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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JANUARY 25, 2018

Post honors MLK legacy

By Jenny Stripling
Lyster Army Health Clinic Public Affairs Office

Despite the icy temperatures, many braved the cold to honor the service and sacrifice of Dr. Martin Luther King Jr. at the Fort Rucker Martin Luther King Jr. Celebration Ceremony Jan. 17.

Lyster Army Health Clinic was host of this year’s event on behalf of the U.S. Army Aviation Center of Excellence. The crowd at the post theater was welcomed by Lt. Col. Jon Baker, commander of LAHC.

“This traditional ceremony is an extension of the equal opportunity education and training objective, with intent to enhance cross-cultural awareness and promote harmony along all military members, families and the civilian work force,” said Baker.

“We honor the life of a servant leader who had the personal courage to stand by his convictions despite being subjugated to the faces of treatment, whether it was beatings or it was jail,” said Baker.

Throughout his years of influence, King gave a number of inspirational speeches containing quotes that have become a part of history.

Invoking King’s words as inspiration, actors gave attendees a glimpse into the life of King from the beginning. Through skits, scripture, music and singing, the performers brought to life King’s legacy – from his marriage and life in college, to his arrests and struggles.

“The theme for this year’s observance shifted from the singular focus of race and equality to an understanding of who King truly was,” said 1st Sgt. Anthony Thomas, first sergeant of the LAHC Medical Company. “We are only able to address a small fraction of King’s trials and tribulations, and wanted to showcase some of the overlooked yet impactful events that shaped his development and transition into the leader we regard.”

The closing scene featured a diverse group of Soldiers quoting some of King’s most memorable words in different languages. Staff Sgt. Victor Heard, who plays King in the ceremony, gave the last quote: “Free at last, free at last. Thank God almighty, we are free at last.”

Thomas left the crowd with these words, “Celebrate and act in understanding that it doesn’t require a memorial observance to reflect upon how we treat one another.”

HELP WANTED

Gate Guard Job Fair helps applicants navigate hiring process

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Gate Guard Job Fair Saturday was a resounding success for all involved, according to officials involved in the event.

The installation held its first Gate Guard Job Fair in hopes to better find qualified applicants to fill gate guard positions, and Marvin Brandon, chief of security guards, said the fair exceeded expectations.

“We had about 90 people show up, which was a really good turnout, especially with everything that was going on (with the government shutdown),” said Brandon. “Although we weren’t able to do the formal interviews ... I was able to interact with the people and they let me know that they now better understand the process that they must go through, so I think that helped a lot.”

One of the biggest hiccups when hiring new gate guards was the application process, said the security chief. Oftentimes, qualified applicants would get overlooked or their applications would fail to go through simply because they weren’t able to navigate the process properly or their resumes weren’t properly worded.



PHOTO BY NATHAN PFAU

Michael Dotson, Fort Rucker Directorate of Public Safety gate guard, scans for proper identification to grant gate access at the Daleville gate last year.

Because of that, Brandon said it was imperative to help educate those who wished to apply on the process and proper channels to go through.

“We started planning this around November of last year, and what we did was coordinate with civilian personnel here on post and the Alabama Career Center, and asked them to help us get the word out and to also assist us to get potential candidates familiar with the process of applying on USA Jobs,” he said. “We coordinated with the state agencies and Fort Rucker agencies to conduct workshops, and we had one in Troy, one in Dothan and one in Enterprise, where people were able to learn how to fill a resume and ask their questions about job interviews.”

With the workshops, along with the help of the Alabama Career Center, Brandon said with the quality of applications during the job fair exceeded their expectations.

Before entering the job fair, applicants were able to enter the Alabama Career Center’s mobile lab where they had access to computers and printers, so candidates were able to go in, double check their resumes and print off any information that they might have forgotten.

Once inside the job fair, Brandon said the applicants were welcomed by the Fort Rucker garrison command team and were able to learn about the hiring process.

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ONE OF A KIND



PHOTO BY NATHAN PFAU

The Ryan VZ-3 Vertiplane is the only one of its kind in existence and sits in the U.S. Army Aviation Museum. The aircraft employed a deflected slipstream technology to achieve near vertical-lift flight, capable of takeoff with about a 20-foot rollout.

Museum adds V-22 Osprey ancestor Vertiplane to collection

By Nathan Pfau
Army Flier Staff Writer

Long before the V-22 Osprey took on the challenge of vertical flight, another aircraft attempted to defy gravity by combining the versatility of a helicopter with the speed of an airplane.

The Ryan VZ-3 Vertiplane is the newest addition to the U.S. Army Aviation Museum’s showroom, and is the only one in the world, and if it looks a little odd, that’s because it was designed for more than just conventional flight, according to Bob Barlow, former Aviator and U.S. Army Aviation Museum volunteer.

The Vertiplane was designed to fill the need for a versatile aircraft that could fill the needs of an ever-changing battlefield, said Barlow.

“They felt that ground warfare was evolving, and were thinking more

about speed and mobility on the battlefield, and ways to get that,” he said. “The helicopter was great, but this concept was in line with the same quest for the versatility of a helicopter but the speed of an airplane.”

The single-seat Vertiplane was built as a technology demonstrator in 1957 and took its first flight Dec. 29, 1958.

Although the name of the aircraft implies that it’s a vertical-lift aircraft, the plane could only in fact achieve short take-off lift, which it could accomplish with about a 20-foot rollout, said Barlow, and did so by employing deflected slipstream technology.

The aircraft itself looks mostly like a standard airplane, aside from its shorter wing span and tips that point directly downward, but when the pilot wished to engage near-vertical lift, he or she could do so by using the controls to deploy double-slotted flaps that would move downward to almost

a 90-degree angle to create channel that forced the airflow from the propellers downward.

“When they were ready for takeoff and had the engines going, the flaps would come down and be presented to the slipstream,” said Barlow. “The slipstream from the propeller would hit these flaps, be deflected downward and would create a cushion of air to allow the aircraft to lift off (nearly) vertically, and likewise when it was landing.”

Once the pilot was at a stable altitude and airspeed, the flaps would retract and fully became an airplane, he added.

Another notable feature of the aircraft is its high tail wing and rudder, which was designed that way to keep it out of the turbulence created by the deflected slipstream system. The air-

SEE MUSEUM, PAGE A7

Event to showcase vacation opportunities

By Nathan Pfau
Army Flier Staff Writer

Those daydreaming of breaks away from everyday life can explore affordable vacation opportunities at MWR Central’s Fort Rucker Travel Extravaganza.

The event is scheduled for Feb. 6 from 10 a.m. until 1 p.m. at The Landing. The event welcomed more than 1,000 patrons and 51 vendors last year, and Karen Key, acting MWR Central business manager, anticipates a similar showing this year.

“We are extremely excited because not only has the community shown tremendous interest in the event, but we are welcoming our new MWR Central Business manager, Deaunqua Bryant,” she said

According to Key, 50 vendors will be present at this year’s event. Those vendors range from hotels, convention and visitor centers, amusement and water parks, dinner theatres and destination locations.

“This is a wonderful opportunity for Soldiers and their families to see what is available to fit their travel needs,” she said. “All of the vendors are bringing door prizes and information for their areas.”

Several online sites offer the ability to find vacation opportunities or deals on hotel rooms, but Key said the Travel Extravaganza puts every piece of the vacation puzzle under one roof.

