

**GETTING AN
EDGE**
Workshop dissects
federal hiring process
Story on Page A3



CAMP RUCKER
Post traces Army
roots to early 1940s
Story on Page C1



**NEW YEAR,
NEW GOALS**
Specialist offers
fitness resolution tips
Story on Page D1



ARMY FLYER

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

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JANUARY 11, 2018

KEEPING SOLDIERS SAFE

Ruf Avenue a.m. closure times adjusted

By Nathan Pfau
Army Flier Staff Writer

When driving on post in the early morning hours, motorists might encounter Soldiers doing their morning physical training a bit earlier than they're accustomed to.

Ruf Avenue will now be closed to motorists from 5:15-7:15 a.m. Mondays-Fridays to allow runners and cyclists to conduct their morning PT unhindered, according to Sgt. Maj. Shawn McKay, U.S. Army Aviation Center of Excellence G-3 sergeant major.

The change in time is meant to help accommodate a surge in the dining facility since there is now only one facility available for the remainder of the year due to a major renovation, said the G-3 sergeant major.

During the early-morning PT hours, no privately owned vehicles are allowed on Ruf Avenue, except at designated crossing points located at Novosel and Ruf, Red Cloud and Ruf, and Division and Ruf where road guards



PHOTO BY NATHAN PFAU

Second Lt. Jake Glenn, D Co., 1st Bn., 145th Avn. Regt., directs traffic across Ruf Avenue during early morning physical training. Ruf Avenue is closed to traffic Mondays-Fridays from 5:15-7:15 a.m.

are posted to allow vehicles to cross safely, which is the main reason for the road closure.

"The objective is to provide a safe place for Soldiers to conduct

physical training that won't interfere with their safety and operations here on post," said McKay.

Ruf Avenue was chosen as the official run route because it is the

straightest road, is well lit and is the road that officials can control most easily, according to the G-3 sergeant major.

"Ruf Avenue is one of the main

thoroughfares that run through the installation, and it's also easily accessible by all the units and where they conduct PT," he said.

Vehicles on the road were a severe problem that Fort Rucker faced in years past, but thanks to posting road guards and reflective cones, McKay said that instances of drivers crossing at non-designated areas have decreased.

"We have signs that are posted throughout the installation and we also put road guards at crossing points that allow the traffic to safely cross the road," said the sergeant major. "We also place cones in parking lots that run down Ruf Avenue."

The road closure is nothing new to long-time residents, but new arrivals to Fort Rucker might find themselves searching for a way across post. If drivers come up to the street, McKay advises them turn around and find a designated crossing point for the safety of the Soldiers.

Crossing at a non-designated

SEE SAFE, PAGE A5

JET JEEP

Museum's XH-26 provides view into Aviation experimentation

By Nathan Pfau
Army Flier Staff Writer

Experimentation is an important aspect of creating revolutionary advances in Army Aviation, but sometimes the only good result is to gain the knowledge that an idea doesn't work.

That's the legacy of the American Helicopter Company's XH-26 Jet Jeep, which was an experimental aircraft designed to meet the needs of light observation, according to Bob Mitchell, U.S. Army Aviation Museum curator.

"The Jet Jeep was one of those ideas that had to be tried if for no other reason than to make sure it wasn't a good idea," said the curator, adding that the U.S. Army Aviation Museum has three of the experimental aircraft in storage.

The notable stand-out feature of the Jet Jeep, aside from its size and weight – weighing less than 300 pounds – was the way the aircraft was powered, which was done by utilizing two 6 and 3/4-inch pulse jet engines that were mounted on the end of each of the rotor blades.

"In the early 1950s, the Army and the Air Force were looking at something that could be used for light observation, and could also be air dropped into remote re-

gions," said Mitchell. "They started looking at the concept of a pulse jet rotor system because that eliminated the need for an engine and a transmission, which reduced the weight considerably."

Also, since the aircraft was powered by pulse jets rather than an engine, it eliminated the need for a tail rotor system for anti-torque capability. The experimental aircraft did, however, still utilize a tail rotor to provide the pilot with the ability to turn the aircraft left or right.

The Jet Jeep was designed in two different models – a single-seat aircraft and a two-man version – and although the aircraft was able to be constructed to be extremely light weight, the disadvantages of the aircraft couldn't be overlooked as testing began.

Because of the pulse jets, the aircraft sounded exactly as jet engines sound – extremely loud, said the museum curator. Additionally, since the rotor blades were using jet propulsion, the visible signature at night made it impossible for the aircraft to go undetected.

"They (first) evaluated the single-man version and determined that it wasn't feasible for a couple reasons – it was ex-

SEE MUSEUM, PAGE A5



PHOTO BY NATHAN PFAU

Three of the American Helicopter Company XH-26 Jet Jeep experimental aircraft sit in storage at the U.S. Army Aviation Museum. The aircraft utilized pulse jet engines mounted on the tips of the rotor blades to power the aircraft.

HAPPY NEW YEAR



PHOTO BY NATHAN PFAU

Maj. Gen. William K. Gayler, USAACE and Fort Rucker commanding general, has a conversation with Spc. David Noe, USAACE Capabilities, Development and Integration Directorate, during the Commanding General's New Year's Reception at The Landing Friday.

USAACE honors instructors of year

By Kelly P. Morris
USAACE Public Affairs

The U.S. Army Aviation Center of Excellence honored its outstanding academic instructors, instructor pilots and the non-commissioned officer flight instructor of the year for 2017 in a ceremony at the U.S. Army Aviation Museum Dec. 18.

Instructors from around the USAACE community are selected annually for top recognition from the fiscal year's quarterly competition winners. The instructors were evaluated on quality of instruction, quality of materials developed and used, and quality of their presentation.

The USAACE competition includes the Warrant Officer Career College, the School of Army Aviation Medicine, USAACE Non-Commissioned Officer Academy-Fort Rucker, the USAACE Non-Commissioned Officer Academy-Fort Eustis, and the U.S. Army Combat Readiness Center.

Col. Thomas W. O'Connor, deputy commander of the U.S. Army Aviation Center of Excellence and Fort Rucker, commended the instructors for making an impact on the next generation.

"Fort Rucker and the United States Army Aviation Center of Excellence no doubt has a strategic role in ensuring that



PHOTO BY KELLY MORRIS

The U.S. Army Aviation Center of Excellence Instructors of the Year for 2017 are (Pictured L to R): Jeffrey N. Conger, John D. Conser, SSG Jacob B. Landers, CW3 Adam S. Cox, CW3 Alexandre J. Drouin, CPT Scott G. McMahan. Not pictured is SSG Henry R. Rosso Aguilar.

we're equipping the next generation of Soldiers and leaders with the right knowledge to carry on our nation's calling. You have demonstrated above all others that you are 'Above the Best' and you have definitely made an impact on the lives of many students," O'Connor said.

The recipients of the Academic Instructor of the Year award were:

- Capt. Scott G. McMahan, officer academic instructor with D. Co., 1-145th Aviation Regiment, 1st Aviation Brigade. McMahan teaches the Aviation Basic Officer Leaders Course, Aviation Warrant Officer Basic Course, Aviation Warrant Officer Advanced Course and the Aviation Captain's Career Course.

SEE INSTRUCTORS, PAGE A5

PERSPECTIVE

Everyday Army heroes bring honor to profession, country

By Crystal Marshall
For Army News Service

WASHINGTON — Loyalty. Duty. Respect. Selfless service. Honor. Integrity. Personal courage.

These are the Army values that all Soldiers learn during Basic Combat Training – and then pledge to uphold throughout their Army careers, both in and out of uniform.

For Soldiers in 2017, Army values were more than just a set of words and ideals. Week after week, both at home and abroad, members of the U.S. Army tangibly demonstrated the Army values in their everyday lives – especially when faced with unexpected and trying events. Here are a few of the stories of everyday Army heroes that inspired communities and brought honor to their uniform this year.

SOLDIER SALUTES FUNERAL IN DOWNPOUR

In a viral photo that hit the internet in July, a Soldier saw a funeral procession while driving his car from Fort Knox, Kentucky, stopped, got out of his vehicle and saluted while standing in a torrential downpour.

The photo was taken and shared on Facebook and Instagram by Erin Hester of Vine Grove, Kentucky, July 6.

Hester wrote in her Facebook post, “I was so completely touched by this today. A funeral procession was passing by and this soldier got out of his jeep to stand at attention in the pouring



Brig. Gen. Karen Gibson, right, pictured with her daughter, 1st Lt. Kelly Chapman, beat cancer and now serves as the intelligence director for Combined Joint Task Force – Operation Inherent Resolve.

rain. I always get frustrated when I see cars that don’t pull to the side and stop for a procession, but this gentleman went above and beyond.

“I feel pretty confident that there isn’t a military rule that soldiers have to do this,” Hester continued. “This made my heart happy to see the amount of respect that this gentleman showed a family that he doesn’t even know.”

A mutual friend at Fort Knox contacted Hester and said the fort knew the identity of the Soldier in the photo – Col. Jack L. Usrey, the senior Army adviser to the adjutant general at Tennessee

National Guard Headquarters in Nashville. Hester expressed her appreciation personally to Usrey by phone once the two were connected.

Since enlisting in the National Guard in 1988, Usrey has served in multiple roles ranging from tank platoon leader to executive officer to the assistant secretary of the Army (manpower and Reserve affairs.) His numerous operational and combat deployments have taken him all over the world, including Operation Enduring Freedom in Afghanistan and Operation Iraqi Freedom in Iraq.

Throughout his nearly three de-

acades of service, the moral values that Usrey learned from his parents have only been strengthened by his time in the Army. For Usrey, who strives to demonstrate humility, honor, and respect in his daily life, the rapid ascent of the photo was surprising.

“Two days later, I saw the photo hit Facebook – since then it’s exploded,” Usrey said. “It’s baffling to me that something so simple caused so much attention. I guess it goes to show how simple it would be for our nation to be more united if we just treated each other using the Golden Rule.”

‘THUNDERBIRDS’ COME TO THE RESCUE

During a routine morale, welfare and recreation trip, citizen-Soldiers of the 45th Infantry Brigade Combat Team deployed in Ukraine found themselves in a dangerous situation that put their military and civilian training to good use.

“We were about to head back to base when we saw smoke coming from down the street, so we decided to investigate,” explained Sgt. Matthew Odom, of Norman, Oklahoma, a Soldier assigned to Headquarters and Headquarters Company, 1st Battalion, 279th Infantry Regiment, 45th Infantry Brigade Combat Team, also known as the “Thunderbirds.”

The smoke was coming from an apartment building that had caught fire.

Odom, along with fellow Thunderbirds Sgt. Nelson Deese, Spc. Vincent Humerickhouse, Spc. Kellar Jackson, Spc. Aaron Moore and Pfc. Kevin Polk, rushed into the burning building and evacuated the third floor before local firefighters arrived on scene.

“We kept asking if there was anyone still in the building, and finally we found someone who spoke English who said that there was,” Odom said. “Deese and I just gave each other a look – it was like we knew what the other was thinking and we just stormed in.”

Deese, who serves as a volunteer firefighter in his community

SEE HEROES, PAGE A5

Rotor Wash

“It’s the beginning of a new year and people are making their resolutions. What is some advice you can give to help people stick to those resolutions?”



Spc. Ivan Herrera,
USAARL

“Consistency — just staying on top of everything that you already wanted to do but haven’t done.”



Kerinne O'Donnell,
military family member

“Stay determined. Even when you want to give up, just push through.”



Amy Sprouse,
military spouse

“My thing is to stick to a routine.”



Carla Jordan,
veteran

“Be realistic with your resolution. It’s like with losing weight. Don’t try to lose 30 pounds – just take it one pound at a time. Make it something that’s achievable.”



Staff Sgt.
Reginald Lyerly,
U.S. Army garrison

“I’m not big on resolutions, but as far as goals go, set goals that are attainable and realistic. I just try to remember with any goal that Rome wasn’t built in a day. If you’ve got enough of those small steps, they’ll lead to that big one.”

COMMAND

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GETTING AN EDGE

Workshop dissects federal hiring process

By Jeremy Henderson
Army Flier Staff Writer

Job seekers interested in federal government employment have the opportunity to gain an edge in the hiring process by attending the Army Community Service Federal Jobs Workshop Wednesday.

How can a workshop better equip federal job seekers?

“The answer lies in the ‘Ten Step’ method popularized by Kathryn Troutman, renowned expert on the federal hiring process,” Mike Kozlowski, ACS employment readiness manager, said. “Troutman and her team teach this method to state and federal employees in multi-day ‘train the trainer’ sessions. They, in turn, take what they’ve learned back to their respective organizations to teach others about how they can get into satisfying federal careers.”

According to Kozlowski, by following her method workshop attendees will:

1. Be better able to understand the process by which hiring officials and staffing specialists go through to list and fill federal positions;
2. Be better able to identify jobs based on their specific experiences and qualifications;
3. Know the critical importance of including accomplishment statements on their federal résumés;
4. Be able to craft impactful USAJOBS.gov outline-based federal résumés, which bring out their KSAs – knowledge, skills and abilities – in a more effective way than before;



ARMY GRAPHIC

5. Understand the import of the follow-up when tracking the progress of their application packets.

The workshop, open to active duty Soldiers, their spouses and family members, retirees, and current civil service and non-appropriated fund employees, takes place 8 a.m. to noon at the Soldier Service Center, Bldg. 5700, Rm. 284. For more information or to register, call 255-2594 or visit www.eventbrite.com. Participants are advised to arrive no later than 7:45 a.m. to sign in for the workshop.

Kozlowski said attendees need only bring a thirst for knowledge.

“There is nothing that workshop attendees need to bring to this workshop,” he said. “All materials will be provided to them at the start of the workshop including folios, pens and a free copy of Kathryn Troutman’s book ‘Ten Steps to a Federal Job’, 7th Edition.”

“As a matter of fact, I encourage all participants not to bring their résumés,” he added. “The information I’ll be presenting will possibly be a ‘paradigm shift’ for them, i.e., the way they

thought a federal résumé should look will, in many instances not be what gets them referred for the job they really want.”

The workshop will help federal job seekers understand how the federal process compares to seeking employment in the private sector.

“The federal hiring process has several similarities to those found in the private sector,” he said. “For example, one still must be able to conduct targeted job campaigns (as opposed to hunts, since nobody really enjoys job hunting) in the occupational fields for which they have career suitability, based on work experiences, qualifications and credentialing.

“Both processes require the creation of résumés which effectively capture an individual’s work experiences, qualifications and credentialing,” he added. “Both processes also require follow-up with their targeted employers.”

However, Kozlowski continued, an individual’s federal job campaign contains several distinctions from its private-sector counterpart.

“For example, you should not limit your search to positions

found in the Department of Defense,” he said. “There are several federal agencies and programs whose missions may be a better fit for your qualifications and credentials, many of which are not located at Fort Rucker.

The workshop will also give attendees tips on building a résumé for federal employment applications, which Kozlowski said differs from private-sector résumés.

“The federal résumé is a different kind of animal,” he said. “The format is more along the lines of a hybrid style, combining the traditional reverse chronological style with a functional format. It’s also quite a bit longer than its private sector counterpart.

