes to ACAP and says 'I've made up my mind. I want to transition out.' So now that's a specific checklist, a document for your transition plan which is different than your development plan throughout your time in the military two separate plans," Ma-

"Retirees are a part of this, also," he said. "They separate from service but they also have a little bit more in their kit bag than the young kids that just came out of high school. So, we're really focused on those most at risk for unemployment, but we also include retirements, and the Retirement Services Office in this entire program.

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out of uniform and return to American society," said Gen. Peter W. Chiarelli, Army vice chief of staff.

Empowering people to be successful when they transition has many benefits. Mason said.

"When General Chiarelli sent out his memorandum for senior leaders Nov. 24, 2010, that really was the foundation of everything else we're building.

"Now we have the Transition Policy, signed by the secretary of the Army, where he puts his entire emphasis on the importance of this," Mason said.

The issue has exploded on the national scene.

"This is even bigger than Army. The president has made an announcement that he is going to fix veterans' employment, the Office of Management and Budget is heavily engaged with this, along with the Department of Labor, and VA, and all of Office of the Secretary Defense, and the other services. "So everybody has their

eve on the ball that transition is a critical piece of being successful, and how we take these kids in when they first come in. how we mold them along the way, give them the education they need to be successful, whether they stay in or transition to the civilian sectors," said Susan Johnson who works for the assistant secretary of the Army for Manpower Reserve Affairs.

First Lady Michelle Obama and Jill Biden are also leading a national effort to rally the American people to action in support of military families, servicemembers and vet-

Called "Joining Forces," this initiative is focused on energizing all sectors of American society individuals, communities, businesses, philanthropists, non-profits and faithbased institutions - to give Families, servicemembers and veterans the support they have earned after nearly 10 years of war.

Following a decade of war, the Department of the Army wants to ensure Soldiers, their Family members and Department of Army civilians that Army commanders and leaders are responsi-

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services support.

The Army's commitment to military Families continues to yield outstanding results, said Mason.

"Talking about spouses, we have a special program, the Military Spouse Employment Program, MSEP. It was ASEP but DOD adopted it for the Department of Defense.

"In 2002 the Army stood up ASEP as a very successful partnership program with corporate America to ensure military spouses could realize their employment and career aspirations. To date, this employment initiative has yielded over 114,000 employment opportunities," Mason said.

The success of this initiative was recognized by senior leaders in the DOD, resulting in its expansion across all services and the Coast Guard. On June 29, the Military Spouse Employment Partnership Program was launched as an integral part of the White House's Joining Forces initiative. The MSEP program now boasts 72 Fortune 500-plus companies with additional new partners to be inducted into the partnership in October.

"Transition is a continual process. It's not an event and that is the key thing that we're getting everyone to understand. And the earlier that people begin the process, the more successful they'll be and we want them to be Army strong for life," Mason said.

To learn more about "Joining Forces," visit http://www.whitehouse. gov/joiningforces.



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NORTHROP GRUMMAN

GRIDIRON CORNER

Staff members discuss the upcoming week in NFL, NCAA

Story on Page D3



VOL. 61 • NO. 39

ARMYFLIER * COM

SEPTEMBER 29, 2011

SPORTS SHORTS

ULTIMATE FRISBEE

Pick-up games take place every Wednesday and Friday 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.

HISPANIC HERITAGE **GATE TO GATE**

Fort Rucker Physical Fitness Facility hosts the annual "Gate to Gate" run Saturday from 9-11 a.m. Registration for the event is 7:30-8:30 a.m. that day. The run starts at 9 a.m. Participants will be bused to the Ozark gate from the Daleville gate. The last bus will leave at 8:40 a.m., so participants are encouraged to arrive early. Cost is \$12 with no shirt option; \$100 for teams of eight (\$12.50 per nerson) while each additional person pays normal registration fee, includes shirt. Participants on bicycles are welcome to enter and ride. and will start the race at 8:55 a.m. You must stage your bike at the Ozark Gate start (bike racks are available) and return to the 3rd and Raider parking lot to register/check in and be transported to the start. For more information. call 255-3794.