“The goal of this even is to show some of the amazing, hassle-free and affordable travel options that MWR Central can help to provide,” she said. “It will also show the community all that MWR Central has to offer.

SEE VACATION, PAGE A7



PHOTO BY NATHAN PFAU

People get their passport scavenger hunt cards marked as they browse vendors at the 29th annual Travel Extravaganza last year.

PERSPECTIVE

Knowing company helps when applying for a job

By **Bryan Tharpe**
*Fort Rucker Soldier for Life
Transition Services Manager*

John Doe had done his job search by the letter. He had attended the five-day transition assistance program job assistance workshop, decided on career goals, written and re-written his resume, composed a great cover letter, researched job leads and made it to the interview.

Dressed for success, he was ready for the interview and excited about the possibility of working for this company.

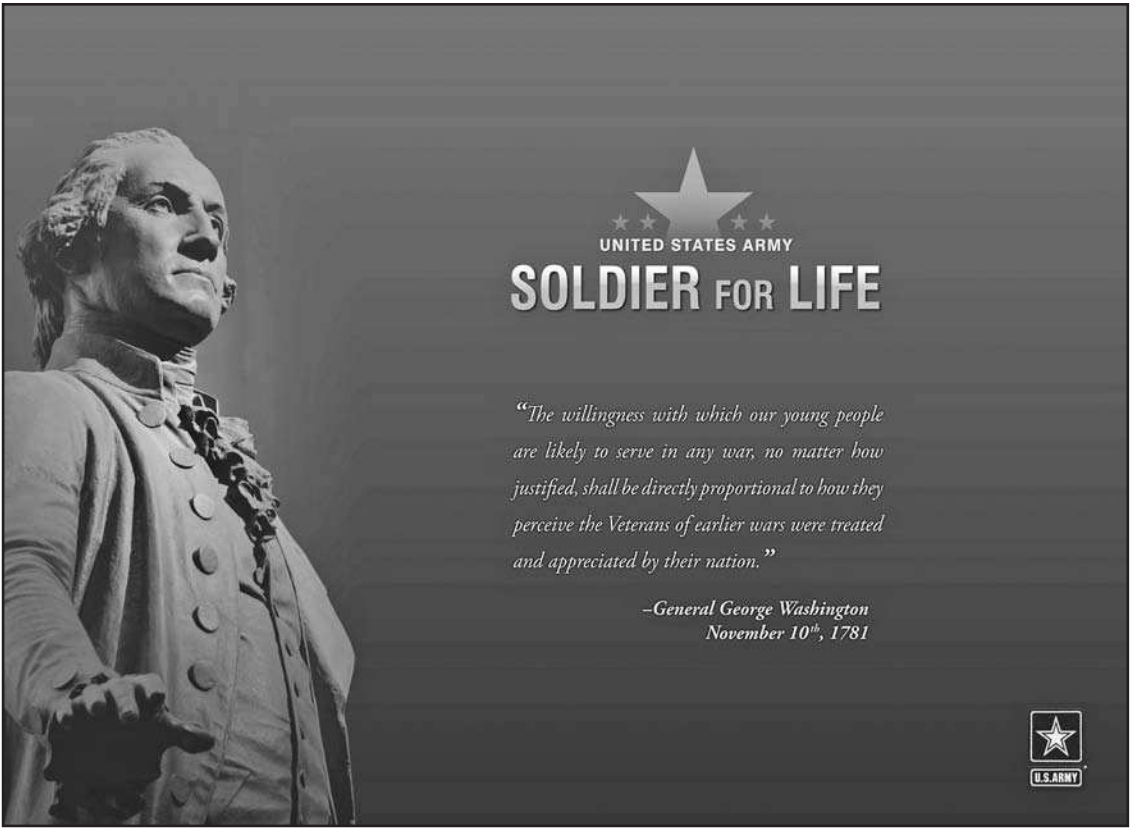
After the initial general questions, the interview moved on to more specific questions about John's experience, skill and abilities. They were establishing an excellent rapport and everything was going great.

"What do you know about our company?" the interviewer asked. Jack was at a loss – all he really knew was that they manufactured electronic parts. Panic stricken, he fumbled for an answer.

The interview ended. Another applicant was hired.

The average job seeker would be depressed, and so was John. But the true measure of job seekers is how quickly they can rebound.

After the interview, job seek-



ARMY GRAPHIC

ers need to prepare an after action report. They need to review every case – he had only made one mistake, but it was a big one: lack of research.

The ideal candidate must not only possess the skills the employer is looking for; he must also know about the position and the company.

Jack should have found answers to the following ques-

tions.

- What does the company make or do?
- Does it have other branches or divisions?
- What is happening to the firm?
- Are they expanding or downsizing?
- Do they have a new product?
- What is happening in the industry?

- How are similar companies doing?
 - What is the company image?
 - How can John show them that he will fit in?
 - What are the normal salary, benefits and working conditions?
 - What are the chances for advancement or promotion?
- There are several sources for company information that John

could have checked. He could have written or called the company and asked for company literature. Companies are usually happy to mail literature to potential employees.

Good information on companies is also as near as the library. Business directories such as "Dun's Regional Business Directory" could have given John the edge. The Fort Rucker Soldier for Life - Transition Assistance Program Center maintains some job-related books, but others are available in post libraries.

Another excellent source of information is an Internet search engine. Finally, John could have tapped this knowledge from someone in his network. If he had a contact within, or even in a competing company, they could possibly have helped John find company-specific information.

You can bet that John won't make the same mistake again. The smart job seeker learns from each interview and gets better each successive time.

The SFL-TAP Center can point you to sources for company-specific information and assist you with all other aspects of the job search, including interviewing.

For additional information, call 255-2558.

Rotor Wash

“African-American History Month kicks off next month. Why is it important to celebrate diversity in the Army?”



David Foster,
retired military

"America is supposed to be the great melting pot, so Black history or White history, it doesn't matter – it all comes together as American history."



**Sgt. 1st Class
James Cheatham,
B Co., 1st Bn.,
13th Avn. Regt.**

"I think diversity is what the Army is all about."



Keith Mashaw,
veteran

"Especially in the military, it's always been a diverse grouping of people. That's what makes us work well together."



Daris Orr,
retired military

"I feel it's best for our culture and our society as Americans to celebrate any cultures. It doesn't matter what the ethnic background is. Black History Month is a time for us to look back on the contributions that African Americans have made to society. As an African American and a previous Aviator, we can see how things have changed in the United States over time, and that's a good thing."



**CW4 Heather Sheltrown,
Warrant Officer Career
College**

"America is full of diverse cultures – we're a melting pot and we all came from different backgrounds. My step-grandfather is (African American) and I'm very proud of it, and I've known him from birth, so he's my grandfather – it doesn't matter what color you are."

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FORT RUCKER COMMANDING GENERAL

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264 YEARS OF SERVICE

8 Soldiers, 2 civilians retire during quarterly ceremony

By Jim Hughes
Command Information Officer

With a combined 264 years of service, eight Soldiers and two civilians retired during the Fort Rucker Quarterly Retirement Ceremony at the U.S. Army Aviation Museum Friday.

Col. Steven L. Nicolucci, chief of staff, deputy commanding general, Army National Guard, hosted the ceremony as Sgt. Maj. Jorge Rodriguez, senior enlisted adviser, deputy CG, Army National Guard, assisted.