“Some federal résumés can be as long as 19 pages, although the optimum length should be limited to three to five pages,” he added. “There are a host of other key differences I could cite, and I plan to bring them out during the course of the workshop proper.”

At the conclusion of the workshop, according to Kozlowski, participants should be able to better understand the federal hiring process.

“Following the ‘Ten Step’ method provides a framework for this understanding,” he said.

Mattis welcomes Esper as 23rd Army secretary

By Devon L. Suits
Army News Service

WASHINGTON — During two separate ceremonies on Friday, the Army family and the secretary of defense officially welcomed Secretary of the Army Dr. Mark T. Esper back into the service that raised him.

As the newly appointed 23rd secretary of the Army, Esper will be key to the Army’s future, said Secretary of Defense James N. Mattis during a swearing-in ceremony at the Pentagon.

As international security continues to be a growing concern, Esper – a West Point graduate and a retired Army lieutenant colonel with combat experience – will need to “hit the ground running,” Mattis said.

The defense secretary said he believes Esper will lead an Army that contributes to DOD’s three lines of effort: strengthening alliances, reforming business practices and building lethality.

“What we have here is someone that we are confident will take the Army forward, that has the right value system [and who] understands that if something is not contributing to lethality, it’s going to the dustbin of history,” Mattis said.

Esper brings with him a wealth of understanding from his time as an Army officer, in the defense industry and on Capitol Hill, Mattis said.

“This Army has been tested and withstood the strain, but it stood because we have patriotic young people that have put their lives on the line,” Mattis said. “I know you are going to keep us feared by our adversaries and reassure our allies. They know when [the Army] shows up they will fight harder alongside us.

“When the U.S. Army comes, what you’re saying is America is putting itself on the line,” Mattis said. “That is the bottom line.”

Esper said he appreciates the direction and support that Mattis gives to each of the five services, and that he couldn’t be more inspired to work under the defense secretary’s leadership.

He also said he is excited to work alongside the leadership that already stands inside the Army.

“I could not have picked finer Army leadership to serve alongside,” Esper said. “And I can’t say enough about the virtue of our Soldiers, and their resiliency and willingness to take on the tough tasks that lie ahead.”

ARRIVAL

Since coming aboard the Army Nov. 20, Esper has traveled to meet with Soldiers stationed both inside the United States and abroad. He said he’s been impressed by what he has seen.

“In my first 30 days, I have been able to watch the 1st Calvary Division train at Fort Irwin [California]. I’ve met with the global response force at Fort Bragg, [North Carolina] preparing for a no-notice deployment. And I visited with our troops in combat, in Afghanistan,” Esper said during his arrival ceremony at Joint Base Myer-Henderson Hall, Virginia, Friday afternoon.

“Soldiers are the Army’s greatest asset. Their welfare and readiness will always be my top priority,” Esper said.

Before a large crowd of Soldiers, veterans, families, congressional members, foreign dignitaries and defense industry professionals, Chief of Staff of the Army Gen. Mark A. Milley spoke highly of his new boss.

“[Esper] has a spine of titanium [and] steel that is not going to bend to the temporary dramas of the day in D.C.,” Milley said. “He has the Army’s static line like a good jumpmaster. He will not waver. He will never fail to do the right thing for our nation, our troops, or our Army, regardless of the consequences to himself.”

BUILDING THE FUTURE FORCE

At the official arrival ceremony, Esper discussed his priorities for the Army, which include taking care of people, remaining focused on the Army’s values, readiness, modernization and reform.

“My first priority is and will remain readiness, ensuring that the total force – active, Guard and Reserve – are prepared to deploy, fight and win across the spectrum of conflict,” Esper said.

Currently, the Army is engaged in over 140 countries around the world. However, fiscal pressures and a lack of



ARMY PHOTO

The Army family welcomed the 23rd Secretary of the Army Mark T. Esper Jan. 5 at Joint Base Myer-Henderson Hall, Va.

steady budget continue to impact the Army’s current readiness and affect future operations, Esper said.

“We are now challenged to address the rise of aggressive near-peer adversaries in Asia and Europe, while our Soldiers continue to fight terrorist groups abroad and reassure our allies around the globe,” Esper said. “We must continue to build strong alliances and partnerships around the world [with] countries that train together [and] fight well together. And those that fight well together are most likely to win together.”

Through 2017, Soldiers took the fight to the Islamic State of Iraq and Syria, provided advice and assist support to Afghanistan and other nations, trained with allies and partners in European countries, and provided assistance to citizens recovering from natural disasters.

“Our job is to be ready – to be ready for combat,” Milley said. “To deter war, but to fight and win if deterrence and diplomacy fail. That is a solemn task for this nation. We are and will remain ready to engage the intense, bloody, unforgiving crucible of ground combat against any foe anytime and anywhere.”

Esper also identified the need to become better stewards of Army resources, all while modernizing current and future capabilities.

News Briefs

MLK celebration

The U.S. Army Aviation Center of Excellence and Fort Rucker Martin Luther King Jr. holiday observance and celebration, hosted by Lyster Army Health Clinic, will take place Wednesday at 2 p.m. at the post theater. The event will commemorate King’s legacy, and recognize the connection between his life’s work and the library world. Officials said they hope people will gain new perspectives, and be inspired with readings and the acting out of selected passages from the collected work and speeches of Dr. King.

Community Strengths and Themes Survey

Fort Rucker continues its Community Strengths and Themes Survey through March 16. The survey is located at <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=25113745152ACC87>. All Soldiers and Department of the Army civilian employees should complete the survey. Family members and retired military are welcome to take part in the survey, as well.

The survey is designed to help leadership assess the community’s health, according to officials.

Ruf Avenue change

Ruf Avenue is closed on all duty days from 5:15-7:15 a.m. for physical training.

Retirement ceremony

Fort Rucker will conduct its quarterly retirement ceremony Jan. 19 at 2 p.m. at the U.S. Army Aviation Museum. All are invited to attend and honor the quarter’s retirees for their service to the nation.

Lyster update

People are welcome to check out the

Lyster Army Health Clinic Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times.

The Lyster Twitter feed is at @LysterAHC.

Yoga classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic.

Participants are encouraged to bring their own mat.

READINESS

U.S., coalition forces ready to ensure enduring defeat of ISIS in 2018

**Combined Joint Task Force
Operation Inherent Resolve**
Press Release

SOUTHWEST ASIA — Today, the 70 nations and four organizations that comprise the coalition that is dedicated to the defeat of the Islamic State of Iraq and Syria reflect on progress made in 2017 and look forward to 2018, Combined Joint Task Force Operation Inherent Resolve officials reported Jan. 1.

The defeat-ISIS campaign, which commenced in 2014, achieved its most significant progress in 2017 as key cities in Iraq and Syria, including Mosul, Hawijah, Qaim, Tal Afar, Raqqa and Tabqah, were systematically liberated from ISIS’ so-called caliphate, officials said.

During 2017, over 61,500 square kilometers of territory was liberated from ISIS across Iraq and Syria, meaning “more than 98 percent of the land once claimed by the terrorist group has been returned to the people,” said Lt. Gen. Paul E. Funk II, commanding general of Combined Joint Task Force Operation Inherent Resolve.

LIBERATION OF MILLIONS

More than 4.5 million people were liberated from ISIS oppression in 2017, said Funk, who added this represents a “remarkable achievement by our partners leading to [the liberation of] a grand total of 7.7 million people over the three years of Operation Inherent Resolve.”

The coalition began 2017 with 67 member organizations, and concluded the year with 74, Funk said. This, he said, indicates that the international resolve to defeat ISIS

is “stronger than ever, and we will continue our efforts to prevent the resurgence of this perverse ideology.”

However, ISIS’ “repressive ideology continues,” the general said. And, he added, the conditions remain present for ISIS to return.

“Only through coalition and international efforts can the defeat [of ISIS] become permanent,” Funk said.

LOOKING TO FUTURE SUCCESS

The coalition looks forward to further success in 2018, and those who made the ultimate sacrifice in the global effort to defeat ISIS in 2017 will be remembered, officials said. This includes hundreds of brave Iraqis and Syrians who gave their lives for their nations, service members from coalition nations and the many innocent Iraqis and Syrians who have died as a result of ISIS’ terrorism, officials said.

As 2018 begins, the Iraqi government looks forward to continuing to help its people rebuild after the nation’s complete liberation from ISIS, officials said. Syrian Democratic Forces remain engaged in the final phases of liberating the middle Euphrates River Valley, officials added.

Building on these accomplishments, the coalition’s efforts are refocusing on supporting the international community’s whole-of-government efforts to prevent the re-emergence of ideology-based terrorism and to assist partners in bolstering security that will enable stability in the region and around the world, officials said. The future success of non-military activity will be decisive in the defeat of ISIS, officials said.



PHOTO BY CPL. RACHEL DIEHM

Members of the Iraqi security forces provide security during rural combat training at Camp Taji, Iraq, Nov. 18. Camp Taji is one of four Combined Joint Task Force Operation Inherent Resolve locations dedicated to training partner forces and enhancing their effectiveness on the battlefield.

CONTINUED TRAINING

The coalition’s contribution will be largely through continued training of Iraqi security forces and the Syrian Democratic Forces, who will provide security for their people and their national borders, officials said. The coalition will build on the training that has already been delivered to over 126,500 Iraqis and more than 12,500 Syrians to date, officials added.

“Support from the international community is vital to the defeat of ISIS and achievement of stability in the region,” said British army Maj. Gen. Felix Gedney, deputy commander of strategy and support for CJTF-OIR.

Despite a string of successes by ISF and SDF, much work remains to ensure the enduring defeat of ISIS, officials said. The terrorist group is still attempting to establish regional networks and remains a regional and global threat through its ability to organize or inspire acts of violence against innocent people around the world, officials added.

Coalition officials urge international governments and nongovernmental organizations to answer the call of the Iraqi and Syrian people to build conditions that prevent the re-emergence of violent extremism, so that the people of Iraq and Syria can be permanently freed from the horrors of ISIS.

SecDef impressed by service members’ high morale, physical standards, unity

By Jim Garamone
Defense Media Activity

WASHINGTON — Defense Secretary James N. Mattis said he’s impressed by service members’ high morale and the steadfastness of the force in light of its involvement in more than a decade of war.

The secretary spoke to Pentagon reporters Dec. 29.

“We have reenlistment rates that are good. We have enlistment rates that are going well,” he said. “Considering all that has gone on in this long war, we have high morale.”

Mattis spoke of seeing an aide from 2004 now based in Guantanamo Bay, Cuba. He was an artillery lieutenant and is now a lieutenant colonel Cobra helicopter pilot. He was terribly wounded in Iraq.

“He tells me his wife is with him all the way, which is always a concern – the families and all they



PHOTO BY SGT. IAN THOMPSON

Soldiers of Task Force 1-28, 48th Infantry Brigade Combat Team, 3rd Infantry Division compete in the Marne Week tug of war event Nov. 16 at Fort Stewart, Ga. Defense Secretary Jim Mattis recently commented on the high physical standards of current service members, reporting that the physical fitness test average score remains at a solid 270.

have put up with over these years,” he said. “I am a bit surprised by the [high] morale and steadfastness of the force.”

He is also impressed by the

young people joining the force. “Drill instructors ... told me the average physical fitness test score for recruits ... is 270 average,” he said. “We haven’t raised the stan-

dard, but we are getting in people who are more physically fit. And, by the way, the percentage of people in the top mental groups has gone up, as well.”

Rifle qualification scores are higher, as well as other standards, he said.

“The standards they are meeting is something we couldn’t have dreamed of 15 years ago,” Mattis said. “That is a bit of a surprise this long into a war.”

The secretary said he is getting questions from service members about their perception of civilians’ apparent lack of “essential friendliness toward one another in America.”

He said this topic came up in casual conversation with service members wondering why Americans can’t pull together like Americans in the military do. “An Army special forces major told me it’s really different outside the military,” Mattis said.

“Is it some kind of alienation in the Western, post-industrial societies?” he posited.

Mattis said he didn’t know “if people are more isolated today or reinforced by what they select to listen to on TV rather than [being] challenged.”

He added, “I don’t know, but in the military it was welcome to be back around people casually greeting each other. There’s little regard about race, gender, it’s casual. It’s not a big deal.”

Meanwhile, he said, readiness levels and measurements are up, and this runs from the number of troops in Army brigades to increased production of specific munitions.

He said the continuing resolution has not expanded the problems the department faces because of the extra money received last year, but this will bite soon. “We’ve got to get a budget by January or there will be an impasse,” he said.

Rethink readiness to prepare for next war, says top logistics general

By Lisa Simunaci
*Army Materiel Command
Public Affairs*

LITTLE ROCK, Ark. — The Army’s senior logistician told National Guard leaders to ensure their units are ready for the next war, because wherever and whenever it is, it will take the total force to fight and win.

“Place yourself on the battlefield and work left,” Army Materiel Command’s Gen. Gus Perna said via teleconference to more than 400 leaders gathered in Little Rock, Arkansas, for the Army National Guard’s Green Tab Commanders Conference Friday.

Perna encouraged leaders to rethink the term “readiness.”

“If you get a call tonight, can you drive equipment from your motor pool to a train where it then goes to a port?” Perna asked. “Your equipment arrives at another port, where you offload it and drive into combat.”

Perna told leaders it was their responsibility to ensure their units’ Soldiers, equipment, maintenance, supply and administrative activities were in order.

Rather than focusing on reports and

metrics, Perna urged leaders to think of their own organization in terms of its contribution to the total picture.

“I’m asking you to process readiness in a three dimensional way, beyond reporting and statistics. We must understand ourselves, know what our mission is, and understand our training, maintenance, supply and administration,” Perna said.

At the Army Materiel Command, Perna noted he is focusing more on maintenance trends than fleet readiness metrics, warning that fleet readiness reports could be misleading.

“If we have 10 steps to make coffee and accomplish nine, that’s 90 percent,” Perna said. “But are we drinking coffee? The obvious answer is no.”

Perna urged National Guard leaders to do what he is challenging his own leaders to do. “We have to see ourselves, look at things differently and challenge the status quo,” he said.

As the Army Materiel Command builds breadth and depth into the global supply chain, Perna asked for the National Guard leaders’ help as the organization is moving 1.2 million pieces of equipment to better equip units.

Perna acknowledged that the field is

experiencing a shortage of equipment on hand. He noted that by shifting 800,000 pieces of equipment, all units across the total Army would be better than 90 percent equipped within the next two years.

When called to do so, Perna urged leaders to send their best equipment, keeping in mind the impact to the Army at large. The lateral transfers, he said, would miti-

gate shortages of equipment on hand across the force.

When it comes to divesting, Perna also encouraged leaders not to hang on to equipment they don’t need.

“We’re going to aggressively work this,” Perna said. “Don’t hold on to your excess – it’s not for ‘just in case.’ Think of what’s best for the whole Army.”

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Safe

Continued from Page A1

crossing point can not only result in a citation from military police on post, but can also carry more serious consequences, such as endangering the lives of Soldiers, he said.

Museum

Continued from Page A1

tremely loud and at night time it looked like a UFO,” said the museum curator. “You couldn’t do any sneaking and peeking with that thing – the whole world knew you were there.”