ARCHERY SHOOTS

The last archery shoots of the year before archery season begins are Saturday and Oct. 8 beginning at 9 a.m. at the Fort Rucker Archery Range. There will be a total of 20 targets, ranging from 20 to 40 yards in distance. Cost is \$10 per person, and food and drinks will be available for a small fee. For more information, call 347-4990 or 389-6135.

HUNTER EDUCATION COURSE

A hunter education class will be held in Adams Hall Bldg. 5419. Rm. 120 beginning Oct. 13 at 5:30 p.m. The class has a maximum of 60 students. Attendance of this class requires completion

SEE SHORTS, PAGE D4



Second Lt. Terry Specyal and 2nd Lt. Michael Spears, members of the defending champion Fort Rucker Army 10-Miler team, practice Tuesday for the upcoming competi-

Local Army 10-Miler team ready for D.C.

BY RUSSELL SELLERS Army Flier Staff Writer

With only two more weeks to prepare for the Army 10-Miler run in Washington, D.C., Fort Rucker's team is well prepared, according to its coach and members.

The team was officially formed in August after holding tryout events since June, said 1st Sgt. Jeffery Herzog, team coach.

"Honestly, the team we have this year is faster than the one from last year," he said. "Everything has come together really well for us."

Herzog added the team members this year are all new. No one from last year's first-place team returned due to changing of duty stations or other obstacles that prevented their return, except Herzog who went from member to coach.

Capt. Megan Howell ran for the Fort Campbell, Ky., team last year and said training here has been a bit different

"I ran in New York before, but this place can be a little rough

running for about 15 years now. I've noticed an improvement in my time since I started training with this team."

All of the team members said Fort Rucker offers a unique challenge to most other duty stations:

The newest team member, 2nd Lt.Terry Specyal, said he noticed an improvement in his time since he started with the team.

"I was a swimmer before this," he said. "I didn't really do a lot of distance running before making this team. I've been here since November and it took me a while to get used to running the hills."

Tuesday morning, the team gathered at the Allen Heights community center to do the shortest run of the week: about 4 miles.

It's not a bad way to start the week, but it won't be the longest distance the group runs throughout the week

"We usually practice every Tuesday, Thursday and Saturdays," said

sometimes," she said. "I've been 2nd Lt. Michael Spears, team member. "After practicing together for so long now, I think we'll be able to run together during the race for a good while."

> Lt.Col.Damon Pfaltzgraff said his time had improved by about four minutes after beginning practice with the team.

"I think we've all improved a great deal," he said. "We don't compete with each other so much as we just push each other to be bet-

While there is internal competition, most of the team members said that it has only helped them to improve over the last few months.

"I've improved my time and maxed out my (physical training) test this week," said Staff Sgt. David Fisher. "Training together has really helped me a lot."

Capt. Deborah Herzog joined the team recently as an alternate as some of the original members were unable to travel with the rest

She said being the wife of the

coach and having a new baby presented its own set of challenges to being part of the team.

"Finding time during the week and weekend to get all the miles in has been a challenge," she said. "(Jeff) pushes me pretty hard sometimes, but he knows not to push too far.'

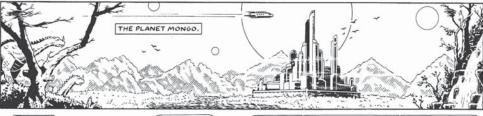
The couple had a child about nine months ago and their new son comes to team practices most mornings, too.

"I ran on the Hawaii team two years ago, but I was pregnant with my son last year and couldn't be part of the team," she said. "(My son) will sleep through most of the practices. We push him in the stroller and he really seems to like the ride"

The team's next training exercise is at Saturday's Hispanic Heritage Month gate-to-gate run, said Herzog. The team doesn't plan to run together, but will use the event as a way to judge where they are individually and what they need to improve on going forward.