Short write-ups on each retiree follow.

CW4 ERIC JOHNSTON

Johnston, maintenance evaluator, F Company, 1st Battalion, 212th Aviation Regiment, entered military service in 1993 as a navigation and flight control systems repairer. In 1997, he was selected for warrant officer flight training. He said the highlight of his career was being an instructor in support of the UH-60 Black Hawk maintenance test pilot course at Fort Rucker. He and his wife, Amy, have two children. They plan to reside in Enterprise.

CW4 JOHNNY GARCIA

Garcia, chief of standardization for the 1-212th Avn. Regt., entered military service in 1992 as an aeromedical specialist in the Air force. In 1999, he was selected for Army warrant officer flight training. He said the highlight of his career was being the 1-212th Avn. Regt. battalion chief of standards and its senior warrant officer. He and his wife, Keeley, have three children. They plan to reside in Enterprise.



PHOTO BY JIM HUGHES

The retirees from the Fort Rucker Quarterly Retirement Ceremony Friday at the U.S. Army Aviation Museum. Back row: Sgt. 1st Class Margaret Antonio, Jeffery N. Conger, CW4 Eric Johnston, CW4 Gregory Alford and Sgt. 1st Class Thomas Elms. Front row: CW4 Johnny Garcia, Peggy L. Contreras, CW4 Joel Torres, CW3 Jason Norman and Master Sgt. James H. Brown Jr.

CW4 GREGORY ALFORD

Alford, track chief of the UH-60L maintenance test pilot course, F Co., 1-212th Avn. Regt., entered military service in 1996 as a OH-58 Kiowa Warrior mechanic. In 2000, he was selected for warrant officer flight training. He said the highlight of his career was being the UH-60 A/L maintenance test pilot course track chief and a maintenance instructor at Fort Rucker. He and his wife, Joni, have four children. They plan to reside in Enterprise.

CW4 JOEL TORRES

Torres, executive officer, B Co., 1-212th Avn. Regt., entered military in 1990 as a heavy equipment truck driver in the California Army National Guard. He transferred to active duty in 1998 and in 2000 he was selected for warrant officer flight training. He said the highlight of his career was

serving as a MedEvac pilot during Hurricane Katrina relief efforts, rescuing countless civilians from rooftops and flooded waters. He and his wife, Amy, have one child. They plan to reside wherever the adventure takes them.

CW3 JASON NORMAN

Norman, section leader for C Co., 1-212th Avn. Regt., entered military service in 1993 as a vehicle mechanic. In 2006, he was selected for warrant officer flight training. He said the highlight of his career was being an aeromedical evacuation pilot in support of the Joint Readiness Training Center. He and his wife, Fawn, have two children. They plan to reside in Oklahoma.

MASTER SGT. JAMES H. BROWN JR.

Brown, senior transportation supervisor for the 1184th De-

ployment and Distribution Support Battalion in Mobile, entered military service in 1990 as a petroleum supply specialist and later re-enlisted as a motor transport operator. He said the highlight of his career was marrying his beautiful wife, Jane, and having two wonderful children. They plan to reside in Enterprise.

SGT 1ST CLASS THOMAS ELMS

Elms, unmanned aircraft systems subject matter expert and validation verification NCO in charge for the Training and Doctrine Command Capabilities Manager Reconnaissance and Attack Directorate, entered military service in 1994 as a military intelligence sensor operator and later re-enlisted as a UAS operator. He said the highlight of his career was marrying his beautiful wife, Deborah, and becoming a father

of three children and a grandfather to eight grandchildren. They plan to reside in Clarksville, Tennessee.

SGT 1ST CLASS MARGARET ANTONIO

Antonio, brigade sexual assault response coordinator for the 1st Aviation Brigade, entered military service in 1998 as an Aviation operations specialist. She said the highlight of her career was meeting her amazing husband, retired Sgt. 1st Class Edward Antonio, and having their beautiful daughter, Raegan. They plan to reside in Navarre, Florida.

JEFFERY N. CONGER

Conger, a CH-47F Chinook standardization pilot in A Co., 1-223rd Avn. Regt., is retiring after 44 years of distinguished service and dedication to the nation and its Soldiers. In 1979, he attended the warrant officer candidate program and graduated as the distinguished honor graduate. He said the highlight of his career was working with students for the duration of their careers, and getting to be a part of their personal and professional development. He plans to reside in Enterprise.

PEGGY L. CONTRERAS

Contreras, Directorate of Public Safety supervisor of the Community Police Section, is retiring after more than 40 years of distinguished service and dedication to the nation and its Soldiers. She said the highlight of her career was receiving the Order of Saint Michael and working with many wonderful people throughout the years. She has three children and two grandchildren. She plans to reside in Enterprise.

1st SFAB Soldiers test new Modular Handgun System

By Sgt. Ryan Tatum
1st Security Force Assistance Brigade

FORT POLK, La. — Soldiers from 1st Battalion, 1st Security Forces Assistance Brigade familiarized themselves and qualified with the XM17 handgun at the Joint Readiness Training Center Friday and Saturday.

According to the Army, the XM17 and XM18 handgun systems are replacing the M9 pistol. The X in XM stands for experimental and will be used until February when the weapons complete type classification. Afterwards, the weapons will be referred to as the M17 and M18. The XM18 is the compact version of the XM17. Both weapons are capable of firing 9mm rounds.

Maj. Lucas Leinberger, the chief range office from 3rd Battalion, 353th Armor Regiment, provided insight on the range and some of the fundamentals in basic marksmanship.

FAMILIARIZING TRAINING

“We are working with members of the 1st SFAB to get some familiarization with the M17 pistol,” Leinberger said. “Part of that training is going through fundamentals such as sight picture, proper grip and trigger squeeze.”

The Army currently has plans to buy approximately 238,000 units of the new pistol system.

“Personally, I noticed a better balance in the overall weapon – how it feels in your hand compared to the M9 and the M11 [service pistol] both unloaded and loaded with a full magazine,” Leinberger said. “I believe it is much easier to use – it is more ergonomically correct. I believe it will make anyone who is firing the weapon more combat effective.”

The main reason for the change in weapon systems is to make the Soldier and units more lethal. The XM17 and XM18 modular handgun system program is one of the first in what is expected to be a whole line of modernization efforts that the Army will pursue over the next few years, according to the Army.

Sgt. Max Gilbert, a combat engineer with 2nd Battalion, 1st SFAB, has learned about the weapon and put his trust in it to make him more lethal in combat.

“The instructors here at the range were professional,” Gilbert said. “Yes, I feel that I am combat effective and combat ready.”

Maj. Brennan Speaks, brigade operations officer for 1st SFAB, provided his take on the XM17.

‘IT IS A GREAT PISTOL’

“Overall it is a great pistol – I am extremely pleased with it,” Speaks said. “I have fired over 500 rounds and not once did it jam or misfire. The fact that we are deploying and



PHOTO BY SGT. RYAN TATUM

Staff Sgt. Curtis Graham demonstrates how to properly shoot the new XM17 pistol from the prone position at the Joint Readiness Training Center at Fort Polk, La., Friday.

the Army has made their commitment to move these pistols to us, to me, says a lot about the Army’s commitment to the SFAB to ensure we have the best equipment to go overseas.”