After these initial findings, the project was scrapped and deemed impracticable. In addition to having little-to-no feasibility, the aircraft was terribly unsafe, said Mitchell. The fuel tank in the aircraft was located under the pilots, who would find themselves sitting on the tank, and the fuel lines ran directly behind the pilots up into the rotor blades, which were exposed on the exterior of the aircraft. “In the event of a crash sequence, you can

McKay has advice for those who would still consider ignoring the postings when no one is around. “As we know, especially during the winter, there are periods of low visibility, and any time there is a vehicle crossing at a non-designated point it raises the risk of injuring one of our Soldiers,” said the sergeant major.

The policy is in place for the safety of Soldiers, and although it might serve as a minor inconvenience for early-morning drivers, McKay said it’s a small price to pay to keep Soldiers safe. For more information or questions regarding early-morning road closures, call 255-2222 or 255-2511.

Instructors

Continued from Page A1

- Chief Warrant Officer 3 Alexandre J. Drouin, warrant officer academic instructor at the Warrant Officer Career College. Drouin teaches Army Leadership Doctrine, Law of War, Warrant Officer Professional Development, Team Building, Critical Thinking, Professional Military Ethics, Developing Organizations and Leaders, and Leading Organizations in Change for the Warrant Officer Candidate Course and Warrant Officer Intermediate Course.
- Staff Sgt. Henry R. Rosso Aguilar, non-commissioned officer academic instructor at the USAACE Non-Commissioned Officer Academy at Joint Base Langley-Eustis, Va. Rosso Aguilar teaches Operational Environment, Aviation Safety, Production Control, Supply, The Army Maintenance Management System-Aviation, Quality Control, Unit Level Logistics System-Aviation and Army Records Information Management System for the Advanced Leaders Course.
- John D. Conser, civilian academic instructor with B Co., 2-13th Aviation Regiment, 1st Aviation Brigade, based at Fort Huachuca, Ariz. Conser teaches Aviation Regulations, Aircraft Overview, Airfield Operations, Air Traffic Control, Aviation Navigation and Safety of Flight/ Aviation Physiology for the 15W Unmanned Aircraft Systems Common Core Course.

- The recipients of the Instructor Pilot of the Year award were:
- Chief Warrant Officer 3 Adam S. Cox, instructor pilot with A Co., 1-223d Aviation Regiment, 110th Aviation Brigade. Cox teaches In-Flight Duties, Methods of Instruction, Aircraft Systems, Regulations and Publications, Operating Limits and Restrictions, Emergency Procedures and Malfunction Analysis, Aerodynamics, Night Mission Operations, and Day/Night/Instrument Flight Training for the CH-47F Instructor Pilot Course.
 - Jeffery N. Conger, civilian instructor pilot with A Co., 1-223d Aviation Regiment, 110th Aviation Brigade. Conger teaches Instruments, Aircraft Systems, Aerodynamics, Aeromedical, Night Vision Goggles and Flight Maneuvers for the CH-47F Instructor Pilot Course. The recipient of the Flight Instructor of the Year award was:
 - Staff Sgt. Jacob B. Landers, non-commissioned officer flight instructor with A Co., 1-223d Aviation Regiment, 110 Aviation Brigade. Landers teaches In-Flight Duties, Landing Area Reconnaissance/Slope Operations, Emergency Procedures, Refuel Operations, Safety, Internal/External Loading Operations, Military Briefing, and Day/Night/Night Vision Goggles Flight Training for the CH-47 N1 Non-rated Crewmember Flight Instructor/ Standardization Instructor Course.

Each year the winners of the USAACE Academic Instructor of the Year categories are nominated to compete in the Training and Doctrine Command Academic Instructor of the Year competition, the narrator said. Also recognized in the ceremony was Alicia N. Rose, civilian academic instructor at B. Co., 2-13th Aviation Regiment, 1st Aviation Brigade, who currently represents USAACE as the 2016 TRADOC Civilian Academic Instructor of the Year. A prepared statement was read aloud on behalf of Rose, who was unable to attend the ceremony. In it, Rose encouraged fellow instructors to share their energy with students and peers, provide students an environment where they can apply critical thinking skills, and model their teaching methods according to a quote attributed to Benjamin Franklin: “Tell me and I forget. Teach me and I remember. Involve me and I learn.” The instructors ensure Soldiers become technical and tactical experts, according to O’Connor, and also empower Soldiers “to lead formations of the future in the many challenges that we’re going to face,” he said. “Out of the hundreds of instructors across the U.S. Army Aviation Center of Excellence, these seven have been highlighted as those that are the best not just at explaining concepts but also demonstrating and inspiring the Soldiers and leaders of our great Army. So thank you very much,” O’Connor said. “You are truly our heroes.”

Heroes

Continued from Page A1

of Crowder, Oklahoma, said his training as a firefighter and infantryman kicked in automatically. “We were knocking on doors and windows trying to get people’s attention; they were definitely not aware of the fire.” Once firefighters arrived on scene, Deese made sure his fellow Soldiers were safely outside the burning building before he pitched in to help the firefighters, unrolling their hose and helping them move their equipment upstairs. “I’m proud of the actions these Soldiers took to ensure the safety of others,” said Lt. Col. Bruce Lambeth, commander of the 1st Bn., 279th Inf. Regt. “They are true examples of Oklahomans upholding the Oklahoma standard, in this case, looking after their global neighbors while serving their state and country abroad here in Ukraine.”

SOLDIER, SURVIVIOR

Army Brig. Gen. Karen Gibson is quick to dismiss suggestions that she’s anything more than “just a Soldier,” and she’s not a fan of labels, except for one: survivor. As the intelligence director for Combined Joint Task Force – Operation Inherent Resolve in Iraq, Gibson spends her days working with a team of elite coalition service members from around the world. It’s a job and a deployment nine years in the making. In 2008, then-Lt. Col. Gibson was preparing to deploy with XVIII Airborne Corps. While on a pre-deployment site survey with other leaders to Iraq, she received word that the radiologist at Womack Army Medical Center at Fort Bragg wanted to see her when she returned. “When the doctor said, ‘Here’s the deal ... you’ve got cancer,’ I was devastated in ways other cancer patients didn’t understand,” said Gibson. Contrary to her doctor’s initial expectations, Gibson wasn’t overwhelmed with the thought of losing her hair or the discomfort of chemotherapy treatments. At arguably the most difficult time in her life, her focus was on her team. “My first question to the doctor was, ‘How soon can I go to Baghdad?’” Gibson remembered. “I was so upset I couldn’t deploy with my team and the people I had trained with,” Gibson said. “It was depress-

ing and I was despondent over missing this opportunity.” Three weeks before her team got on the plane to deploy to Iraq, Gibson checked into Bethesda for the first round of her five months of chemotherapy. As a career Soldier, Gibson said she found comfort in the Soldier’s Creed. “I relied on the warrior ethos to get me through,” Gibson said. “I didn’t know how important being a Soldier was to me or how much it shaped my identity until my ability to serve was at risk.” Gibson said her faith and her family were also a tremendous source of strength. Unbeknownst to her at that time, her determination to beat cancer also provided Gibson’s daughter with an opportunity to see her mother in a different light. “Growing up I didn’t realize and appreciate how exceptionally strong she was until she was diagnosed with stage III cancer,” said 1st Lt. Kelly Chapman, logistics officer, Headquarters and Headquarters Battalion, I Corps. “Watching my mother go through countless physical and

emotional setbacks with equal parts grace and grit was a powerful experience.” “It’s hard to talk about her as a role model without mentioning cancer because what she did was exceptional,” said Chapman. “You don’t see many people pull through situations like that and come out the other side stronger and with the amount of determination and passion she still has for her career.” Eight years removed from her fight with cancer, Gibson is still in remission. Forced to stay behind in 2008, today, she has found vindication deploying with the XVIII Airborne Corps team and serving alongside Lt. Gen. Steven Townsend in Iraq. “Gibson has always led by example, constantly projecting professionalism, confidence, attention to detail and an outstanding work ethic,” said Spc. Sara Johnke, who serves under Gibson. “She has set the bar high, and as a young Solider, I aspire to achieve that same standard throughout my career.”



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200 JASMINE CIRCLE
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New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, 2 car garage, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom & trey ceiling in grandroom & fenced back yard. (Winterberry Plan) Owner is licensed residential home builder and REALTOR in the State of Alabama.

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JAN SAWYER,
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93 MICHAEL LANE: A true paradise. This four bedroom two bath home on approx. .75 acre is full of light and space! Plenty of windows let in natural light and showcase the beautiful neighborhood. This home features an elegant bonus room with floor to ceiling windows equipped with an indoor grill for entertaining family and friends. The home is pre wired for surround sound and the home is clean and ready to move in. Plenty of space outside to add a pool or for outdoor entertainment. **CHRIS ROGERS, 406-0726, JUDY DUNN, 301-5656**



\$29,500



400 WARREN ROAD: 2 bedroom, 1 bath home in need of TLC. Being sold AS IS. **FRAN KALTENBAUGH, 790-5973, DON KALTENBAUGH, 464-1069**



\$114,900



7 SPRINGDALE CIRCLE: Mint Condition -- updates galore in this brick ranch on newly landscaped lot w/flowers beds & patio lined with landscape blocks. Improvements/updates include: interior/exterior paint, gutters, double pane windows, interior/exterior doors, new hot water heater, flooring, cabinets/counter tops/stainless appliances in kitchen, vanity & toilets in baths, cabinets in laundry room, ceiling fans/light fixtures throughout. Your family deserves the best -- call to set a time see this gem today. **JUDY DUNN 301-5656**



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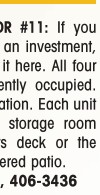
205 TURTLEBACK TRAIL: This 5 bedroom home located in the popular Turtleback subdivision features an open floor plan, kitchen with granite counters, custom cabinets, and stainless appliances. The master bath has a separate shower and whirlpool tub. Upstairs there is a large bedroom with half bath and access to the attic, large enough for 2 more rooms. The large backyard with a covered patio makes a great place to relax or run and play. Turtleback offers a community clubhouse and pool, a stocked pond and a walking trail. **SOMMER RAKES 406-1286**



\$135,000



209 APACHE DR. #11: If you are looking for an investment, then you have it here. All four units are presently occupied. Convenient location. Each unit has their own storage room off the upstairs deck or the downstairs covered patio. **EVELYN HITCH, 406-3436**



\$173,000



34 ASHLEY LANE: Lovely home on a quiet street in Level Plains is located near Fort Rucker & shopping, minutes from Enterprise and the Dothan Metro Area. Enterprise or Daleville schools. Open layout of grand room with fireplace & dining area--a relaxing setting for meals, entertaining or sharing updates of the day. Security system wiring. Electrical system wiring for hot tub. Spacious back yard with screened-in porch is ideal for entertaining, relaxing & other activities. Landscaping updated in Oct 2017. **MARGE SIMMONS 477-1962**



\$239,500



181 COUNTY ROAD 680: Beautiful home on 2.3 +/- acre lot. French doors open onto a huge & gorgeous screened patio that looks out onto a large, wooded back yard. Previous owners created a nice walking trail through the woods. Across the street is a view of Lake Nichols & its community dock & picnic area. The bonus room could have a closet added for a 4th bedroom. This home offers peaceful country living and plenty of room for a large family or for entertaining lots of guests. Can be rented for \$1300 per month. **JAN SAWYER, 406-2393, ROBIN FOY, 389-4410**



\$277,000



118 BROOKWOOD DRIVE: Newer 4 BR, 2.5 BA, on .44 Acre lot w/Pool & privacy fence. Granite throughout. Stainless appliances in kitchen, to include convection oven. 4th BR is a generous upstairs loft. Huge Master retreat w/pine, tray ceiling. Master Bath boasts clawfoot tub, walk in shower, 2 vessel sinks, granite, & His & Her closets. Fenced backyard w/dual fans on porch, cable, gas grill hook up, Saltwater pool diving board & new pump/filter. Extra parking pad. Garage w/grd lock tile floors & shelving. Many more amenities. **CHERYL PICCININI, 390-9612, THERESA HERNANDEZ, 379-5937**



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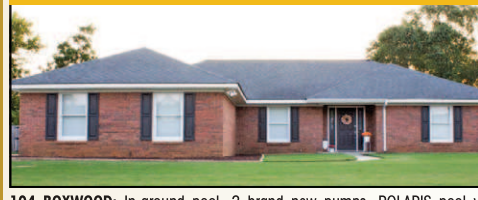
NEW LISTING • \$149,500



103 OAKLAND DRIVE: Nice well maintained home in Harrod Creek. Convenient to Fort Rucker and Downtown Enterprise. Features freshly painted interior, new carpet throughout, stainless appliances, convector oven and microwave, large LR/Den with wood burning fireplace and a nice size bonus room that can be used for an office, library or exercise room. A White Vinyl Fence surrounds the backyard that features an in-ground gunite pool and a new large covered deck accessible from Master Bedroom and LR that overlooks the pool. **BOB KUYKENDALL, 369-8534**



NEW LISTING • \$199,500



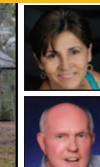
104 BOXWOOD: In-ground pool, 2 brand new pumps, POLARIS pool vacuum, filtration system (2017) and automatic timers, top of the line HVAC with upgraded UV light air cleaner system and NEST programmable thermostat. Entire house has very high-grade porcelain tile, open floor plan, split bedroom design. Livingroom has a vaulted ceiling, beautifully maintained wood burning fireplace. Huge kitchen with stainless steel appliances, custom crafted pantry. Oversized laundry with custom cabinetry. Convenient to schools and Fort Rucker. **TERRI AVERETT, 406-2072, JACKIE THOMPSON, 406-1231**



NEW LISTING • \$39,500



104 BROOKSIDE LANE: Four bedrooms and two living areas in this home located in a well-established neighborhood, very close to Fort Rucker gate. Dead end street, house is in the cul-de-sac. It need some repairs. This can be an excellent opportunity for an investor. This is VA foreclosure to be sold as is. Alabama Right of redemption will apply. **BOB KUYKENDALL, 369-8534, NANCY CAFIERO, 389-1758**



NEW LISTING • \$156,500



3363 AUGUSTA ST: This is a great 4 bedroom Home, very unique, with 2 living areas, great entry way, and has place for everyone. There is also a 25 x 25 Building with electricity and a window ac that will make a great workshop. Large wrap around covered porch, a big 2 car garage that has 2 garage doors & built in shelves, hot tub. This property offers a big fenced in back yard and is located very convenient to Fort Rucker. Over 2000 sq ft for under \$160,000! Seller will pay some closing costs and or upgrade COSTS up to \$2000. **MAGGIE HAAS, 389-0011**



\$296,000



131 DEER RUN STRUT: Home is immaculate and move-in ready. Windows and roof are 5 years old, has termite band, has alarm system. Beautiful molding and chair rail, 2 gas heaters, blueberry and satsuma bushes. Wired for 110 generator which is 6500 KW. Lots of built-ins. Has attic exhaust fan, double oven, and much more! Large wooded area in rear of property. **JACKIE THOMPSON, 406-1231, TERRI AVERETT, 406-2072**



TO P PICS



PHOTO BY AIR NATIONAL GUARD TECH. SGT. JORGE INTRIAGO

Army Aviation is well represented in Army.mil's annual spotlight on the year in photos. Check out 2017's best Army photos at <https://www.army.mil/yearinphotos>. Pictured is an AH-64 Apache flying in front of a wall of fire at the South Carolina National Guard Air and Ground Expo at McEntire Joint National Guard Base, S.C., May 6.