Down Time







Just Like Cats & Dogs

by Dave T. Phipps





$test_{ ext{by Fifi}}$



GENERAL KNOWLEDGE: What was the former name of New York's John F. Kennedy International Airport?

2. TELEVISION: Who played Eliot Ness on the original TV show "The Untouchables"?

3. LITERATURE: Who wrote "The

Pump House Gang"?
4. MUSIC: Which singer kicked off the national dance craze called The

5. MOVIES: When did the animated feature "Dumbo" debut?

6. FOOD & DRINK: Edam is a popular type of what?
7. GEOGRAPHY: Goshen was a

region in which ancient land?

8. SCIENCE: Psephology is the study of what?

9. POETRY: How many lines are in a standard sonnet?

10. LANGUAGE: What does the Greek prefix "ornitho" mean?

See Page D3 for this week's answers.

Super Crossword

7 — Spumante 8 Light material 9 Take 10 Garlic

segment 11 Actor

Cronyn 12 "My Favorite

('82 film)
13 Foundation
14 Put on the

street
15 Songbird
16 "So — is
the thanks
I get!"
17 Sea plea
21 Record

music, in a

STICKY **PROBLEM**

fabric 44 Plain 46 Give it — (try) 48 Even if,

informally

informally
49 Ukr.,
formerly
52 Hills or
Thomas
53 Shore soup
55 Hamilton
detective
57 Hurricane
fliers

fliers fliers
58 Pigeon
English?
61 In honor of
62 Pulitzer
winner
64 Sweater

- ACROSS 1 Caesar's suit? 5 Fiber

- 5 Fiber source
 9 "— Breaky Heart" ("92 hit)
 13 Haber-dashery items
 18 Left open
 19 Comfort
 20 Hint
 21 Southwestern native
 22 Java joint
 23 About
 24 Deep unconsciousness
- sciousness 25 Set's sibling 26 Start of a
- question
 30 Tucked into the tortellini
 31 Gibbon or gorilla
 32 Orient
 33 Chew the fat
- fat
 36 Occupy
 40 "Git,
 Garfield!"
 42 Commercial
 45 Rap-sheet
 datum
- 47 Landed 48 Runnymede's river
 50 See
 56 Across
 51 "Chain —"
 ('60 hit)

- 52 Tribe 53 On guard 54 Ignominy 56 With 50 Across, fluffy feline 58 Munch (on) 59 Summarize
- 58 Murích (on)
 59 Summarize
 60 Pound
 sound
 62 Wine and
 dine
 63 Saucy
 66 Speech
 problem
 67 Middle of
 question
 74 Jack of
 "Rio Lobo"
 75 Word with
 rug or code
 76 Couple
 77 Pindaric
 poem
- 78 Annoys
 80 Norwegian composer
 82 Distressed one?
 87 Turn inside
- 88 Ulan 89 Torso 92 Nurse's helper 93 DC figure 94 Jonathan Winters
- birthplace denizen 97 Ladd role 98 Humorist Buchwald

- gun 100 Barber opera 102 Deface
- 103 Repeat 105 Fraternity
- 105 Fraternity sticker
 106 Palm Sunday beast
 108 End of question
 117 King's thing
 118 Add color
 119 Circle dance
 120 Orthodox image
 122 Evaluate
 123 Voice type
 124 Fruit-tree spray
- spray 125 Metric measure 126 Subject 127 See
- 127 See 65 Down 128 Oenophile's mecca 129 Dutch export
- DOWN
 1 Tic- ---2 Ventura
 County county city 3 Fish hook 4 Amphithe-ater feature 5 Defeated 6 Prickly heat, e.g.
- music, in a way
 27 Singer Redding
 28 Trot or gallop
 29 Sordid
 33 Enthusiastic
 34 Parsons or Paton
 Rudolf
 37 Producer Prince
 38 Menu phrase
 29 Coal container container 40 Salon