SFABs allow the Army to reduce, over time, the demand for conventional brigade combat teams for combat advising. In this way, the service’s Brigade Combat Teams can focus on readiness for warfighting against near-peer threats.

News Briefs

AAFES, DECA meeting

The Army and Air Force Exchange Service and Defense Commissary Agency meeting is scheduled for Feb. 7 at 1 p.m. in Bldg. 5700, Rm. 371A, to discuss what is happening at the commissary and post exchange. This is a time for people to provide feedback and let their voices be heard. The meeting is open to authorized patrons of the commissary and PX.

For more information, call the PX at 334-503-9044, Ext. 210, or the commissary at 255-6671, Ext. 3302.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time

people will hear the siren over the giant voice. No actions are required.

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.

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.

Weight control

The Lyster Army Health Clinic Fit for Performance Weight Control Program consists of six sessions taken over a six-

to 12-week period. The program is available to all active-duty military, retirees and family members. Classes are held on Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call 255-7986.

Lost and found

People who have lost or misplaced property while on Fort Rucker can call the Directorate of Public Safety’s lost and found point of contact at 255-3239 to inquire if their property has been turned in. To claim their property, people must be able to demonstrate ownership of the property. DPS retains property found or turned in at special events held on the installation, such as Freedom Fest – the most common items turned-in are keys, cell phones and wallets.

PTSD group

A post traumatic stress disorder education group meets Tuesdays from 5-6:30 p.m. in the Fort Rucker Spiritual Life Center in Bldg. 8939 on Red Cloud Road. The group follows the Veterans Affairs protocol PTSD Recovery Program and is for anyone interested in learning more about PTSD.

For more information, call 255-3903.

Tobacco cessation program

The Lyster Army Health Clinic tobacco cessation program consists of four weekly sessions each month. Each class is one hour. Classes are Wednesdays from 11 a.m. to noon at the Army Wellness Center.

For more information, call 255-7930.

Alcoholics Anonymous meets

Alcoholics Anonymous meets Wednesdays from 11:30 a.m. to 12:30 p.m. in Rm. 147 of Bldg. 4502. For more on the group, call 334-237-1973.

Lunch and learn

The Fort Rucker Army Wellness Center will host lunch and learn sessions in collaboration with the Fort Rucker Ready Resilient Training Center. All lunch and learn sessions are open to all eligible beneficiaries, including active-duty Soldiers and their dependents, retirees and Department of Defense civilian employees.

All sessions will be located at LAHC in V-130 from 11:30 a.m. to 12:30 p.m. the second Tuesday of the month.

For more information, call 255-3923 or 255-9218.

JRTC evolves to meet today’s battlefield threats

By Staff Sgt. Sierra A. Melendez
For Army News Service

FORT POLK, La. — Assignments to units within the U.S. Army Forces Command are synonymous with rotations at the Joint Readiness Training Center at Fort Polk.

FORSCOM’s newest unit, the 1st Security Force Assistance Brigade, headquartered at Fort Benning, Georgia, is completing their first rotation at JRTC throughout the month of January.

The self-proclaimed “world premier crucible training center” situated in the heart of the Bayou State, has hosted countless rotations for maneuver units throughout the United States Army. The training scenarios evolve to meet the Department of Defense’s changing priorities and threats on the battlefield.

Since 9/11, the fictional storylines have stayed relatively consistent – counterinsurgency measures and near-peer decisive action rotations geared toward brigade combat teams and their support elements.

However, with the Army Chief of Staff Gen. Mark A. Milley’s initiative to create Security Force Assistance Brigades – units specially trained and built to enable combatant commanders to accomplish theater security objectives by training, advising, assisting, accompanying, and enabling allied and partnered indigenous security forces – the JRTC operations group had to go back to the drawing board.

“The scenario used during rotation 18-03 was like no other scenario we have ever done here at JRTC,” said Lt. Col. J.D. Pritchett, chief of plans and exercise maneuver control for JRTC’s op-

erations group. “Typically, BCTs come through JRTC and execute a decisive action training exercise centered around a joint forcible entry, a defensive phase, an offensive phase, as well as a brigade live fire phase.”

For this novel rotation, the 1st SFAB Soldiers are tasked with working shoulder to shoulder, or the Afghan expression of ‘Shohna ba Shohna’, with Afghan National Army role players. While most scenarios are one consistent, continual conflict, this rotation has been broken down into several events catered to polishing the 1st SFAB Soldiers on combat advising and enabling partner host nations.

“We combined several different training objectives and synchronized them into a 20-day operation,” said Pritchett. “We first started with a Security Force Assistance Academy which executed classes on Afghan culture, language training, and negotiations and consequence management.”

Although the formations of SFABs are a new concept, their mission set is not – for the past decade, brigade combat teams have carried out the combat advise and assist operation. The SFABs were created in part to lessen the advise and assist load for BCTs in order to allow them to focus on conventional warfighting functions.

This created an interesting dynamic for JRTC’s operational cell.

“Seeing that the 1st SFAB is a new unit with new leadership and a unique mission, we had to go outside of the confines of JRTC to help build the rotational template,” said Pritchett. “We executed multiple conference calls with the leaders around the world. We also discussed potential training



PHOTO BY PAUL REHG

A 1st SFAB Soldier conducts a hand and arm signal during a simulated event at the Joint Readiness Training Center at Fort Polk, La., Jan. 15.

objectives with the 1st SFAB’s higher command, as well as the 1st SFAB themselves. We then took those training objectives and designed the rotation, attempting to synchronize all those objectives into a single rotation, giving the 1st SFAB a baseline knowledge on multiple fronts.”

Most rotational training units are enthralled in a 10-day, arduous fight against the illusive “Geronimo” – the fictitious adversary combatant in many of the scenarios.

However, the SFAB’s intent is to view indigenous forces as allies

and not as antagonists – a vastly different shift than the JRTC rotations that have come before them.

“It’s against everything we’re trained to do – to stand back and watch somebody else do it,” said Lt. Col. Jon Chavous, operations group officer JRTC. “But that’s good because they [SFAB Soldiers] are doing exactly what they are supposed to here in terms of enabling, advising and coaching.”

Although the 1st SFAB’s rotation at JRTC is unique, their end-game is not – to certify the unit prior to an upcoming deploy-

ment to Afghanistan slated for the spring.

This rotation will act as a litmus test for the subsequent SFAB rotations to come. The Department of the Army has authorized the fielding of five more security force assistance brigades.

“We will take the feedback the leaders in our Army give us, to include the 1st SFAB, and work on making the next one even better,” said Pritchett. “A lot of things will change over the next few months, and we will take those lessons learned and incorporate them into the next iteration.”

1st SFAB leadership, staffs sharpen advising skills at JRTC

By Capt. John May
For Army News Service

FORT POLK, La. — The 1st Security Force Assistance Brigade and battalion staff and command teams conducted a command post exercise with Afghan National Army role players at the Joint Readiness Training Center at Fort Polk Jan.13-16.

The exercise is part of the unit’s JRTC rotation and was geared toward preparing the brigade and battalion staffs and command teams to advise and assist Afghan National Defense Security Forces when they deploy to Afghanistan in the spring.

The 1st SFAB, headquartered in Fort Benning, Georgia, is the Army’s new permanent, additive force structure developed and deployed as a solution to the Army’s enduring advise and assist requirement in support of the defense strategy.

The exercise provided the brigade and battalion advisor teams a chance to train on conducting mission command and advising their partners.