‘IT’S A BIG DEAL’

Reservists answer call to combat California wildfires

By Air Force Senior Airman Crystal Housman
California Air National Guard

JOINT FORCES TRAINING BASE LOS ALAMITOS, Calif. — When the California National Guard was activated in early December to aid fire relief efforts in the southern part of the state, the California State Military Reserve's Installation Support Command also answered the call.

Two dozen Soldiers from the ISC stood up on emergency state active duty to help the base as it transformed into a staging area for personnel and supplies heading into communities ravaged by fire.

The state's military reserve is a trained, organized force that can augment the California National Guard during natural disasters and other emergencies.

"The mission of the ISC is to support



NATIONAL GUARD PHOTO BY SENIOR AIRMAN CRYSTAL HOUSMAN

Sgt. Anthony Orduno, a UH-60 Black Hawk helicopter crew chief from the California Army National Guard's B Company, 1st Battalion, 140th Aviation Regiment, looks out from the helicopter, while flying back to Camarillo Airport in Camarillo, California, after making a series of water drops on the Thomas Fire in Ventura County Dec. 9 in Ventura County, Calif. Orduno and the helicopter crew spent the day dropping water on the fire in coordination with CAL FIRE and concluded their daily firefighting operations around sunset.

the base," said California State Military Reserve Col. Richard Lalor, ISC commander.

RAGING WILDFIRES

Twelve wildfires ignited throughout the region in a four-day span, forcing thou-

sands to evacuate their homes. The largest of the blazes, the Thomas Fire, started Dec. 4 and continues to burn in Ventura and Santa Barbara counties. The fire is over 280,000 acres and is the largest recorded wildfire in California's modern history.

As residents in six counties fled their homes to seek shelter from the firestorm, the base became a launch pad for the California National Guard and agency partners including the California Governor's Office of Emergency Services and the Federal Emergency Management Agency.

With 24-hour operations under way and trucks of Soldiers and supplies going in and out of the installation, the base needed to increase its manpower to support the response tempo and volume of activity.

ISC Soldiers provided extra manning for the installation's gates, conducted traffic control points, and secured and patrolled the Office of Emergency Services staging area for multiagency personnel and supplies, in concert with the base's Training Support Detachment. The ISC also provided a night duty officer for the base and activated an operations officer to coordinate the unit's activation and responsibilities.

SEE WILDFIRES, PAGE B4

LIFESAVERS

6 Soldiers honored for rescuing fellow troops from helicopter crash

101st Airborne Division Public Affairs
Press Release

FORT CAMPBELL, Ky. — Six Soldiers belonging to C Troop, 1st Squadron, 32nd Cavalry Regiment, 1st Brigade Combat Team, 101st Airborne Division (Air Assault) received the Soldier's Medal for a daring rescue.

Nov. 28, Staff Sgt. Beau Corder, Staff Sgt. Richard Weaver, Staff Sgt. Engel Becker, Sgt. Damon Seals, Spc. Christopher White and Pfc. Ryan Brisson were recognized by Gen. Mark A. Milley, Army chief of staff, for their heroic actions following a UH-60 Blackhawk helicopter crash, Jan. 31, on Fort Campbell.

"I'm very humbled to be a part of this," said Milley. "I've been in the Army for 40 years and I've only seen a few Soldier's Medals. It's a very rare thing. What you (Soldiers) did took tremendous courage; you knew it was very likely you would be hurt yourself, but you did it anyway. You make anyone who has been associated with the 101st enormously proud."

The aircraft, flown by four crew members from the 101st Combat Aviation Brigade, 101st Airborne Division (Air Assault), crashed into a forest on the installation shortly after takeoff. According to eyewitness accounts, the location of the crash, and the fact that the aircraft suffered major fuselage damage and was inverted, created a complex scene.

"The way it landed upside down in the ravine made it very difficult to access the crew. It also began to catch fire very quickly," said 1st Sgt. Adolfo Dominguez, C Troop, 1st Squadron, 32nd Cavalry Regiment senior enlisted leader. "The whole experience opened our eyes that these emergencies can happen. But it was

SEE LIFESAVERS, PAGE B4



PHOTO BY CAPT. JESSICA DONNELLY

Soldiers load a simulated casualty into a Det.1, C Co., 2-211th GSAB UH-60 Black Hawk during a mass casualty exercise with the Role 3 hospital Dec. 23 in Afghanistan to practice and refine procedures in the event of a real-world emergency.

Task Force Marauder participates in mass casualty exercise

By Capt. Jessica Donnelly
59th Aviation Troop Command

TASK FORCE MARAUDER, Afghanistan — "Patient incoming!"

Shouting these words into a hospital's emergency room in Afghanistan starts a chain reaction of medical personnel getting ready to receive a casualty.

While in this instance, the casualty is simulated, the medical care provided can make the difference between life and death for service members fighting on the front line. This is why it's important for these procedures to be practiced to ensure there are no mistakes made when the casualties are real.

The Task Force Marauder medical

evacuation company participated in a mass casualty exercise with the Role 3 hospital, Dec. 23 in Afghanistan to practice and refine procedures in the event of a real-world emergency.

Detachment 1, C Company, 2-211th General Support Aviation Battalion, MedEvac, Iowa National Guard, with

SEE EXERCISE, PAGE B4

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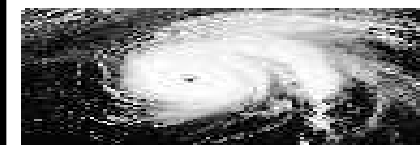


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Wildfires

Continued from Page B1

RAPID RESPONSE

The first Soldiers were activated on less than a 12-hour notice, Lalor said.

“It was, ‘Drop what you’re doing. Tell your boss you’ve been activated for an emergency and be here,’” Lalor said. “And they were here.”

California State Military Reserve Spc. Juan Ossa was one of the first to be activated.

“When the last fires came through, we had our ‘go bags’ in the car and thought, ‘Well, maybe,’ but nothing ever happened,” Ossa said. “When this started happening and the calls started coming in we thought, ‘This is real.’”

Ossa, who serves in security forces, said he and his counterparts were prepared for the added responsibility a natural disaster would bring to the base.

‘WE TRAIN FOR THIS’

“We train for this,” he said. “We were

all comfortable with it. We knew what we needed to do.”

For the past year, the ISC has worked to align itself with its National Guard counterparts for scenarios just like this, Lalor said. Earlier in the fall, their skills were validated during the base’s Joint Reception Staging Onward Integration exercise.

The exercise tested the base’s ability to receive, sustain, stage and push out thousands of first responders and supplies in response to a natural disaster. The exercise disaster was a tsunami triggered by an earthquake, but at a tactical level, staging for the actual wildfire response was no different, Ossa said.

“Everything we had to do today was stuff that we practiced a month ago with everybody here at the base,” Ossa said. “Because of that and because of how we fell in along with our base security counterparts, it just fell into place.”

The wildfire response was Ossa’s first major disaster activation during his service

as a state military reservist.

It was the second disaster activation for California State Military Reserve Staff Sgt. James Fitzgerald, who serves in the ISC as an electrician, but is trained and authorized to augment security forces as needed. He worked with Ossa on an overnight shift at base’s front gate.

“This is what we’re trained for. This is what we know and we’re glad to do it,” Fitzgerald said.

TRAFFIC CONTROL, SECURITY DUTIES

During the fire response, the Soldiers maintained traffic control and security at a staging area on the base. As the staging area grew in size and moved, the Soldiers did, too.

Their efforts made it easier for agency partners to focus on the mission.

“I’ve had security before, but I’ve never had security as good as this security,” said Mark Ackerman of the office of emergency

services, who led the agency’s staging area.

“They were always patrolling. These guys were documenting our activities and were involved in the process,” Ackerman said. “They’re protecting us, but they’re also protecting the assets – without even being told.”

The assets, he said, included pallets of water, food, emergency supplies and equipment.

“I leave here at night, and I’m not worried about it,” Ackerman said. “Maybe a rabbit would get into our [meals ready to eat], but that’s about it.”

Lalor takes pride in seeing his Soldiers answer the call.

“Whatever the mission was or the job was, they jumped right at it,” Lalor said. “It was a pleasure, watching them in action and seeing how they responded to the emergency. They were just absolutely outstanding.”

In the coming months, Lalor said he will present each of his activated Soldiers with the California State Service Ribbon.

Lifesavers

Continued from Page B1

amazing to see the Soldiers’ mentality of ‘I will do anything I have to do’ in order to save these pilots’ lives.”

A post-crash fire soon engulfed the aircraft wreckage in heavy smoke and flames. The responding Soldiers used water, fire extinguishers and soil to control the fire, allowing them to remove and treat three of the injured crewmembers. They then performed multiple immediate and inventive actions to remove the fourth

trapped crew chief, ultimately freeing him from the still-burning wreckage. All of their actions were taken with full understanding of the significant risk to their own safety, and contributed directly to saving the lives of their fellow Soldiers that day.

“What this unit did, from the time the incident happened, was pure agility and pure instinct,” said Lt. Col. Adisa King, 1st Squadron, 32nd Cavalry Regiment commander. “It is what they do on a daily basis. When you know that your brother is down, nothing is

going to stop you. We talk about leaving no Soldier behind, and they proved that. It didn’t matter what it took to get that crew and those pilots out, these Soldiers were going to do it.”

The Soldier’s Medal is the Army’s highest peacetime award for valor. According to Army Regulation 600-8-22, the directive that outlines military awards and decorations, the performance must have involved personal hazard or danger and the voluntary risk of life under conditions not involving conflict with an armed

enemy.

Col. Derek Thomson, 1st Brigade Combat Team commander, described the rarity of the Soldier’s Medal and described the actions taken by the Soldiers that day in January.

“It is given for bravery and valor in a non-combat situation – this award was created for exactly the kind of act these Soldiers performed,” said Thomson. “Very few are awarded each year. This is a remarkable recognition. These Soldiers knew they had only seconds to react as the aircraft be-

came engulfed in flames. The fact that these six individuals stuck with it no matter what, putting the lives of others ahead of their own, is extremely special.”

The Soldiers recognized were happy to receive this notable commendation, but at the time of the incident it was the furthest thing from their mind.

“At first, none of us really thought about it. We were just happy that everyone survived,” said Corder. “We were just doing our job, we wanted to save them.”

Exercise

Continued from Page B1

Task Force Marauder partnered with the hospital, base emergency medical services, Polish special forces, U.S. Air Force security forces, and U.S. Army 82nd Airborne Division service members for the exercise.

C Co., 2-211th GSAB provided aerial transportation and en route medical care for simulated casualties before transporting the patients to the hospital for follow-on care. The purpose of the exercise was to test current practices and communication in a training setting to ensure everyone knows their part in a real-world event.

“The exercise allowed each participant to test their reaction time,” said Capt. Erin Doyle, C Co., commander. “Everyone got to test themselves and work out all the kinks in a controlled environment.”

The hospital practiced their newly implemented standard operating procedure, the Polish special forces practiced securing a landing zone, and triaging and handing off patients to the MEDEVAC, security forces conducted patient clearing, and the 2-211th GSAB Soldiers tested their ability to respond to a daytime mass casualty, added Doyle.

In a real-world emergency where C

Co. responds, the Soldiers would coordinate with the ground unit and pick up the casualty. While en route to the hospital, the medics on board would provide medical care while communicating with the hospital to be prepared to receive the patient, explained Navy Lt. Cmdr. Joseph Fromknecht, hospital director of administration.

“These partnerships are crucial,” he said. “We rely on [the MedEvac unit] to give us input. The communication is vital for us to be ready.”

The exercise participants plan to continue to coordinate and train together to further build the relationships and streamline processes, added Doyle.

Task Force Marauder consists of Soldiers from South Carolina National Guard, Illinois National Guard, Iowa National Guard, as well as active duty component and provides Aviation capabilities with AH-64 Apaches, UH-60 Black Hawks, CH-47 Chinooks, and MedEvac assets in Afghanistan under the 3rd Combat Aviation Brigade while deployed.



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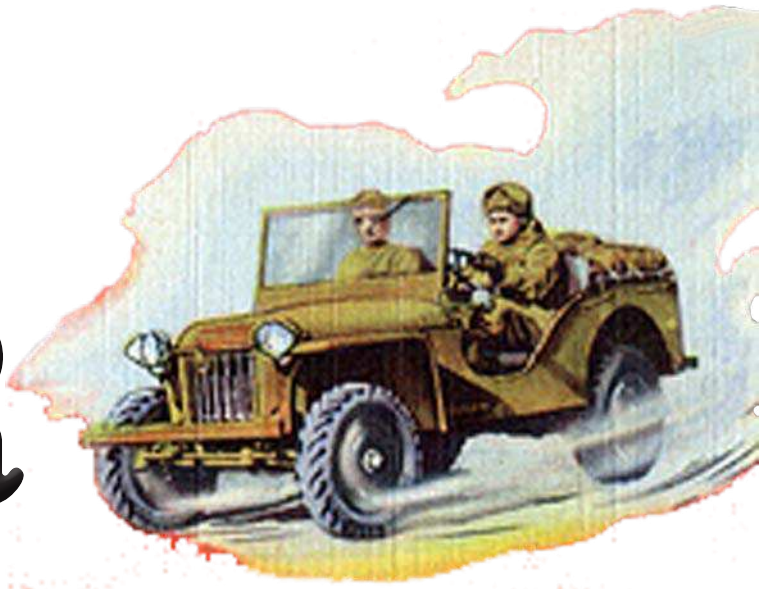


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JANUARY 11, 2018

CAMP RUCKER



Post traces Army roots to early 1940s

Army Flier
Staff Report

Fort Rucker covers about 63,100 acres of southeast Alabama countryside in an area known as the Wiregrass.

Although the post is relatively small compared to other Army installations, and has no official historical sites, it is steeped in rich Southern history with pre-Civil War cemeteries predating 1854, a former WWII prisoner of war camp and historical buildings that pre-date the installation's founding.