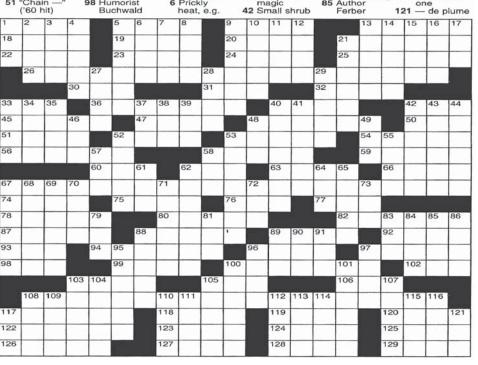
supply 41 It may

- 64 Sweater letter 65 With 127 Across, toyshop buy 67 Brewer or Graves 68 "Jean" singer
- 103 Violinist
 Zimballist
 104 Intimate
 105 1492 vessel
 107 Director Lee
 108 Marley's
 colleague
 109 Celtic
 110 Pierce
 111 Mosaic bit
 112 Comparative
 word
 113 Alley's
 angel

86 Wolfish
expression
88 English
Romantic
89 Outlaw
90 Quindlen's
"— True
Thing"

"— True Thing" 91 — Peres, MO 95 Definitely dislikes 96 Like some cellars 97 Manuscript enc.

97 Manuscript enc. 100 Herbert or Hugo 101 North African feature 103 Violinist



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: **

* Moderate * ★ Challenging

*** HOO BOY!

See Page D3 for this week's answers.

Kid's Corner



SJUDION WHOLE DE CHARLES BARRY TOWNSEND THE PYRAMID OF WORD POWER



See if you can "leap" to the top of our word pyramid in less than three minutes. Starting with the given word DAREDEVIL, Jry dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning with DAREDEVIL.

1. A reckless person.

1. A reckless person . What the baby did. 3. A Hanukkah toy. A Junior Whirl stumper

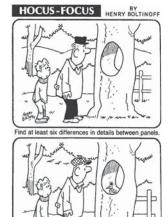
 Was made angry.
 Desperately urgent. 7. Anger; wrath. 8. In reference to 9. A direction (abbr.)

Answers (From the bottom up): Daredevil, driveled, dreidel, riddle, riled, dire, ire, re,

Wishing 🏝 Well® 5 2 3 4 3 8 6

UBNNA R O 8 4 7 6 5 4 6 8 5 O N R F Y D A W F 2 8 4 8 6 5 4 7 6 2 3 8 2 1 N S O N O T T O T A 6 3 4 3 5 3 8 2 NDRSOOFME PHA 5 T $\mathsf{M} \mathsf{S} \mathsf{F} \mathsf{E}$ A R 3 4 2 8 6 6 5 IRNTRAECE N D

4 3 6 3 7 5 7 5 8 5 8 5 8 S D T S M T S I T O E N D 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 to right. Then read the checked figures give you.





 Π 'S OXYMORON TIME! Below are two puzzle grids to fill in. Hints are given for each word. The words in Grid A use the same letters as the corresponding words in Grid B. R F A K Being at liberty.
 A way to cook.
 A body of water.
 Free from illness. 1. Found just under water. To disclose with permission. 4. To restore to soundness.

Cutting it close, sometimes too close

BY RUSSELL SELLERS Army Flier Staff Writer

Apparently the Atlanta Falcons think that playing from behind in every game is

Maybe dropping such a pivotal game to Tampa Bay this weekend will finally wake up the sleeping Falcons. Then again, prob-

Quarterback Matt Ryan looked like he was asleep at the wheel. It's not like he didn't get good protection from his offensive line. It was certainly better than two weeks ago in Chicago. It could even be called slightly better than what happened with Philadelphia. So, what was his excuse? Really, I'm dying to know.