“The CPX is an event that allows the SFAB brigade staff and BATs to exercise command post operations simultaneously with their advisory skills,” said Maj. Frank Fisher, JRTC observer controller. “This training allowed the brigade staff and BATs to train on required advisory knowledge, skills, and abilities, while also exercising other internal staff processes required for planning, preparation, and current operations.”

and also worked together as a staff during the process.

Fisher said the 1st SFAB brigade staff and BATs advised a partner unit and conducted key leader engagements with role players acting as ANA. This process allowed the advisory teams to practice and refine approaches as a collective team.

The CPX gave the 1st SFAB brigade staff a chance to work together as a team and build cohesion in preparation for their upcoming deployment.

“The CPX helped enhance unit esprit de corps and cohesion because it required shared problem solving, provided situations for team members to observe each other’s strengths and weaknesses and assist if necessary, and required the collective effort of the group to develop an inclusive advising strategy,” said Col. Bryan Chivers, deputy commander, 1st SFAB.

The exercise provided realistic training and prepared them for scenarios they could potentially face during their deployment.

“Many scenarios are modeled after situations U.S. advisors have experienced in Afghanistan,” Fisher said.

The 1st SFAB brigade staff and BATs put things they learned in the Military Advisor Training Academy at Fort Benning into practical application during the exercise.

“MATA provided me with a more in depth understanding of the structure of the Afghan National Army, cultural differences and expectations,” said Capt. Ryan Sullivan, 1st SFAB signals intelligence support officer. “This knowledge enabled the brigade intelligence section to anticipate

how we could best enable their operations during the command post exercise.”

The CPX helped the brigade staff hone in on the key attributes it takes to be a good combat adviser.

“The most important attributes of being a good advisor are humility, patience and confidence in your craft,” Sullivan said. “The foundation to successful advising is strong rapport with your partner. There will be a crucial period of adjustment for both adviser and advisee where mutual trust and respect must be established in order to drive cooperation and enable mission success. This is accomplished through simply getting to know each other, and your partner trusting in your abilities and expertise.”



PHOTO BY SFC. NOELLE E. WIEHE

Col. Scott Jackson, 1st SFAB commander, talks to an Afghan National Army role player acting as a commander through his interpreter to establish rapport during a key leader engagement held Jan. 15 at the JRTC at Fort Polk, La.

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1st SFAB logistically advises simulated Afghan army

By Sgt. Joseph Truckley
50th Public Affairs Detachment

FORT POLK, La. — The 6th Battalion and various logistic adviser teams from the 1st Security Force Assistance Brigade from Fort Benning, Georgia, conducted a logistic training event at the Joint Readiness Training Center at Fort Polk Jan. 18 to Saturday.

The logistic exercise that the 1st SFAB went through had a LAT from each of the additional five battalions interact with simulated Afghan National Army logistics teams, and gave them a chance to practice advising their partners on logistics procedures. The 6th Bn. took on overseeing the ANA and the individual LATs, as well.

SFABs allow the Army to reduce the demand on conventional brigade combat teams over time for combat advising, increasing their readiness for current and emerging near-peer threats. SFABs provide better combat advising capability while enabling BCTs to prepare for decisive action improving readiness of the Army and its partners.

“The logistic exercise is the beginning stages where we practice the skills that it takes to advise, assist, accompany and enable ANA forces as they are,” said Capt. Dustin Heinstead, operations officer, 6th Bn., 1st SFAB. “We are not trying to change the ways that they do things, but rather assimilate how they do things and in-



PHOTO BY SGT. JOSEPH TRUCKLEY

Soldiers from the 6th Bn., 1st SFAB go over situational and personnel status reports with a role player acting as an Afghan National Army human resource specialist at Fort Polk, La., as part of their JRTC rotation Jan. 18.

crease efficiencies going forward - Afghan solutions to Afghan problems.”

“The logistic exercise is designed to replicate resources available for the ANA’s original mission,” said Tony Flynn, cultural adviser, JRTC. “By the end of the training the SFABs LATs will be able to support and enhance the logistic teams of the ANA.”

The 6th Bn., 1st SFAB role is to send an order down to the LATs to advise the ANA Corps. From

there the BSB broke down the LATs to advise and assist the ANA corps and brigade elements in the overall operation that the brigade is executing.

“The 6th Bn., 1st SFAB is tasked to partner with ANA corps level Army Logistic Operation Centers and train, advise, assist, accompany and enable with counterparts to develop a corps-level concept of support,” said Capt. Landon Cassells, deputy director of logistic planning, JRTC. “They

work with the highest level, with the idea designed more to coach their counterparts with a sustainable and realistic expectation from a logistics perspective.”

Heinstead said, “This training event is different in the aspect that a BSB usually supports the maneuver brigade that they fall under but with this training 6th Bn. does not support the 1st SFAB as a whole, we are designed to advise the ANA support elements sustainment warfighting functions

and their support to their Corps mission.”

JRTC rotation 18-03 is vastly different than the JRTC decisive action training exercises that came before them.

“A big difference between this training that the 1st SFAB is going through and normal DATE JRTC rotation is that the 1st SFAB integrated with the local forces working stability operations with their counterparts,” said Cassells. “They have a lot to do in a small time constraint window, it is designed to be stressful and cause more pressure for the teams to get to the desired end states.”

This particular logistics exercise was unique in that the BSB operated as brigade versus as a battalion element.

“It is a whole new aspect because a BSB does not usually advise at this level,” said Heinstead. “Now we are taking their products, taking their ideas and using their way of doing things and going to try to find ways to make them more efficient and give them operational sustainability going forward.”

The rotation was conducted in order to certify the 1st SFAB prior to their upcoming deployment to Afghanistan in spring of 2018.

“The LATs will be able to apply lessons that were learned here at JRTC and continue to work towards building a sustainment operational endurance for the ANA,” said Heinstead.

1st SFAB combat advisers develop partnered NCOs

By Spc. Noelle Wiehe
50th Public Affairs Detachment

FORT POLK, La. — Soldiers of the 1st Security Force Assistance Brigade, alongside role players with the Joint Readiness Training Center at Fort Polk acting as members of the Afghan National Army, are distanced by cultural and language barriers, as well as differences in their military training.

Between their primary training events, Soldiers of the 1st SFAB worked to reduce those barriers through various basic soldiering training as part of their JRTC rotation Jan. 18.

The SFABs provide better combat advising capabilities while enabling brigade combat teams to prepare for decisive action - improving readiness of the Army and its partners in the long term, according to information released by Gen. Mark A. Milley, chief of staff of the U.S. Army.

The Soldiers of the 1st SFAB took time between planning missions with the Afghan National Defense Security Forces to improve readiness of the role playing ANA soldiers by training them on medical skills such as initial care under fire, applying pressure to control bleeding, applying improvised tourniquets and battle buddy carries to effectively move an injured Soldier.

“It helps us assess their level of competency as far as first aid goes,” said Spc. Kayle Betancourt, medical adviser with 3rd Battalion, 1st SFAB. “If they have any questions about something new they’ve seen, they can ask that and we can answer them directly - through the interpreter.”

Other classes included shoot, move, and communicate tactics and maneuvers used by U.S. Army Soldiers.