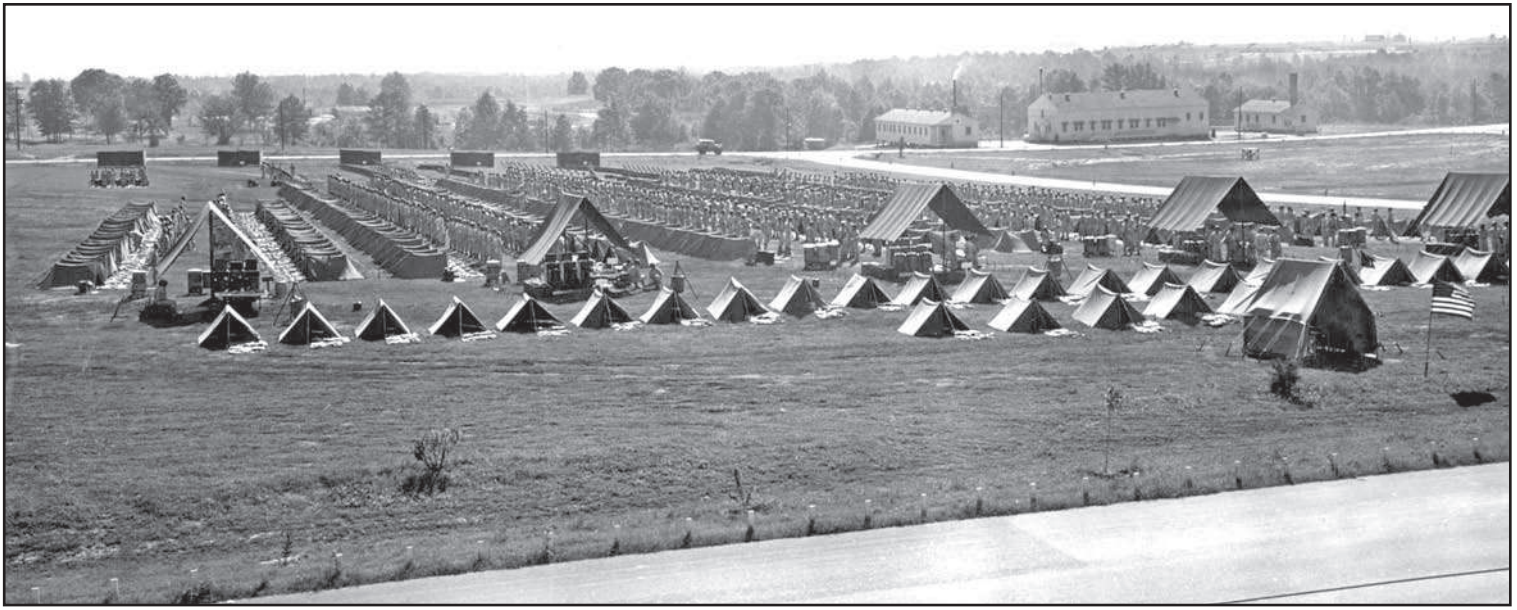
According to local historian Val McGee's book, "The Origins of Fort Rucker," around 200 years ago wealthy farmers created the community of Westville, located about two miles west of Lake Tholocco.

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

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

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

"The original name of the installation was Ozark Triangular Division Camp, but before it was officially opened on May 1, 1942, the War Department re-named it Camp Rucker," he said. "As Fort



ARMY PHOTO

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

Rucker grew in mission, so it grew in the land required. There are the sites of former structures on the installation . . . that existed prior to the creation of the camp and fort."

According to the official history of Fort Rucker, in January 1942, the U.S. Army Corps of Engineers completed construction plans for the 4,600 acre cantonment area of the camp.

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

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

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

An additional 30,000 acres of

land between Newton and Enterprise, including all privately owned lands within the boundaries of the former wildlife refuge, were purchased in September 1942. Later that year, 1,259 supplementary acres south of Daleville were acquired for the construction of an airfield to support the camp.

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

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

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



The old Camp Rucker headquarters stood near what is now Howze Field in the mid-1940s.

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

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

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

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

followed, according to Maxwell.

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

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

Experts offer post-holiday stress reduction tips

By Nathan Pfau
Army Flier Staff Writer

Transitions are a big part of life, and after the holidays being able to transition back into the work week can offer unique challenges.

That's why the Fort Rucker Army Substance Abuse Program and Family Life Chaplain want to provide people with the tools and knowledge to get through the transition and effectively manage stress, said Rick Kohl, ASAP Employee Assistance Program coordinator.

Post-holiday stress can sneak up on people, he said, and one key way to help deal with some of the stress many face in the New Year is by focusing on the positives.

"Practice optimism," said Kohl. "Take a



PHOTO ILLUSTRATION BY PFC. WILLIAM HATTON

situation that you know is going to allow for a happy mood or thought, and focus on that and by doing so you internalize the feeling. Think about something that's happened that is a positive experience.

"Normally people tend to start thinking about all of the stuff that's going wrong," he said, "so when you're met with a situation that could trigger frustration or a sense of hopelessness, think of the positives in life because it helps to deflect the negative feelings. It does you no good emotionally to be frustrated or upset. Frustration will not solve your problem, solution-focused thinking will."

Chaplain (Maj.) James Pennington, post family life chaplain, advises that people take a different outlook when it comes to post-holiday resilience and think of the time after the holidays from a different point of view.

"Instead of focusing on setting New Year resolutions think in terms coming to terms with who you are as a person. Think in terms of contentment for the coming year," he said. "So, when something positive or good happens, you accent that, you maximize that and you hold onto that. Let that be your anchor and count your blessings.

"In life, not everything is going to go to our liking, so if something bad does happen, try to minimize that and don't hold on to it," he continued. "Don't let that one event ruin your whole day."

Pennington said people should expect there to be stress in life. "We primarily feel stress because we do not believe we have the resources to deal with the stress," said the post family life chaplain. "We can problem

solve and use external resources to lower the stress, or if we cannot change our external circumstances then an option is to change the internal by changing what we believe or feel about the situation."

One resource to handle and deal with stressors is to communicate those frustrations through some means, whether by talking with someone or simply finding an outlet to relieve the stress, such as exercise, he added.

"There is stress every day, so just accept that," said Pennington. "If there is something inside us and there is something that we can do to get it on the outside, whether that's talking or writing or exercising, then do that. There are ways of getting it out of you because it doesn't just need to sit inside you. Use the resources that are available to you at Fort Rucker and the surrounding area."

When stresses become overwhelming, many times people tend to not communicate their frustrations, but bottling up those frustrations can lead to outbursts and lashing out, which is something people should try to avoid, said Kohl. By mentally preparing themselves, people will be able to better communicate their frustrations should they arise.

"Practice those thoughts and ways that they would experience that conflict, so that there's competency when it comes to dealing with it," he said. "It's really hard to go into a situation untrained . . . and that usually leads to conflict failure, which can lead to overreactions.

"It's important to find somebody to talk to in order to help process (those emotions) in a

healthy, competent way," he continued. "You have to have some strategy to deal with situations. Sometimes, you have to talk through that with someone and know that you have the ability to manage that internally and that you're not going to react to something that someone else triggers in you. We have the ability to effect change in ourselves, but we can't change other people."

Kohl suggests that as the New Year starts, people should think about donating some of their time to volunteerism or reigniting an old hobby or skill. "When situations become surprisingly frustrating, being able to focus on new positive experiences can be very helpful in reducing reactive frustration," he said.

Another way to deal with a stressful situation is to remove oneself from that situation, said Janet Strickland, Lyster Army Health Clinic behavioral health counselor. People should come up with an exit strategy, so as to not allow a situation to escalate into something that might not be manageable.

"Have a plan when you have a surprisingly frustrating interaction," she said. "Take a walk, or go to a quiet place and read something encouraging."

If stress does become too much, there are plenty of resources on post for people to take advantage of if they need someone to talk to, including chaplain services, family advocacy programs and counselors.

For more information on chaplain services, call 255-3100 or 255-9777. For more information on ASAP, call 255-7509. For more information on LAHC behavioral health, call 255-7028.

ON POST

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

EFMP survey

The Fort Rucker Army Community Service Exceptional Family Member Program is conducting a survey: EFMP Activities Survey 2018 now through Jan. 31 at <https://www.surveymonkey.com/r/9R95RXX>. The survey is designed to identify potential activities that may be put into place for exceptional family members enrolled in the Fort Rucker EFMP. People’s responses are voluntary and completely anonymous – the purpose is to improve access to activities for exceptional family members and their families.

For more information, call 255-9277.

Riding trails trip

MWR Central will host a day trip Saturday to Sunshine Riding Trails, which includes over 10,000 acres of sand hills and preserved forest to explore on horseback with Tennessee Walking Horses. The cost is \$75 per person, and includes a two-hour horseback ride and transportation to Chipley, Florida. A beginners course will be offered for people who don’t know how to ride horses.

To register for the trip or get more information, call 255-2997 or 255-9517.

Winter Craft

The Center Library will host a winter craft session for children ages 3-11 Tuesday from 3:30-4:30 p.m. Light refreshments will be served. Space is limited to the first 40 children to register. The event will be Exceptional Family Member Program friendly and open to authorized patrons.

For more information or to register, stop by the library or call 255-3885.

Thrift Saving Plan 101 Seminar

Army Community Service accredited financial counselors will present a Thrift Savings Plan 101 Seminar Tuesday from 6-7 p.m. in Bldg. 5700, the Soldier Service Center, Rm. 350. The seminar will be a discussion of the significant aspects of the TSP, including: why people should consider investing with the TSP, how to start a contribution, risk tolerance, traditional and Roth accounts, TSP funds and diversification. Pre-registration is required by Monday. Free child care will be available with registration.

For more information and to register, call 255-3949 or 255-9631. Registration can also be completed by visiting <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

Book club

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served. The club is open to authorized patrons. For more information, call 255-3885.

Crazy 8’s Math Club

Center Library will offer its Crazy 8’s Math Club to children in grades kindergarten to second for eight consecutive Wednesdays starting Wednesday from 4-4:45 p.m. Participants will build stuff, run and jump, make music, make a mess and enjoy math gone wild, according to library officials. Space is limited, and children must commit to participating in all eight sessions – parent participation is requested. The club will be Exceptional Family Member Program friendly and will be open to the public. People can register at the library.

For more information, visit the library or call 255-3885.

Federal jobs workshop

Army Community Service will host its federal job workshop Wednesday from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman’s “Jobseeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only.

For more information or to register, call 255-2594.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Tuesday. People who attend will meet in Rm. 350



PHOTO BY NATHAN PFAU

Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night Jan. 25 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 255-0768. Pictured is a scene from a previous Right Arm Night.

at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required.

For more information, call 255-2594.

Newcomers welcome

A newcomers welcome is scheduled for Jan. 19 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the newcomers orientation. A free light breakfast and coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

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

Blended Retirement System Seminar

Army Community Service accredited financial counselors will present a Blended Retirement System Seminar from 6-7 p.m. Jan. 23 in Bldg. 5700, the Soldier Service Center, in Rm. 350. The seminar will be a discussion of the significant changes to the current military retirement system, including continuation pay and the Thrift Savings Plan with matching government contributions. Pre-registration is required by Jan. 22. Free child care will be available with registration.

For more information and to register, call 255-3949 or 255-9631. Registration can also be completed at <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

Gardening by Design

The Center Library will present Gardening by Design, with Tammy Ziglar from the Dale County Extension Office leading the discussion, Jan. 23 from 5-6:30 p.m. Organizers said the event is designed to let people know what they can do now to prepare for a beautiful spring and summer garden. The free event is open to authorized patrons of all ages and is Exceptional Family Member Program friendly.

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

Travel Extravaganza

The 30th annual Fort Rucker Travel Extravaganza will be hosted by MWR Central Feb. 6 from 10 a.m. to 1 p.m. at The Landing. Over 50 vendors will be present to discuss information and answer questions. Admission is free, and the event is open to the public and Exceptional Family Member Program friendly. Door prizes will be given away during the event. In addition, an MWR Passport scavenger hunt offers additional opportunities to win prizes. Patrons do not have to be present to win.

For more information, call 255-2997 or 255-9517.

Valentine craft

The Center Library will have a De-

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January 19th • 11 am

What:	4 Person Scramble
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sign your Valentine craft session Feb. 6 from 3:30-5:30 p.m. Patrons will have a chance to create a Valentine’s card for that special someone. The free event is open to authorized patrons of all ages and is Exceptional Family Member Program friendly.

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

Special Ed Connection Webinar

The Army Installation Management Command Exceptional Family Member Program offers the LRP Publications’ Special Ed Connection® and Direct-STEP® eCourses free of charge. Special Ed Connection® provides resources and tools that Army staff and parents can use

to gain a clear understanding of special education requirements and services, and how they work, according to officials. This web-based resource is being made available to both Army staff and parents. To find out more about this resource, people are welcome to join a free information webinar from Feb. 6 at 9 a.m. To register for the webinar, visit <https://lrptraining.webex.com/lrptraining/k2/j.php?MTID=tc4d3faf1d97b8eca2182f1d75ab20840>. Once people are approved by the host, they will receive a confirmation email with instructions for joining the session. Registration deadline is Feb. 2 by noon.

For more information, call 255-9277, or 1-800-515-4577, Ext. 6515.

FORT RUCKER MOVIE SCHEDULE FOR JANUARY 11-14

Thursday, January 11

Daddy’s Home 2 (PG-13)7 p.m.

Friday, January 12

Three Billboards Outside Ebbing, Missouri (R)7 p.m.

Saturday, January 13

The Shape of the Water (R)4 p.m.
Three Billboards (R)7 p.m.

Sunday, January 14

The Star (PG)1 p.m.
Justice League (PG-13)4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

Army employee transforms lives with personal story

By Eric Pilgrim
Fort Knox News

FORT KNOX, Ky. – Frank Kreeger isn't himself anymore. The 55-year-old hasn't been himself for more than seven years now, and he couldn't be happier.

A Programs and Policy Branch program analyst at Fort Knox's U.S. Army Human Resources Command during any given workweek, Kreeger devotes countless hours outside of work to help others fight against the lure of alcohol and drug addiction.

He speaks quarterly to Soldiers, civilian employees and contractors around Fort Knox. He also helps out with small support groups on post. He speaks about the dangers of alcohol and drugs at meetings in the area. He visits jails and chairs recovery meetings. And somewhere in the midst of all this, he still finds time to sponsor new alcohol and drug addicts coming into the program.

Kreeger holds a sober view of addiction – he takes it personally when someone fails out of the system, and they do. That's because for Kreeger, it is personal. He knows firsthand about the damaging effects of alcoholism. He viewed most of his life through a bottle – until seven years ago.

"When I finally hit my personal bottom, the most important thing I did that I should have done a long time ago was ask for help," said Kreeger. "That's a big thing I encourage Soldiers to do is ask for help before you get in trouble."

Kreeger said a lot of addicts are intelligent people who get really good at solving their own problems, as well as the problems of others, "so when we're faced with this problem ourselves, we think we can think our way, negotiate our way, out of it. That was my case.

"Every problem I had encountered in my life I found a solution to – except this one," Kreeger said. "Alcohol had me beaten, so I had to surrender to it, to actually say, 'It's got me licked. I need help.'"

In 2011, the Department of Defense sponsored a DOD Health Related Behaviors Survey of Active Duty Military Personnel to determine the scope and effects of addiction among service members. Testers received responses through a web-based format from 39,877 men and women in all the military branches and the U.S. Coast Guard. The results revealed the respondents achieved five of the eight Healthy People 2020 objectives listed in the survey: obesity, healthy weight, exercise, and seatbelt and motorcycle helmet use. However, the three objectives that service members failed to meet were smokeless tobacco use, cigarette smoking and binge drinking.

According to the survey, about one-third of active duty service members admitted to binge drinking within the past 30 days. The number is 6 percent higher than the civilian equivalent. Of those surveyed, 84.5 percent admitted to being current drinkers.

Probably most telling, according to the survey, those "who were heavy drinkers, initiated alcohol use at earlier ages, or drank at work more often reported higher work-related productivity loss, serious consequences from drinking, and engagement in risk behaviors than personnel who reported lower levels of drinking, began drinking at older ages, or did not drink at work."