Maybe a game against the far-inferior Seattle Seahawks will cheer up this slumping Falcon team. It's not like the weaponry for success isn't there. I mean, if Tony Gonzalaz can still pull off one-handed miracle catches, and Roddy White and Julio Jones can both put up a combined 255 yards receiving in a loss, surely Ryan can get his

But maybe Tampa Bay isn't that bad of a team. Maybe I'm not giving the Bucs enough credit. If this momentum can keep up and the defense can force more turnovers against Indianapolis this weekend like it did against Atlanta, I expect to see QB Josh Freeman flapping his arms in the end zone again. No, he's not playing the Falcons, so that might seem strange, but you get the idea.

Speaking of things that fly, how about those Ravens? Is Joe Flacco schizophrenic

One week, this guy's tossing up one interception after another, the next he puts up 389 yards passing and no interceptions. Explain that to me without referencing mental illness

To be fair, he only threw two interceptions against the Tennessee Titans, but



come on! It's the Titans.

This week Baltimore's got the New York Jets at home. This bodes well for the Ravens, but will home-field advantage be enough?

The last two opponents to step into the Ravens' stadium have managed only 14 combined points while the Ravens have

The Jets have struggled a bit in the early season, barely edging out Dallas at home and then dropping to Oakland last weekend on the road.

When these two teams met in the early season last year, it was a 10-9 victory for the Ravens. I expect a little more scoring this time around, but if Ray Rice can continue putting up big rushing yards and Flacco keeps his head in the game, expect to see the Ravens make it two in a row.

The first team to fall victim to the Ravens' wrath was the Pittsburgh Steelers. No doubt the Ravens were still feeling a little upset about how last year's playoffs wound up and were looking for a little vengeance. They got it.

Now, Pittsburgh is looking to extend its wins to three in a row. But, it's got to get

past Houston first.

The Steelers had some problems with Indianapolis Monday night, despite the much when they run back the other way. fact that the Colts are still without Peyton was instrumental in making sure his team pulled off a 23-20 win. Ben Roethlisberger threw for 364, one touchdown and one

was being able to slow down the Steelers' as they come. running game and somehow force some

Houston isn't Indianapolis. In fact, Houston put the Colts away in the first week, 34-7, at home.

It then rolled through Miami, 23-13, but crashed out in New Orleans, losing 40-33. after all. Still, the Texans are in a firm first place to keep it that way.

While the Texans might have lost that game, Matt Schaub outdid Drew Brees by throwing for 373 yards and three TDs. In after all? fact, the only number that New Orleans beat Houston with was the one that matto the Texans. The score did not reflect express. actly how close that game actually was.

running game a few notches, though they probably only need one. But, if that isn't working, they've still got a killer passing game, too. Running back Ben Tate already has over 300 yards rushing this season, he does it this weekend when the Texans pull off the "upset."

Speaking of upset alert, and even I think looked really good last weekend, while accuracy than yardage for both teams. the Patriots did not.

leads the league in passing, but Tom Brady QB we've seen in the past, San Francisco also got picked off four times in last week's might be in a big spot of trouble.

game against the Buffalo Bills.

Throwing for big vards doesn't mean Oh, and Oakland is currently the top Manning. Troy Polamalu, Steelers safety, rushing team out there. If ever there looked like a moment for a solid upset, this is it.

Running back Darren McFadden might be questionable for this Sunday, but all ininterception. It was a pretty good night dications right now are that he'll be playing. If so, I'd look for him to have another The Colts biggest success of the night 170-plus yards day. This guy is as explosive

Another game to keep a close eye on key turnovers to keep the team in the this weekend will be San Francisco at Phil-

> Michael Vick sure had a rough week last week. First the concussion, then the alleged bad calls from referees and a possibly broken hand, that wasn't so broken

Dropping a game to the New York Giin the AFC South, and it looks like they aim ants didn't help matters either. This was supposed to be the dream team, but now it's sitting at the bottom of the NFC East. What happened here? Was it all just hype

I don't think so. Every team goes through these types of trials at some point or antered: the score. Everything else belonged other after being talked up for ages in the

Vick is a more-than-capable QB, but he I fully expect the Texans to turn up the could use some better line protection. This will be a real battle for both teams as the 49ers are coming off a win against Cincinnati, but not two weeks ago lost in overtime to Dallas.