“We are advisers, so we are not technically leading their soldiers - we are actually instructing their noncommissioned officers and building them up as competent leaders,” said Staff Sgt. Jarrid Lovenburg, a combat medic with the 1st SFAB. “That is one of the really great aspects of this (rotation) is that you can see the results of that - we train NCOs and then we watch the NCOs train their soldiers. We can actually see that development happen.”

As the 1st SFAB Soldiers approach their upcoming spring 2018 deployment date, the cultural training and practice they go through at JRTC is preparing them for what they may experience as they advise and assist the ANDSF.

“I think it’s important for us to be able to teach a class using an interpreter and whatever questions they have, the interpreter being able to relay that information back to us so we can answer whatever questions they may have,” said Staff Sgt.

Ethan Wilson, 3rd Bn., 1st SFAB.

SFAB Soldiers are selected based on qualifications and experience, Lovenburg said. He has benefitted from serving alongside Soldiers who are experts in their trade, which allows them to train their allied partners, as well as their fellow 1st

SFAB Soldiers.

“It is steel sharpening steel,” Lovenburg said. “Here, you come in and everybody wants to be here - they are working hard and their competence helps you raise your level so that you are also a contributor to the team.”



PHOTO BY SPC. NOELLE E. WIEHE

Soldiers assigned to the 3rd Bn., 1st SFAB train role players serving as Afghan National Army soldiers on basic combat medical tactics.

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Coalition precision strikes kill scores of ISIS terrorists in Syria

Combined Joint Task Force Operation Inherent Resolve
News Release

SOUTHWEST ASIA — Precision strikes killed an estimated 145-150 Islamic State of Iraq and Syria terrorists near Sha-fah, Syria, Saturday, Combined Joint Task Force Operation Inherent Resolve officials reported Tuesday.

The precision strikes were a culmination of extensive intelligence preparation to confirm an ISIS headquarters and command-and-control center in an exclusively ISIS-occupied location in the contested Middle Euphrates River valley, officials said.

Syrian Democratic Forces on the ground, who continue to be engaged in heavy fighting against hard-core ISIS remnants attempting to regroup, assisted in target observation prior to the strikes, according to officials. The combination of intelligence and continuous eyes on the target ensured no accidental engagement of nonmilitary personnel.

HEAVY CONCENTRATION OF ISIS FIGHTERS

The ISIS headquarters contained a heavy concentration of ISIS fighters who appear to have been massing for movement.

“The strikes underscore our assertion that the fight to liberate Syria is far from over,” said Maj. Gen. James B. Jarrard, commanding general of Special Operations Joint Task Force Operation Inherent Resolve.

“Our SDF partners are still making daily progress and sacrifices, and together we



PHOTO BY PFC. ANTHONY ZENDEJAS IV

Soldiers march past the 2-mile point during the Irbil Iron 12 road march in Irbil, Iraq, Jan. 6. The USO sponsored the event, which aimed to build cohesion among forces supporting Operation Inherent Resolve.

are still finding, targeting and killing ISIS terrorists’ intent on keeping their extremist hold on the region. We cannot take our focus off our mission, and we must not lose our momentum in taking these terrorists off the battlefield and preventing them

from resurfacing somewhere else,” Jarrard said.

Though ISIS has lost more than 98 percent of the land it once claimed as part of its so-called physical caliphate, the group continues to demonstrate the ability to

mass large numbers in its attempt to retain a stronghold in Syria, officials said.

The continued discovery of ISIS concentrations and facilities reinforces the coalition’s commitment to achieving the lasting defeat of ISIS, according to officials.

Guard

Continued from Page A1

The applicants were then divided up into veterans and non-veteran candidates, since veterans do have preference when being considered for gate guard positions, said the security chief, adding that although the entire process took a few hours, the time spent with the applicants was well worth it.

Brandon said the job fair was a great opportunity to meet the actual candidates in person before holding a formal interview, which can be essential in determining who might be right for the job.

“We look for people who are dedicated and serious,” he said. “A lot of times people look at the position of a gate guard and think that it’s just about standing out

there and checking IDs, because that’s all they see, but there is a lot more to this.

“You have to be committed to this,” he continued. “Sometimes you’re standing out there in cold weather at (3 a.m.) – that’s something that requires commitment. We look for people who are serious about this, because we are the first line of defense for Fort Rucker – I take that seriously.”

Brandon said it’s the gate guards who give Fort Rucker a sense of safety that can’t be found outside of the installation, and because of that sense of security, applicants must meet the standard.

“(In an outside community), there are probably places at night you wouldn’t feel comfortable walking, but here on Fort Rucker if you decide you wanted to take a run

at (3 a.m.), you could probably go over to the track and run and still feel comfortable, and the only difference is because we have a secure installation with control points where we vet who comes in and out,” he said.

With the success of the job fair and the preparation for the applicants leading up to it, Brandon said this process is something he hopes to continue in the future in regards to employment opportunities.

“It was a good, successful job fair, and I really appreciate the support from the command and the community – the garrison command group, civilian personnel, security division, Lyster Army Health Clinic – everybody helped us to get this together,” he said. “This wasn’t a one-directorate effort – it was the effort of different directorates coming together and pulling this off.”

Museum

Continued from Page A1

craft also employed a stabilizer that utilized exhaust air, almost like vectored thrust, out of the rear of the aircraft to give the pilot more control over the aircraft, especially in pitch and yaw, said Barlow.

The Army did a total of 21 test flights with the Vertiplane before handing it off to NASA for further testing. Although the concept was good, it was not without its problems.

“What they found out was that it was very good at short take offs. It could get off the ground in something less than 30 feet, but the problem was, when the aircraft was at very low speed or at a hover, you have this propeller pushing its slipstream against its slotted back, and what that did as the air hit that, it would hit the ground and come back around and get re-ingested by the propellers, which caused sort of a feedback loop,” said Barlow. “That caused the propeller to lose authority and the aircraft would nose

down. It was never so severe that it was liable to cause a crash – the pilot was able to arrest that motion – but it was something they couldn’t solve and there was no way around it. It was an inconvenience and it was one that would limit further development.”

Although only one Vertiplane was ever built, Barlow said that aircraft like it add to the body of knowledge that leads to further development of aircraft like the Harrier or the Osprey.

“Although the Osprey is a different aircraft and a different concept, it needs to pay homage to these early pioneers because it showed them what was possible. They took the best of several concepts and combined it into one that works,” he said. “The bottom line is that this was a technology they tried to keep in concept with what they envisioned the battlefield of the future would be. They needed speed, mobility and flexibility, and this was another way to try to get that.”

Vacation

Continued from Page A1

“It is important to offer events like the Travel Extravaganza so that people know what options are available to them,” she added.

Key suggests attendees arrive early to secure parking and take advantage of everything the event has to offer.

“The doors open at 10 a.m.,” she said. “The vendors are coming from all different locations and have a lot of exciting information to offer. Make sure you plan to attend this event. Arrive early so you can spend time visiting each booth and seeing everything this event has to offer.

“We have a passport scavenger hunt game we will hand out to each person at the door,” she added. “The passport shows all of the vendor logos and as you stop by each booth attendees get them initialed. Completed passports are turned in and used as entry to our door prize raffles. The door prizes range from free hotel night stays, gift baskets, amusement park tickets to a grand prize that you won’t want to miss out on.”

Sharon Filler, civilian from Enterprise, attended last year’s event with her husband, Mason, and said she loves to browse the different vendors to get an idea of what her next vacation destination might be.