Kreeger said he's heard it all before: every reason, every excuse, every decision driven by the insatiable hunger to drink. He lived it.

"If I would have kept drinking, I would have been dead," said Kreeger. "I would have died of cirrhosis of the liver. My liver was at 28 percent. The doctor told me if I didn't quit I'd be dead in six months. I still couldn't. Until I asked for help.

"Even knowing my life was coming to an end, I still couldn't beat that mental obsession to take that drink."

The survey captured the most common reasons why so many service members drink alcohol: for a celebration, the pleasure of drinking and a desire to be social.

"Towards the end, I didn't drink to feel good, I drank not to feel bad," Kreeger said.



PHOTO BY ERIC PILGRIM

Frank Kreeger, a Programs and Policy Branch program analyst at U.S. Army Human Resources Command, speaks to members of the Fort Knox, Ky., community about the dangers of alcohol and substance abuse during a December briefing.

"That's when it gets really bad – when the drink doesn't make me happy, the drink keeps me out of pain. That's the last stop in addiction – that's all I knew."

Desperation and a moment of clarity in front of a mirror drove Kreeger to seek help.

"I went to my chain of command, explained that I had an issue, which I didn't thoroughly understand at the time until I went into recovery," said Kreeger. "My leaders on post got me the help I needed. They saved my life."

He started with medical detoxification. After flushing out the physical effects of the alcohol, he then went through six weeks of rehabilitation to help rewire his thinking about the drug.

"Then I just continued to work on my sobriety every day," said Kreeger. "The way I work on my sobriety is to give it away. To keep sober every day, one day at a time, I gotta give it away. I gotta help the next person suffering – get down in the hole with them and teach them the way to get out of this hole."

Kreeger said one of the hardest side effects of helping others is the realization that success doesn't always come.

"It's a tough thing to do because for everyone that I successfully help – they get sober and clean up their life – five or six just don't make it," Kreeger said. "I've buried a lot of people. They just couldn't get through it.

"You gotta be willing to help yourself," Kreeger said. "People go to rehab centers, meetings, support groups, but if they really don't want to get sober, it's not going to happen. They go for the wrong reasons. They go for their mother, or their kids, or to get the boss off their back, or get the police off their back. If they get sober for themselves, then all of a sudden the wife and kids won't leave you, you won't lose your job. Everything can work out. But you gotta ask for help because it's out there."

Kreeger said alcoholics in the grip of the disease will avoid seeking help out of embarrassment and fear.

"You're scared, you don't want anyone to find out how bad this thing's got you, so you try to hide it," said Kreeger. "You end up living a double life – and that's miserable. You're going to pretend to have a good time, you're going to pretend it's fun, but deep down inside, you're killing yourself. I had to look myself in the mirror and say, 'I gotta get help,' he said.

"I got that help and it was a long road back. I would go to a recovery meeting every day for a year. And still, seven years in, I go to three meetings a week. I'll always be an alcoholic. I'm one mistake away from taking that first drink, so I have to constantly remind myself that I'm an alcoholic and to go to my meetings – and help others to stay sober on a day-to-day

basis."

One of those Kreeger has been helping is Matt.

Like Kreeger, Matt was a successful white-collar businessman working for 13 years at Fort Knox on a great life for him and his family. Also like Kreeger, Matt has been drinking since he was a young boy.

Matt remembered seeing Kreeger around at work although he had never formally met him.

"I saw him in meetings and stuff. Then I got into some trouble due to my alcoholism and got admitted to the psych ward at Hardin Memorial," said Matt. "The day I got out, I went to Safe Harbor in Vine Grove. That's where I met Frank. He was running a meeting there. After the meeting, I approached him and told him, 'I want what you have.'"

Kreeger took Matt under his wing and mentored him through what Matt described as the hardest times of his life. One of those came when the state took Matt's children from him. He turned suicidal and turned to the bottle for courage.

"I was pretty serious about suicide. It wasn't one of those cries for help. It was a locking myself up in a closet," said Matt.

He found himself in a tub with an empty bottle of whiskey and cut marks. He decided it was time to admit himself into a hospital for help and sat there for eight days in a fog, trying to make sense of what alcohol had done to him.

"I lost my family over it. I lost my job. I had a nice pickup. I lost it. Lost my bike. Pretty much everything I had then is gone. I even have to do jail time over it," said Matt. "So I'm helping people in jail now. That was definitely not my character profile before I met Kreeger. He's really helped me flip my life around."

Josh has also been touched by Kreeger's desire to help others.

Josh's path was different from Matt and Kreeger's. He struggled with a lot of health issues that led him to seek out doctors and dentists who could prescribe medicine for the pain.

"I never set out to be an addict," said Josh. "As an addict, what I learned was that something beats nothing."

His downward spiral began to reveal itself in financial troubles and the loss of jobs and relationships. Then he started wrecking vehicles.

"There were a number of things that led me to that point where I had no place to go," said Josh. "My breaking point was my isolation. I was always one of those guys who was easily approachable. I found myself isolated more and more."

After hitting rock bottom by the end of 2015, Josh started his recovery in January 2016.

"The very first night I got out of recovery, I went to Safe Harbor Club. After the meeting, I approached Kreeger and asked him to be my temporary sponsor," said Josh. "I'll never forget what he told me – 'We haven't buried a Josh yet. Don't make it the first.' He's been there for me ever since."

All three men now look for opportunities to encourage others.

Matt has decided to pursue a college degree. Josh is seeking every opportunity to help others. And Kreeger? He's written a book that began simply as a journal about his steps to recovery and has led to a bigger opportunity to help save lives and to encourage others.

"My life is unbelievable," said Kreeger. "The rewards of being sober are indescribable."

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1 Corinthians 11:1

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Race events invite runners to hit the beach

Army Flier
Staff Reports

Vacationers looking to incorporate fitness into their travels in the new year should consider Run the Beach – Gulf Shores and Orange Beach Sports Commission’s half-marathon series designed to encourage travel outside of summer. The 2018 three-race series includes the Big Beach Half-Marathon Jan. 28, Sea Turtle

Half-Marathon Feb. 17 and Kaiser Realty by Wyndham Vacation Rentals Coastal Half-Marathon Nov. 24. Participants who register for all three races by Jan. 21 will receive a \$30 discount and other special offers. After completing the series, runners will earn a medal and shell jacket. For more information or to register, visit <https://www.gulfshores.com/Sports/RunTheBeach/> or call 1-800-745-SAND.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

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

DOTHAN

ONGOING — Disabled American Veterans Chapter 87 meets the third Thursday of each month at 6 p.m. at the Doug Tew Recreation Center. For more information, call 334-86-0217 Ext. 122 or email davchapter87@gmail.com. The chapter maintains office hours at 545 West Main St. (Mixon Business Center, Rm. 122), Mondays, Tuesdays, Wednesdays and Thursday from 9 a.m. to 2 p.m. to assist, free of charge, disabled veterans and their spouses with disability compensation claims and other benefits.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 6:30 p.m. Meetings are held at the post’s facility at 3087 Hwy. 605, which is Brannon Stand Road at the intersection of Park Avenue. For more information, call 400-5356.

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For

more information, call 334-464-1171 or the auxiliary at 334-464-2222. The post also has a Facebook site at [vfw post 6683](https://www.facebook.com/vfwpost6683).

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on 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

JAN. 25 — The January meeting for Disabled American Veterans Chapter 99 will be at 6 p.m. The meeting will take place in the New Brockton Senior Center. For more information, call at 334-718-5707.

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Town Hall (old armory building) at 706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

JAN. 30 AND FEB. 9 — The First United Methodist Church of Ozark will be an official host for the Night to Shine event sponsored by the Tim Tebow Foundation. Night to Shine is a prom night experience, centered on God’s love, for people with special needs, ages 14 and older, according to organizers. The event will take place at more than 500 churches around the world simultaneously. For more information, contact the church office at 334-774-2569, or visit www.ozarkfumc.org or www.timtebowfoundation.com. This is a free event for those with special needs ages 14 and older who live in the Wiregrass area. Registration forms can be downloaded from <http://www.ozarkfumc.org/special-needs.php>. The deadline to

register is January 30.

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

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 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 Tuesday at 7 p.m.

TROY

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

WIREGRASS AREA

JAN. 18 — The Coffee County Arts Alliance will host “Rumours of Fleetwood Mac – A Tribute Show” at 7 p.m. at Elba High School. Rumours is the country’s premier Fleetwood Mac tribute band, according to organizers. Based in Atlanta, Rumours captures the energy of Fleetwood Mac by blending perfect harmonies, precise instrumentation and a visually engaging stage show.

Rumours’ dedication to recreating the Fleetwood Mac experience has skyrocketed their popularity, garnering a loyal fan base.

For information, call 334-406-2787 or visit www.CoffeeCountyArtsAlliance.com

ONGOING — A German coffee takes place the last Thursday of every month except November at 10 a.m. at The Landing on Fort Rucker. The group has been meeting for more than 40 years.

ONGOING — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

Beyond Briefs

Korean Cultural Experience

The Alabama-Korea Education and Economic Partnership will host its third Korean Cultural Experience Jan. 20 at 6 p.m. at the Davis Theatre in Montgomery. The title and theme for this year’s performance is “The Fragrance of Spring.” It will be an hour and a half performance. This year’s show will feature the musical, Broadway-styled performance of “The Fragrance of Spring,” a story about a young girl who overcomes evil and persecution in ancient Korea, according to organizers. Her story is one of the most famous folktales in Korean culture. The Performing Artists will also perform individual showcases of Korean UNESCO intangible cultural heritage properties in song, dance and musical ensembles. Tickets cost \$20 for adults and \$10 for students with ID.

For more information, visit www.akeep.org or call 334-625-8515.

St. George lighthouse climb

People are welcome to watch the sun set and the full moon rise from the top of the Cape St. George Lighthouse on St., George Island, Florida, Jan. 31 from 6-7:30 p.m. Light refreshments will be served.

To make a reservation, call 850-927-7745. For more information, visit <http://www.floridasforgottencoast.com/things-to-do/lighthouses/>.

to-do/lighthouses/.

Volunteer day at Montgomery Zoo

Volunteer Spring Serve Day at the Montgomery Zoo is scheduled for Feb. 3 from 9 a.m. to 4:30 p.m. Volunteers are needed to help with landscaping, trimming bushes, planting flowers, raking leaves, painting and overall prepping of the zoo for the spring season, according to organizers. Volunteers can be adults, teens, civic groups, school groups, church groups, businesses, military units and families. Volunteers ages 12-16 years old must be accompanied by a parent, legal guardian or a designated group chaperone. Volunteers under 19 must obtain parent or legal guardian permission.

Everyone serving at least six hours of volunteer time during zoo serve day will receive one complimentary ticket to Zoo Weekend. Also, all volunteers serving at least six hours will receive morning beverages with snacks, lunch and afternoon beverages with snacks.

For more information or to register, call 334-625-4900 or register at <http://montgomeryzoo.com/volunteers>.

Mardi Gras Barkus Parade

The Mystic Krewe of Salty Barkers will host the Apalachicola Mardis Gras Barkus Parade Feb. 10 at 1 p.m. at Riverfront Park in Apalachicola, Florida. This year’s theme is BourBone Street Blues.

For more information, visit <http://www.floridasforgottencoast.com/events/mardi-gras-barkus-parade/mardi-gras-barkus-parade/1722/>.

Panama City Beach Mardis Gras and Music Festival

Panama City Beach, Florida, will host its Mardis Gras and Music Festival Feb. 9-10 at Pier Park. In conjunction with the Krewe of Dominique Youx’s Mardi Gras at the Beach parade, the festival features entertainment for the whole family, according to organizers.

For more information, visit <https://www.visitpanamacitybeach.com/mardigras/festival-schedule/>.

Mobile Delta: Glass & Light

The Mobile Museum of Art is hosting the exhibit, “The Mobile Delta: Glass & Light” through March 11. Rene Culler’s site-specific work is a mural in glass that celebrates the species-rich delta and its atmospheric qualities. The delta is a changing environment that is constantly shaped and molded by the weather and waterways, according to museum officials. As the grasses, almost transparent, catch the light, Culler’s drawings and painting in glass suggest the landscape that southern Alabama holds so dear. The composition is a wall of natural light utilized as a glass canvas for drawing, painting and printing with vitreous enamels. The museum is located

at 4850 Museum Drive in Mobile. Admissions is \$12 for adults, \$10 for seniors, \$8 for military members and students, and children under 6 are admitted for free.

For more information, visit <http://www.mobilemuseumofart.com/>.

Jacksonian Guard Colors Ceremony

People are welcome to celebrate Florida becoming a U.S. territory in Pensacola, where the original ceremony took place on July 17, 1821. The Jacksonian Guard is a Pensacola re-enactment group of Jacksonian era and Spanish soldiers, fifiers and drummers who perform a colors ceremony the third Saturday of each month at noon in Plaza Ferdinand on Palafox Street downtown.

For more information, visit <https://downtownpensacola.com/businesses/jacksonian-guard>.

Palafox Market

Downtown Pensacola hosts its Palafox Market Saturdays from 9 a.m. to 2 p.m. Saturdays at Martin Luther King Plaza. Admission is free to the market that features fresh produce, live plants, baked goods, fine art, antiques and more. Items originate directly from onsite vendors who grow, make, or create the fruits, vegetables, herbs and art for sale, according to organizers. The event takes place rain or shine.

For more information, call 850-434-5371 or visit <http://palafoxmarket.com/>.

UNLIKELY HEROES

U.S. Special Ops Command's HEROs combat human trafficking

By Shannon Collins
Defense Media Activity

WASHINGTON — January is National Slavery and Human Trafficking Prevention Month and the Defense Department has teams who work year-round to combat these crimes worldwide.

The Human Exploitation Rescue Operative Child-Rescue Corps is a program developed by U.S. Special Operations Command, Warrior Care Program-Career Transition, the National Association to Protect Children and U.S. Immigration and Customs Enforcement, said Army Col. Kimberly Moros, chief of SOCOM's career transition initiatives.

"The HERO Child-Rescue Corps Program is designed for wounded, injured and ill transitioning service members and veterans who receive training in high-tech computer forensics and law enforcement skills to assist federal agents in the fight against online child sexual exploitation," she said. "Upon successful completion of the program, HERO interns will have the knowledge, skills and experience to apply for careers with federal, state and local police agencies, and other organizations in the field of computer forensics."

Since 2013, more than 130 veterans and transitioning service members have entered the HERO program. Of the successful graduates, 74 have been offered careers



PHOTO BY WILLIAM SELBY

Human trafficking victims are often mistaken for criminals. The U.S. Special Operations Command's Human Exploitation Rescue Operative Child-Rescue Corps partners with federal law enforcement agencies and the National Association to Protect Children in order to rescue victims of human trafficking.

in federal law enforcement and another 31 are in internships, Moros said.

"HEROs and HERO interns now make up over 25 percent of the Homeland Security computer forensics workforce," said Robert Kurtz, unit chief for HERO at Homeland Security Investigations.