It's a really tough call here, but I think and is looking to add to that. I'm betting Vick is a more capable leader on the field than San Fran QB Alex Smith. Vick also usually throws for much bigger yardage and has solid recievers to match. Although, in this might be overstating it, but Oakland this game, it's more likely to come down to

If Vick shakes his fears of being reinjured It's true that New England currently and goes back to being the clever, running

impressive in Week

BY DAVID C. AGAN JR

We're only five weeks deep into this season of college football and it's who are the best teams in

And, as luck would have it, they're on a collision course towards each other that we won't have to wait until January to witness.

As one Twitter user put face the Alabama Crimson Tide this November, it game ever to be rated TV-MA for violence.

The Bayou Bengals went on the road and dispatched a Top 25 team for since the preseason.

Against the West Virginia Mountaineers, the Tigers didn't exactly play shutdown defense, giving up 533 total yards of become abundantly clear offense with a whopping 463 yards through the air. But at no point did it seem like LSU wouldn't win this game. LSU was in complete control after junior cornerback Morris Claiborne ran a kickoff back 99 yards for a touchdown in the first it, when the LSU Tigers half. LSU's offense was travel to Tuscaloosa to remarkably balanced. Senior quarterback Jarrett Lee passed for 180 yards might be the first football and three touchdowns and the Tigers rushed for 186 yards.

And so, the LSU Tigers are now ranked No. 1 in the AP poll ahead of Oklathe third time this season. homa and it looks like It's an impressive feat, and they might be the best for their success the vot- team in the nation. Much ers in the AP poll vaulted has been said about how them ahead of the Okla- the Sooners shouldn't homa Sooners, who had drop in the polls since been ranked No. 1 in both they haven't lost to any. Texas, who could only drilled the fundamentals the AP and Coaches' polls one, but what's so impresmuster a single touch of tackling into his team

sive about the Sooners anyway? What did they do to deserve being ranked No.1 in the preseason? Oh, I remember: they beat the Connecticut Huskies (who, by the way, finished 8-5 last year) in the Fiesta

LSU now returns to Baton Rouge to begin work on the meat of their Southeastern Conference schedule, with three of their next four games at home before heading to Tuscaloosa. The Crimson Tide's

body of work thus far has been somewhat less impressive than LSU's. But it's for no reason other than who was scheduled in the first three weeks of the season. Yes, there is something to be said about traveling to Happy Valley and beating Penn State at home. But let's face it: Penn State is terrible. The same can be said for Kent State and North

fense.

the SEC's best offense son? and stingiest defense, the special teams, on defense, I didn't mention the "Hot and on the ground to beat the Razorbacks 38-14.

Coming into this game, Arkansas was averaging 47 points and over 500 yards of offense per game. The Tide completely shut down the Razorback rushing game, allowing only 17 yards on 19 carries. Once they'd forced the Razorback offense into a single dimension, the Tide's defenders were seemingly never out of position.