“I feel like a lot of times people will do the same vacation year after year, so it’s always nice to get new ideas,” she said during last year’s event. “When you’re stuck in the same place for a long time, you don’t really start to see past your own front yard, so it’s good to get some external perspective on what we might be able to get into, what we can afford and what we might not have thought of.

“We normally take vacations to the mountains in Tennessee because we love the outdoors and my husband is basically a mountain man,” she continued,” but I think this time we’ll try something different, like a cruise or

something, because it’s always nice to be able to broaden your horizons and try something new – you never know what you might really enjoy.”

Although the prospect of being on a giant ship in the middle of the ocean didn’t seem ideal to Mason, he said he’d be open to the idea of something new.

“I can’t say it would be my first choice of a vacation, but this does give us a good chance to see what ways we can change it up a bit,” he said. “I might have to warm up to the idea of the cruise, but I’m open to exploring my options, and I think this is a really good place to be able to do that.”

MWR Central’s goal is to offer savings to the Fort Rucker community, and will continue to do so with not only the Travel Extravaganza, but their upcoming day trip opportunities, as well, Key said. “Feb. 10 we will be hosting our annual Mardi Gras day trip to Mobile, our second annual Spring Break Getaway cruise March 24-29 and we have a trip planned to visit the Florida caverns in Marianna on April 14. Everyone interested still has time to purchase tickets and join us!”

For more information on the Travel Extravaganza or upcoming day trips, call 255-9517 or 255-2997, or visit <http://rucker.armymwr.com/us/rucker/>.

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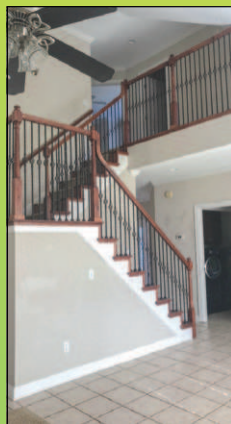


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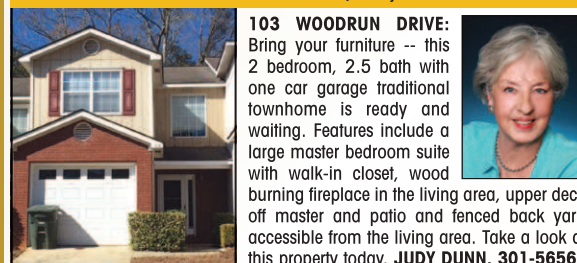
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JANUARY 25, 2018

CHIEF OF STAFF:

Soldier lethality, mobile networks key for Army future readiness

By David Vergun
Army News Service

WASHINGTON — Readiness in the short term is not good enough, said Chief of Staff of the Army Gen. Mark A. Milley, during an Association of the U.S. Army breakfast here Jan. 17.

“We mortgage our future if we don’t prepare for future readiness,” he said.

Readiness for the future means readiness for future warfare, which may involve employing ground robots, artificial intelligence, machine learning, and possibly quantum computing to improve networks and increase decision-making capabilities, Milley said.

In fact, the entire character of warfare is changing, he said.

It would be a “grave strategic mistake,” he continued, to ignore



PHOTO BY DANIEL TOROK

Army Chief of Staff Gen. Mark A. Milley delivers his State of the Army address at AUSA’s Eisenhower Luncheon Oct. 10. Milley delivered another address during an AUSA breakfast Jan. 17 about the importance of future readiness.

those changes and just sit idly by as near-peer adversaries embrace those disruptive technologies.

One Army priority for future readiness is Soldier lethality, Milley noted.

An example of Soldier lethality, he said, would be designing a rifle that can fire much longer distances and with greater accuracy than current models.

Army researchers and indus-

try are right now developing this capability, he said. That effort involves, among other things, new types of ammunition, better optics and improved materials that are more suited to deal with increased chamber pressure.

Also critical to future readiness and mission command is building a mobile, reliable, powerful and capable communication system. Milley said he’s been particularly critical of current efforts in that respect.

Networks need to be mobile, he said, adding that a lot of work needs to be done in that area.

Milley also reiterated the need for more frequent and more advanced synthetic training capability as a less-costly way for commanders to provide Soldiers with the training repetitions needed to build unit readiness.

While combat training centers

are invaluable and remain important venues for validating home-station training, Milley said synthetic training environments at home-station can provide a wider variety of training scenarios than Combat Training Centers can, and can do so with multiple repetitions at reduced cost.

HISTORY AS PROLOGUE

As an example of how important investment in the future can be, Milley called attention to how Army modernization efforts of the 1970s contributed to preparedness nearly two decades later.

At the time, Milley said, the Army made investments in the M-1 Abrams tank, the AH-64 Apache and UH-60 Black Hawk helicopters, the M-2 Bradley

SEE CHIEF, PAGE B4

Medics conduct MedEvac training on Black Hawk

By Staff Sgt. Armando Limon
25th Infantry Division Public Affairs

MARINE CORPS TRAINING AREA BELLOWS, Hawaii — Combat medics, led by a flight medic, rushed to a UH-60 Black Hawk carrying a litter to medically evacuate a Soldier here Jan. 10.

However, the Soldier wrapped up on the litter was only a simulated casualty for the combat medics assigned to the 29th Brigade Engineer Battalion “Wayfinders,” 3rd Bde. Combat Team, 25th Infantry Division.

“We performed MedEvac cold load and unload training,” said Staff Sgt. Samuel Galindo, a native of Stockton, California, and a combat medic NCO in charge assigned to Headquarters and Headquarters Company, 29th BEB. “We had a total of nine medics today.”

The Soldiers used the available training area due to open area, allowing a helicopter to land while still idling and a backwash from the propellers thrust.

“The reason we do that is because we want to make it a little more realistic,” Galindo said. “The rotors do and can affect the status of the patient. Believe it or not, it is one of the real reasons we cover them up with blankets. Also, it makes things a little more difficult and heavy. The rotors can sometimes blow you around.”

“It’s always best to have an actual running helicopter, with an actual functioning Black Hawk crew flight medic also to give us guidance,” he said. “That’s how it’s going to be done in real life.”

He added there was a level of difficulty in the training dependent on the physical fitness level of the Soldiers.

SEE MEDEVAC, PAGE B4



PHOTO BY STAFF SGT. ARMANDO R. LIMON

Pfc. Amber Oglesby, a combat medic assigned to the 29th Bde. Engineer Bn., practices dragging a simulated casualty to safety at Marine Corps Training Area Bellows, Hawaii.

EYE ON THE SKY



PHOTO BY STAFF SGT. JEREMY GANZ

Soldiers with Troop A, 6th Squadron, 17th Cavalry Regiment launch a Shadow unmanned aircraft at Butts Army Airfield, Fort Carson, Colo., in mid-January during training.

POWERING UP

New battery technology saves time, money on battlefield

By Kathryn Bailey
Communications-Electronics
Research, Development and
Engineering Center

ABERDEEN PROVING GROUND, Md. — Twenty years ago, one phone call between two Army engineers led to a cost-effective lithium-ion battery solution for what was then an up-and-coming guided missile system.

That solution, now proven as a comprehensive success, evolved from a dynamic multi-agency partnership that continues to advance state-of-the-art battery technologies for current and future Army, Navy, Air Force and NASA platforms.