HUMAN TRAFFICKING

"Human trafficking includes using force, fraud or coercion to compel a person to provide labor,

services or sex. It's a violation of basic human rights," said Linda Dixon, DOD Combating Trafficking in Persons Office Program manager. "Combating trafficking in persons is a duty that DOD takes seriously as we do in other situations that bring harm to our nation. It is a global concern, and our goal is to educate every member of DOD on how to recognize and report human trafficking in the U.S., as well as around the world."

The three most common forms

of trafficking, according to DOD's Combating Trafficking in Persons office, are forced labor, sex trafficking and child soldiering.

Moros said the idea behind the HERO Corps is a simple one.

"When it comes to hunting those who prey on the innocent, who better than our nation's most highly trained military veterans?" she said. "Much of today's human trafficking and child sexual exploitation is technology facilitated. Offenders utilize the internet and digital technologies to coordinate

their activity, advertise, share information and hide evidence. HEROs receive training in counter-child exploitation as well as digital forensics and victim identification. And they are then embedded with federal law enforcement."

She said the HERO Child-Rescue Corps saves children in several ways. "As law enforcement first responders, they are at every crime scene, searching for critical clues that might provide evidence for an arrest or to find a victim."

Back at the forensic lab, the HERO is the lead digital investigator, searching out clues that can lead to organized criminal rings, evidence of sexual assault or production of child abuse imagery, she said.

"In many cases, it has been the relentless focus and military mindset that has allowed HEROs to go beyond the digging that might be done in traditional law enforcement to find a victim," she added.

Kurtz said federal law enforcement is just beginning to track rescues. In 2016, Homeland Security Investigations identified and rescued 820 known child victims from sexual exploitation.

"But the real number is undoubtedly many times greater," Moros said. "As a major segment of the digital forensic workforce, and one especially dedicated to combating child sexual exploitation and trafficking, they [HEROs] have been instrumental in working hundreds of those cases."

Soldier gives life to save others in massive NYC apartment fire

New York National Guard
Press Release

NEW YORK — A New York Army National Guard Soldier who died in a massive apartment house fire in the Bronx on Dec. 28 is being credited with saving four lives — rescuing people three times before he returned to the building and did not come out.

Detectives assigned to the New York Police Department's 48th Precinct reported that Pfc. Emmanuel Mensah entered the apartment building at 2363 Prospect Avenue at least three times to assist other residents and family members after he initially escaped the fire.

Mensah had lived in the building and recently returned home from military training in Virginia.

Twelve New York City residents died in the fire that began after 6:30 p.m. Fire department investigators say the blaze was started by a young boy playing with a gas stove. The fire spread after the child's family escaped the apartment and neglected to close the apartment door behind them, according to investigators.

Local media reports said the fire was the most destructive residential fire in the city in decades.

New York City Mayor William DeBlasio praised Mensah in a Twitter message sent on Dec. 30: "Private Emmanuel Mensah was a first generation immigrant, a soldier, and a New Yorker. He gave his life rescuing his neighbors in the Bronx fire. His heroism exemplifies the best of our city. Rest in peace."

When firefighters were able to enter the building they discovered Mensah's remains

and believe that based on the location of the body, he was still seeking to rescue people, according to statements provided to New York Army National Guard officials.

Local residents who spoke to members of the New York Army National Guard also reported that Mensah had risked his life to save others.

Secretary of the Army Mark T. Esper approved the posthumous award of the Soldier's Medal for Mensah Jan. 1.

The Soldier's Medal is the Army's highest award for heroism that occurs outside of combat.

"Private 1st Class Mensah's heroic actions are in keeping with the highest traditions of military heroism and selfless service and reflect great credit upon himself, the New York Army National Guard and the United States Army," the award citation says.

Gov. Andrew Cuomo approved the award of the New York State Medal for Valor posthumously Jan. 2.

The award is New York State's highest military award, and is presented for acts of heroism on and off the battlefield.

"His courageous and selfless act in the face of unimaginable conditions are consistent with the highest traditions of uniformed service and deserving of the highest possible recognition," his citation says.

Mensah, who enlisted in the New York Army National Guard in December 2016, had recently completed his Advanced Individual Training to serve as a wheeled-vehicle mechanic.

He was slated to begin drilling with the New York Army National Guard's 107th Military Police Company this month. The 107th Military Police Company is based at Fort Hamilton in Brooklyn.

Mensah was still assigned to A Company of the New York Army National Guard's Recruiting and Retention Battalion prior to joining the 107th MP Company.

His family immigrated to the United States from Ghana and Mensah was a permanent legal resident.

Mensah was an excellent Soldier, said

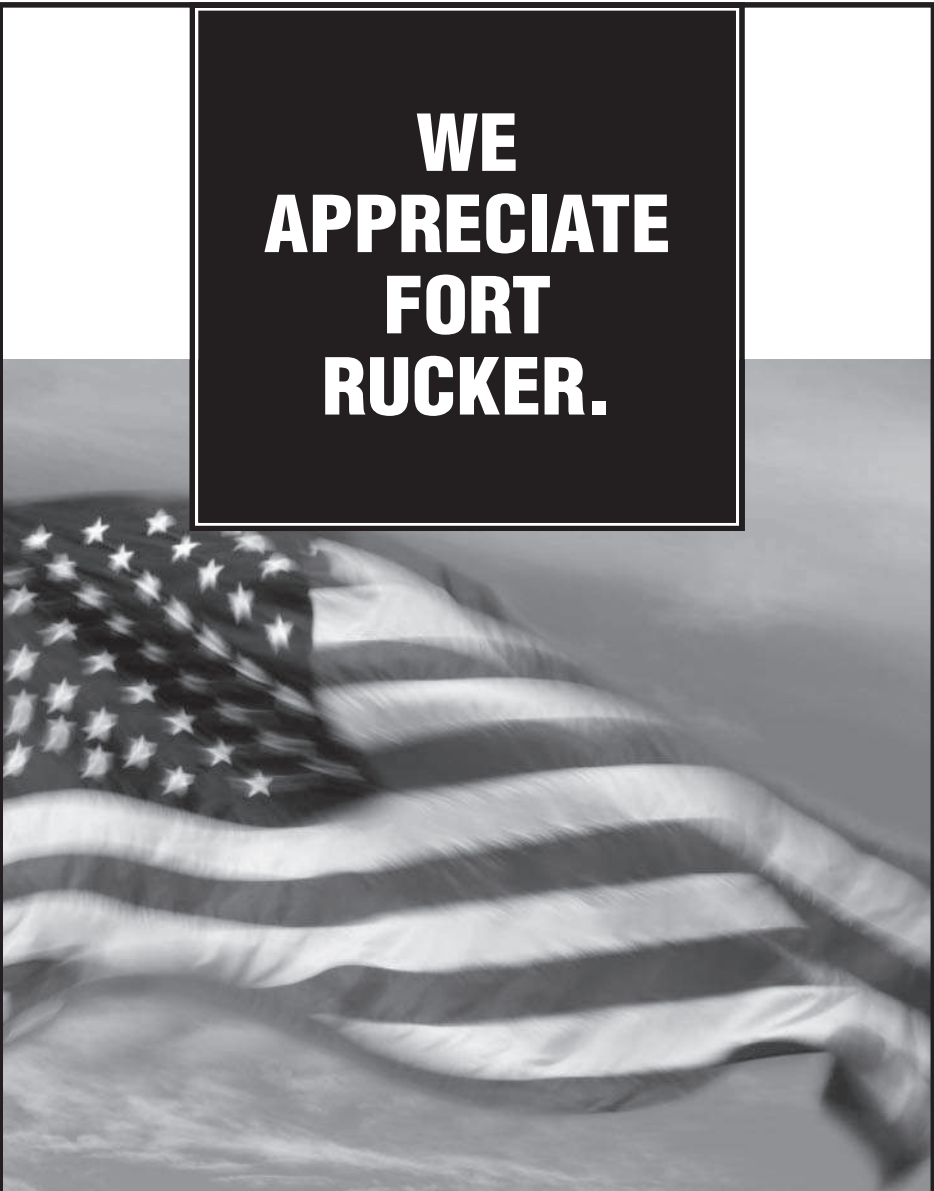
Staff Sgt. Ruben Martinez-Ortiz, who recruited him.

"I knew from the moment I met him his heart was as big as our National Guard family," Martinez-Ortiz said. "He was ready to serve our nation and community. Mensah was the embodiment of what our Army values stand for."



NEW YORK ARMY NATIONAL GUARD RECRUITING AND RETENTION BATTALION COURTESY PHOTO

New York Army National Guard Pvt. 1st Class Emmanuel Mensah died during a fire in an apartment building in the Bronx, New York City, Dec. 28. Mensah is believed to have saved four people before he died in the fire, which killed 12 people.



Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country.

We extend our appreciation to the soldiers and military families for their personal sacrifices.



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HELPING HANDS

Army engineers install more than 30,000 temporary roofs in Puerto Rico

By Codi Kozacek
For Army News Service

SAN JUAN, Puerto Rico – With the new year fast approaching, Quality Assurance specialist Andrew Lorenz was busy visiting Operation Blue Roof installation sites in neighborhoods across Mayagüez, a city of 80,000 people on Puerto Rico's west coast.

Here and across Puerto Rico, the effort to provide residents with the temporary blue roofs has gained steam, with nearly 8,000 installations occurring island-wide over the past two weeks.

Operation Blue Roof is a program managed by the U.S. Army Corps of Engineers on behalf of the Federal Emergency Management Agency. The program's goal is to help protect property and allow residents to stay in their homes after a natural disaster by providing temporary, plastic-sheeting roofs to eligible homes until permanent repairs can be made. The temporary roofs are designed to last 30 days.

To date, the U.S. Army Corps of Engineers, working with government contractors, has installed more than 30,000 blue roofs to help Puerto Rico residents recover from Hurricane Maria. By Dec. 27, the average number of installations had reached approximately 800 roofs per day.

In Mayagüez, Lorenz said his Quality Assurance team is seeing a transition in their work as the mission progresses. During the initial stages of the blue roof effort, the Quality Assurance teams focused on obtaining Right-of-Entry forms from residents who requested a blue roof, and performing the initial assessments. Now, they are doing more material adjustments requested by the contractors during installation, and checking on homes that have already received blue roofs.

"There are still new ROEs and still new house assessments that are going on, but a lot of this area you see has been covered," Lorenz said. "You see blue roofs all over the place. So a lot of our work is [quality] spot checks and adjustment forms."

An adjustment is required when contract crews begin working on a blue roof installation and find that they have either too much or too little material – such as two-by-fours, plywood, or reinforced plastic sheeting – to



PHOTOS BY STAFF SGT. ERIC JONES

Andrew Lorenz (right), a quality assurance specialist with the U.S. Army Corps of Engineers, works with contractors to make a material adjustment at a home receiving a temporary blue roof in Mayagüez, Puerto Rico, Dec. 30.

do the job.

"Once they actually get up on the roof, they can get a better picture of what they actually need," said Lorenz. "We'll get a call from the QC [contractor Quality Control specialist] saying we either need more wood or we don't need the wood that was on the original work order. So we either subtract or add on an adjustment for materials."

The Corps' Quality Assurance teams coordinate closely with the QCs to make the material adjustments as quickly as possible. They also work together if there are any fixes that need to be made to blue roofs that have already been installed – for example, if heavy rain or wind causes any pooling or leaks in the roofs.

"After a big rainfall, you'll get calls that a [blue roof] is leaking," Lorenz said. "Then we'll coordinate with [the QCs] on whatever complaints we're getting, to get it fixed."



A contractor crew installs a temporary blue roof in Mayagüez, Puerto Rico, Dec. 30.



Temporary blue roofs installed through the Operation Blue Roof program are visible looking out over Mayagüez, a city of 80,000 people on Puerto Rico's west coast.

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JANUARY 11, 2018

NEW YEAR, NEW GOALS

Specialist offers tips to help ensure fitness resolutions success

By Jeremy Henderson
Army Flier Staff Writer

As New Year resolution makers enter their second week of progress, Fort Rucker's fitness program specialist offers some insight on how people can be successful in meeting their fitness goals.

According to Zea Urbiztondo, fitness program specialist, some common resolutions include running in a race, like a 5K or a marathon; losing weight, decreasing fat mass or increasing lean body mass; competing in a weightlifting competition; participating in a competitive obstacle-course race; or competing in a triathlon.

However, no matter the goal or resolution, Urbiztondo's advice is the same.

"It is important to set realistic and specific goals," she said. "If you want to lose weight, set your goal as 'lose 10 pounds' or 'increase lean body mass by 5 percent' instead of just saying 'lose weight.' When you establish vague resolutions, you are not setting yourself up in a successful manner.

"Another tip for keeping your resolution is by holding yourself accountable," she added. "Grab a fitness partner and motivate each other. Log your workouts and your nutrition in a notebook or an app so you can see your improvements on a day-to-day basis. Consistency is key and once you start seeing changes, it is more motivating to continue with your goals."

According to Urbiztondo, some additional things to consider are the available resources that can aid the fitness journey.

"What kind of equipment and classes does your gym offer," she said. "What kind of time commitment are you able to invest in your fitness goals? Do you have health issues that need to be addressed by your doctor before beginning a new fitness routine?"

Pitfalls can occur along the way, Urbiztondo admits. However, a bit of footwork prior to beginning a new program and improve the chances of success.



PHOTO BY NATHAN PFAU

Participants of a previous group fitness class use resistance bands during their Strong Bodies workout at Fortenberry-Colton Physical Fitness Center in this file photo.

"Some common pitfalls that many people experience include not knowing what they are doing when they first begin a new fitness program, as well as setting unrealistic goals or trying to do too much too soon," she said. "Set achievable goals that are realistic for you. Survey your resources and the kind of equipment available to you.

"Get a certified personal trainer to show you how to use equipment or to demonstrate exercises you are not familiar with," she added. "Start small and progress in a proper and safe manner. By establishing smaller goals [like going to the gym three times a week, or adding an extra helping of vegetables every meal], you are able to build up a routine and the feeling of accomplishment helps motivate you to continue towards

your bigger resolutions."

Proper nutrition is also an important factor in any resolution, according to Urbiztondo, and the advice of a registered dietitian can be invaluable.

"The common phrase 'weight loss is 80 percent in the kitchen and 20 percent in the gym' demonstrates how important nutrition is to achieving success in fitness," she said. "Whether your goals consist of losing weight, training for an event, or increasing muscular strength, what you put into your body will affect everything you do. Food is fuel and you must treat it as such in order to get the most benefits from all the work you invest in the gym.

"The most important thing when it comes to nutrition and diet is to speak to a registered dietitian," she added. "Doing sim-

ple things like portion control, tracking your food and beverage consumption, and substituting foods with a healthier option can all contribute to proper diet that will improve your overall health."

According to the American College of Sports Medicine, adult men and women should get at least 150 minutes of moderate-intensity cardio-respiratory exercise per week.

"This can include 30 minutes of moderate-intensity exercise five days a week, or 20-60 minutes of vigorous-intensity exercise three days a week," Urbiztondo said. "Adults should also perform resistance training for each major muscle group two to three days a week using a variety of exercises and equipment."

Not sure where to start? Urbiz-

tondo recommends checking the group fitness schedule for classes available at the post physical fitness facilities for education options.