The Crimson Tide defense is the stuff of nightmares. At times, it seems they have 13 players on the field. Head Coach Nick Saban has so well

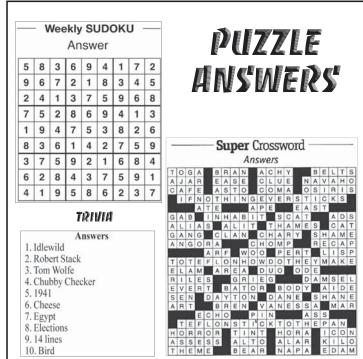
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Crimson Tide scored on on the SEC, I'd be remiss if

down between them that fans of other schools Seat Bowl" that took place against the Alabama de- are turning various shades over in Oxford, Miss., of green with envy. Or between the Ole Miss Then the Arkansas Ra- is that just nausea at the Rebels and the Georgia zorbacks came to town. prospect of having to face Bulldogs. After losing to In a contest between these guys later in the sea- the Bulldogs, the Rebels are sitting at 1-3 on the While we're still focused season and it looks like



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Week 4: Nebraska versus Wisconsin top matchup

Continued from Page D1

Head Coach Houston Nutt is coaching his way right out of the SEC. Georgia Head Coach Mark Richt. who has coached the Bulldogs to a 2-2 start. has been feeling the warmth under his chair ever since leading UGA to a 6-6 record last season. rivalry will most likely But he may have earned some temporary relief after beating Ole Miss this week, allowing the spotlight to be refocused back on Nutt.

In what has become quite a rivalry over the last few years, the No. 7-ranked Oklahoma State Cowboys managed to come back from a 17-point

SPORTS SHORTS Continued from Page D1

of internet or C.D. course prior to class. Participants must bring printed report to class (report does not need to be notarized). Online registration for this class is happening now. For more information, call 255-4305.

MARKSMANSHIP SHOOT

The Youth Marksmanship Shoot is Saturday from 8 a.m. - 1 p.m. for youths ages 7-15 to participate in a safe supervised atmosphere where they learn how to correctly handle and shoot assorted weapons with Certified Alabama State Hunter Safety Education Instructors. It takes place at the Daleville TriState Gun Club. For more information. call 255-4305 or visit www. ftruckermwr.com.

YOUTH BASKETBALL REGISTRATION

Youth Sport & Fitness Basketball registration for boys and girls ages 6 to 18 are Oct 1-31 at the Youth Service Gymnasium. Each child must meet age requirements by Sept. 1. Players must also present a current sport physical and a valid CYSS Registration to participate. The cost is \$25. There will be a parent meeting for Families new to Fort Rucker Youth Sports Nov. 17 at 6 p.m. at the Youth Service Gymnasium. In house Basketball season begins Dec. 12-15 and games are played Mon.-Thurs. and possibly on Sat. mornings. Regular Basketball season begins Jan. 9, 2012. Registration deadlines will not be extended. Special requests for coaches and players cannot be honored. For more information, call 255-9105 or 255-9638.

deficit to beat No.8 Texas A&M, 30-29. For those of you keeping score, five of the last six meetings between these teams have been decided by a total of 11 points. Three of those games were won by a single point. With the Aggies being accepted into the SEC, it's a shame this disappear in a couple

of years. But so far this to-be SEC neighbors, the season, Oklahoma State has convincingly earned their way into the Top 5 in the AP poll and might be playing its way into a Bowl Championship Series game. That is, if the Cowboys can get a little bit better on defense.

Texas A&M travels to urday to face their soon-

Arkansas Razorbacks. Both teams are coming off of demoralizing losses. Arkansas would like to give the Aggies a taste of what they can expect from playing in the SEC. A&M will be looking for a statement win to show they belong in the best conference Fayetteville, Ark., this Sat- in the nation. But that's something that only time

is going to tell, even if they can manage a win against the Razorbacks.

What else is on tap for this weekend? No. 8 Nebraska travels to Madison, Wis., to face the No. 7 Wisconsin Badgers. It's the first time these teams have faced each other since Nebraska fled the 10, and to call this game

understatement. So far, the Badgers have been mowing through a pretty weak nonconference schedule. But they're doing it in impressive fashion, due in no small part to quarterback Russell Wilson, who transferred from North Carolina State this sum-Big 12 to join the Big mer. Both Nebraska and Wisconsin are 4-0.