"Our calendar is filled with fitness opportunities and options," Urbiztondo said. "We have group exercise classes, races, accountability groups, personal trainers and fitness competitions.

"The Army Wellness Center is also a huge resource on Fort Rucker that can boost your fitness goals," she added. "They offer such services as nutrition classes and anthropometric assessments (such as lean body mass and fat mass ratio, resting metabolic rate and submaximal VO2)."

For more information, call 255-2296 or visit <https://rucker.armymwr.com/programs/fitness-centers/>.



AIR FORCE PHOTO BY HEIDE COUCH

A juvenile California tiger Salamander migrates across the Travis Air Force Base, Calif., airfield in search of a suitable burrow. Military researchers are studying how some animals, such as salamanders, are able to regrow limbs. The work is designed to help those with amputations regrow their own arms and legs.

Army scientists predict regrowing limbs could be in future for military

By Armed with Science
Department of Defense's
Official Science Blog

WASHINGTON — For some animals, such as salamanders, regrowing a missing limb is a common healing process. But what if people could do the same? Could the future of treating amputations include Soldiers regrowing their own muscle, bone and nerve tissues?

"We're not quite there yet," said Lt. Col. David Saunders, extremity repair product manager for the U.S. Army Medical Materiel Development Activity, Fort Detrick, Maryland. "What we're trying to do is develop a toolkit for our trauma and reconstructive surgeons out of various regenerative medicine products as they emerge to improve long-term outcomes in function and form of injured extremities."

SEE FUTURE, PAGE D3

SURVEY SAYS

Results indicate higher medical facility patient satisfaction

By David Vergun
Army News Service

WASHINGTON — Results of the Joint Outpatient Experience Survey are in for 2017 and Soldiers, retirees and family members reported very high overall satisfaction, 93 percent, for their experience at Army medical treatment facilities, said a senior health policy analyst with the Office of the Army Surgeon General.

Dr. Melissa Gliner said the other two big metrics are ease of access to Army providers, 83 percent positive (highest in the military health services), and overall experience with Army pharmacies, 78 percent positive.

The results of the survey show an overall increase in satisfaction of about 2 percent for those three questions over 2016, the year the Army first participated in the survey, she said.

A total of about 2.7 million surveys go out annually to about 10 percent of patients who have visited an MTF in a random selection process, she said. At first, only paper surveys were distributed, but since last month, a website has been set up for taking the short, two-page survey.

Strict confidentiality is maintained at all times, she added.

Gliner, who is a statistician by training, interprets the results and shares them with representatives from all of the MTFs on a regular basis.



ARMY PHOTO

Staff at Madigan Army Medical Center in Tacoma, Wash., treat patients. The 2017 results of the DOD-wide Joint Outpatient Experience Survey show an increase in patient satisfaction with military medical facilities and pharmacy care.

MTFs, she said, are eager to learn the survey results and understand what's working and what can be improved.

One incentive for getting high survey scores is a monetary award that's given to the best performing MTFs, she noted. Also, performance reviews are tied to the results.

Besides sharing the results with the MTFs, Gliner said she also offers advice on ways to improve the patient experience.

For instance, Gliner said she looks at civilian treatment facilities to see what works well, and shares that information with the MTFs. One example, she said is having staff members circulate in the waiting area to

chat with patients so they don't feel they're being ignored. That's one way to elevate scores.

Another finding from the survey was that some patients experience frustration during their initial call to schedule an appointment. Some are told to call back because there were no appointments. Some MTFs are now retraining the clerks who take the calls to get the appointments set up without having to call back, she said.

Gliner said that the U.S. Army Medical Command is working to stand up a website that will better help MTFs share their ideas and further elevate patient experience and survey scores.



KID'S CORNER



ALL-AMERICAN BOWL

Army mentors prepare players for success in lead up to game

By Sgt. Christopher Hernandez
For Army News Service

SAN ANTONIO, Texas — On a brightly lit football field inside the Alamodome, a disparate chorus of clamor and musical instruments reverberate throughout the structure as high school football players and band members exhaustively practice for the performance of their lives, the 2018 U.S. Army All-American Bowl.

These young men and women train with Soldier mentors, elite members of the Army fit to provide professional guidance and inspiration.

These Soldier mentors are a prominent feature of the All-American Bowl Game Week, an annual event that highlights the nation's foremost high school football players and marching band teams, which took place Jan. 2-Saturday at the Alamodome.

"We do this every year because it's a great way to put the Army's message out," said Sgt. 1st Class Brian Waters, a native of Orlando, Florida. "We let the students know that we're here for them, answer any questions that they have, and lift them up and support them in their future endeavors."

In addition to attending practices and events throughout the week, the Soldier mentors also engage with the players in

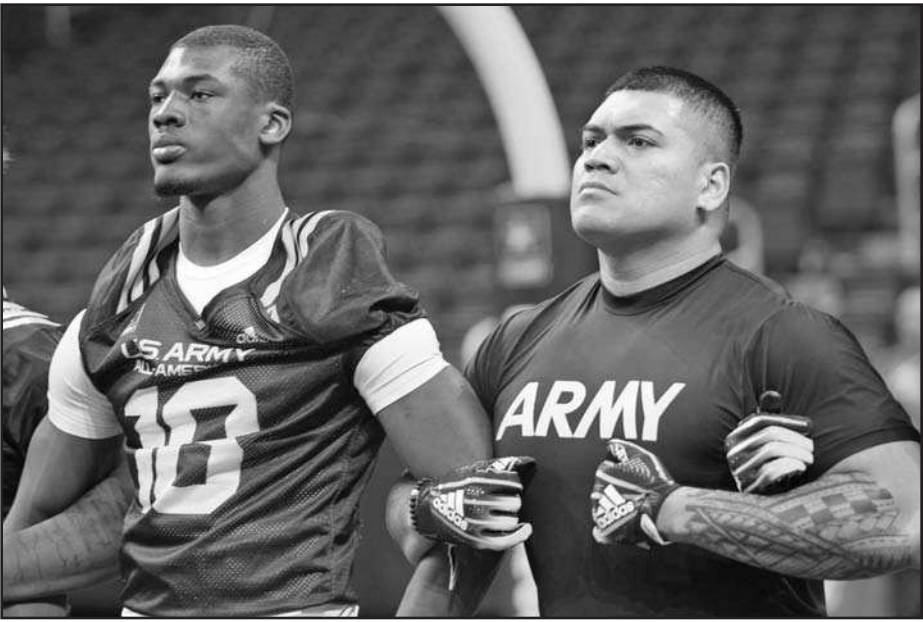


PHOTO BY SGT. IAN VALLEY

Soldiers and U.S. Army All-Americans join arms prior to playing a friendly seven-on-seven football game in the Alamodome Jan. 2, just prior to the U.S. Army All-American Bowl in San Antonio, Texas.

community service activities for non-profit organizations and medical centers.

"I've seen throughout the years the benefits that the Army gets from these games, as well as for the community of San Antonio," said Staff Sgt. Joseph Lei-Sam, a native of Samoa and the Soldier mentorship program manager for the All-American Bowl. "It's very humbling, and it's an honor to be here and represent the Army

during these games."

As the NCO in charge of the mentorship program, Lei-Sam oversees all of the Soldier mentors and their respective activities with the students. This includes planning events that cultivate deeper relationships between the Soldier mentors and the students.

"For this year, I've also implemented new things such as the seven-on-seven

flag football game, so we can further build camaraderie between [the Soldiers] and the high school football players," Lei-Sam said.

Both Lei-Sam and Waters stated that a major goal of the Soldier mentorship program is to bolster the players' future career aspirations.

Lei-Sam said he hopes that these football players end up in the NFL someday, and as they progress in their careers, the players get to see what the Army is about and how Soldiers live up to the Army values.

"It's a privilege to be here with all of these students," Waters said. "All of them are future collegiate players potentially going into D-1 and D-2 schools, and they've all been very supportive of the military."

For the participants of the All-American Bowl, the Soldier mentors have definitely made a profound impression on them. According to Brandon Brady, a varsity football player and student of Bryon P. Steele II High School in Cibolo, Texas, it's a great opportunity to train alongside Soldiers.

"(The Soldier mentors) are definitely role models to each and every one of us," said Brady. "In just seeing their discipline and the way they do things, it's going to carry over to us in football and in life. It's amazing to be able to share this moment with them, play against them and have some fun."

Future

Continued from Page D1

Saunders was part of a session focusing on the research being done on extremity regeneration, part of a larger theme of regenerative medicine at the Military Health System Research Symposium. Saunders said that while there's been amazing progress in the areas of using synthetic grafts to start the regrowth of muscle, nerve, vascular and connective tissues, it's still not the same as the real thing.

"We would like it to be as restorative as possible, resist infection ... and be durable," he said. "This is going to be implanted in young people who may go on to live another 60 to 70 years."

One researcher is using fillers to bridge the gap in damaged bones, hoping to figuratively bridge the gap between current regenerative techniques and the ideal: people regrowing lost limbs. Stephanie Shields, with the U.S. Army Institute of Surgical Research, Fort Sam Houston, Texas, talked about her research to develop a synthetic bone gap filler that heals bones and reduces infection by infusing those grafts with a variety of anti-microbials.

"We know that it reduces infection," said Shields. "Other

things to consider include adding a bulking agent ... to help regenerate bone."

Other research focuses on regrowing muscle lost in traumatic injuries, as well as recovering nerves, or at least preserving them, for future use. But besides treating those deep tissue wounds, there's something a bit more on the surface that can impact troops: skin. The skin is known for its regenerative properties. Research is being conducted to help it do that job better and recover scar tissue.

Jason Brant, with the University of Florida, has turned to a mouse to help the military reduce scarring of injured Soldiers. He said the African spiny mouse has evolved a capability to lose large parts of its skin when a predator tries to grab it, allowing the mouse to escape and live to recover. The mouse is able to recover scar-free in a relatively short amount of time, which is remarkable considering the amount and depth of tissue lost. Brant wants to know how the mouse is able to do that.

"Warfighters and civilians alike suffer large surface [cuts] and burns, and these result in medically and cosmetically problematic scars," said Brant. "The impacts of these scars ... are really staggering. The ability to develop effective

therapies will have an enormous impact not only on the health care system but on the individuals, as well."

He believes a certain protein in the mouse could be the key, but he's still trying to figure out how it could apply to humans.

Another way to reduce scarring involves the initial treating of wounds. Maj. Samuel Tahk, a research fellow with the Uniformed Services Health Consortium, passed around to attendees samples of biocompatible sponges he's investigating for their ability to promote skin healing, and thus, reduce scarring.

"It provides a scaffold to start regenerative growth," said Tahk. "This could simplify patient care and also reduce costs."

While the field of regenerating body parts is still new, Saunders believes it will be the future of wounded warrior care.

"Extremity wounds are increasingly survivable due to the implementation of body armor and damage control surgeries," he said. "[There are] many wonderful things emerging in the field of regenerative medicine to restore form and function to our wounded warfighters."

FORT RUCKER SPORTS BRIEFS

T-ball, baseball, softball registration

Registration for youth T-ball, baseball and softball continues through Feb. 23 at Fort Rucker Parent Central Services, located in Bldg. 5700, Soldier Service Center, Rm. 193 or online using WebTrac. A current sports physical and a valid child and youth services registration are required for participation. There will be a parents meeting Feb. 28 at 6 p.m. in the youth center, Bldg. 2800, on Seventh Avenue.

For more information, including the various age groups and costs, call 255-9638 or 255-2254.

Youth soccer registration

Youth spring soccer registration runs through Jan. 19. All interested participants must have a current sports physical, and a valid child and youth services registration. Children must meet the age requirements by July 31, 2017. Cost is \$25 for youth ages 3-4 years and \$45 for youth ages 5-14. Additional children will receive a percentage discount to be determined at parent central services during registration. Parents who used Webtrac to register their children need to call 255-22548 to let the staff know what size shirt and shorts to order. Practices will begin around Jan. 29 and the season will begin Feb. 20. There will be a parents meeting Jan. 24 at 6 p.m. in Bldg. 2800, the youth center, located on Seventh Avenue. To register, visit parent central services or use Webtrac.

For more information, call 255-9638 or 255-2254.

Stars and Strikes

The Rucker Lanes Bowling Center will host its Stars and Strikes special Monday in honor of Martin Luther King Jr. Day. The specials will feature 25-cent games and 50-cent shoe rentals from 10 a.m. to 9 p.m. The event will be open to the public.

For more information, call 255-9503.

CG's Golf Tournament

Silver Wings Golf Course will host the Commanding General's Golf Tournament January 19. The format is four-person team scramble and begins at 11 a.m. There will be \$10 door prize tickets available for purchase. Entry fee is \$60 for non-members and \$50 for members. Entry fee includes tournament course fees, 18 holes of golf, range balls, carts, lunch and prizes. Prizes go to the longest drive, closest to the pin, Top 3 teams and the highest scoring team.

For more information, call 255-0089.

New Year New You Launch

The Fort Rucker Physical Fitness Center will host its New Year New You Launch Jan. 20 from 10 a.m. to 1 p.m. The event is described by organizers as a one-stop event to get a taste of what classes the physical fitness centers have to offer. There are three different class types: strength training, cardiovascular conditioning and flexibility training all in one day. Participants will be guided through their pro-

grams by certified instructors and personal trainers. Space is limited, so registration is required – pre-registration fee is \$10 if registered by Monday and \$15 afterwards. Registration forms can be found at either physical fitness center at the front desk or online at rucker.armymwr.com. Prizes of three personal training sessions and two free months of group fitness classes will be available to win. The program is open to those 18 years and older that hold a DOD ID card and are injury free.

For more information, call 255-1951 or 255-2296.

Start Smart Baseball registration

The National Alliance for Youth Sports and Fort Rucker Youth Sports will run Start Smart Baseball registration Feb. 1-28. Start Smart is a six-session instructional program that helps children learn the basics of baseball: throwing, catching, batting, and running and agility. The program helps prepare children for organized baseball using safe and fun equipment to teach them the basic motor skills, according to organizers. The program is open to children ages 3-4. The program requires 100-percent parent participation. The program will meet on Mondays and Wednesdays from 5-5:45 p.m. at Youth Center Baseball Field 3 for three weeks beginning March 5. Cost is \$25 per participant and includes a T-shirt. There will be a parents meeting Feb. 28 at 5 p.m. at the youth center gym.

To register, visit parent central services, 255-9638, or the youth sports office, 255-2254 or 255-2257.

PUZZLE ANSWERS

Super Crossword

Answers

M	A	Y	O	B	O	I	L	O	F	F	M	A	C	H	I	S	M	O
E	V	E	S	U	S	H	E	R	E	R	I	N	D	E	N	I	A	L
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M	O	L	E	C	U	L	E		G	R	E	E	K	L	E	T	T	E
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N	E	S	T	L	E	R	S		B	L	O	S	S	O	M	W	E	D

Weekly SUDOKU

Answer

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

Trivia

Answers

- Spain
- Amphibian
- 1936-1939
- A peahen
- Seven: red, yellow, orange, green, blue, indigo and violet.
- Jasmine
- 74 mph
- Dodge
- Devils Tower, Wyoming
- Franklin D. Roosevelt

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