“Certain power technologies can present a broader application, so we turn to interagency collaboration to develop a technology faster,” said Ed Plichta, chief scientist for power and energy within the Command Power and Integration Directorate under the Communications-Electronics Research, Development, and Engineering Center.

One example of this was the battery requirements for the Tube-Launched Optically-Tracked, Wire-Guided, Improved Target Acquisition System, he said.

The ITAS is an advanced fire control system that operates on a tripod platform, which can be dismounted or mounted on a vehicle. Soldiers in the field were using silver-zinc batteries to power the TOW ITAS, but those batteries lasted for only three months and the replacement cost for each battery was more than \$4,000.

“It took Soldiers in the field 16



PHOTO BY CAPT. SCOTT WALTERS

Infantrymen with 3rd ABCT ‘Iron Brigade,’ 4th ID, conduct an air assault in August with 3rd GSAB, 10th CAB during the U.S. Army Europe Combined Resolve IX exercise at Grafenwoehr Training Area, Germany. CERDEC foresees lithium-ion battery chemistry as a power source for multiple future technologies at NASA and the Army, including the Army’s Future Vertical Lift Program.

hours to manually fill and activate the battery through a charging process,” Plichta said. “Additionally, compared to the three month lifespan of the silver-zinc batteries, the lithium-ion battery offered a three- to five-year service life per battery.”

When the U.S. Army Aviation Mission Command first contacted CERDEC for help with powering the ITAS TOW, Plichta’s team was already part of a government/industry/academia partnership created to advance what was then the newly emerging lithium-ion battery chemistry for the Army.

“When my AMCOM counterpart called, our industry partner was already looking to build large-scale lithium-ion cells to potentially use in electric vehicles, aircraft and space satellites,” Plichta said.

“They had developed a large format 40 Amp-Hour cell for this purpose, and it seemed to be the right size for the power and energy needed to drive the ITAS.”

With many years now separating the first prototype to the fielded capability, AMCOM has been able to thoroughly assess the chemistry’s impact on missile defense.

“CERDEC’s lithium-ion battery chemistry has been an incredible success both from support, performance and cost perspectives, especially considering we have achieved a \$100 million cost avoidance,” said Lawrence Ingerson, Army AMCOM TOW deputy product manager. “With more than 500 systems in theater at one point, I honestly believe our Soldiers would have been

SEE TECHNOLOGY, PAGE B4

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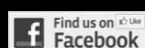
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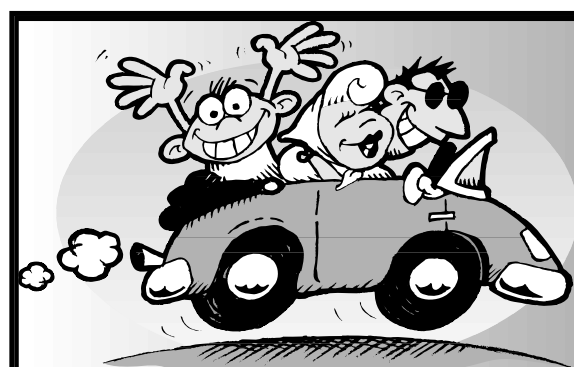
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JANUARY 25, 2018

‘WE’LL BE HERE’

Mini CDC provides child care for parents who work irregular hours

By Nathan Pfau
Army Flier Staff Writer

Soldiers and family members on Fort Rucker often work odd hours, ranging from the middle of the night to 24-hour shifts, but the installation wants to make sure its families are taken care of when it comes to child care.

That’s where the Mini Child Development Center comes in, able to provide 24-hour child care for mission-essential patrons, said Monteka Freeman, Mini CDC assistant director.

Unlike the Fort Rucker Child Development Center, the Mini CDC does not have set hours, but rather goes by the schedules of their patrons and the hours they require care for their children, said Freeman.

“We’re here for the patrons who work irregular hours,” she said. “They may do overnight shift work or have 12- to 13-hour shifts – we’re here for the patrons whose schedules don’t coincide with the main CDC.

“This is for patrons like military police officers, firefighters, MedEvac pilots or those who work at AFS – they all work irregular hours,” said the assistant director. “They may work weekends, or before 5:30 a.m. or after 6 p.m.,” during all of which the

main CDC is not open.

The facility’s hours are based on the parent’s work schedules, so the center is not open at all times.

“There are a lot of nights we are closed at 8 o’clock, and then there are times that we’re giving 24-hour care because we have a parent who is either pulling duty or working on their night shift. It just depends on what their work schedule is – that’s how we schedule our hours of operation,” she said.

When taking care of a child for a 24-hour period, parents don’t have to worry since employees of the Mini CDC will take shifts to ensure the children are receiving the full level of care they deserve.

Caregivers will go to shift hours at that point, with a manager and caregiver on during each shift, said Freeman.

“We’re able to try to keep the hours to an eight-hour shift, and we’re fully staffed at all hours when we have children and there is no going to sleep for the staff – even if the child is sleeping,” said the assistant director. “When the child gets up the next morning, we give the child breakfast and prepare the child for the day until the parents are ready to pick them up.”

Freeman said one main thing people need to understand about



PHOTO BY NATHAN PFAU

Sonya Hollis, child and youth program assistant, reads a story to Gunnar Nemhard, Zaderian Landrum and Ava Bapp at the Mini CDC Jan. 18

the Mini CDC is that it’s not the type of facility where patrons can drop their children off at a moment’s notice, but rather must be scheduled ahead of time.

“I conduct an orientation with all potential new patrons. They must turn in their work schedules weekly and their work schedules are due a week in advance based on when they are requesting the care,” she said. “They also have to qualify based on where they work and they also must be working the irregular hours we mentioned.”

Hourly care is offered only during operational hours and children must be picked up before those operational hours end, which are handled on a case-by-case basis, she added.

While children are being cared for at the Mini CDC, Freeman said

parents don’t have to worry since the facility is fully equipped to provide the full level of care that the main CDC provides. The facility cares for children ages 6 weeks to 11 years old and is equipped with two, eight-bed rooms with showers; a kitchen where children are served breakfast, lunch or dinner; and play rooms for the children.

“We are still (child and youth services) employees and we go through the same training, have the same operations manual and everything is the same,” said the assistant director. “The only thing that is different is who we serve and the hours we serve.”

The facility staff uses the same teaching strategies as the main CDC, and there are activities for children throughout the day, including circle time with children

in the mornings, playtime outside and art time, she said. The children also have free time where they can play board games or video games.

Although the Mini CDC serves a different purpose, Freeman said she wants people on the installation to know that it is still there to serve the community, but that is also a mission-essential facility.

“We are here to serve the patrons any way that we can,” she said. “We are not a 24-hours-a-day, seven-days-a-week facility as we originally intended, but that’s where we can fill in. If we need to be here for 24 hours, we’re here for 24 hours, and if we’re needed here on weekends, we’ll be here.”

For more information, call 255-9339 or 255-3066.

Nearby venues serve up family fun

Army Flier
Staff Report

In the heart of the Wiregrass, Dothan offers a couple of family-oriented attractions for those wanting to explore and learn more about the local community.

And military members and their families can enjoy both Landmark Park and the Dothan Area Botanical Gardens for free.

LANDMARK PARK

Landmark Park offers a unique experience for those wanting to learn more about the Wiregrass region and its heritage. Laura Stakelum, park public relations director, said that Landmark Park and its programs are “a great way to learn about the area.”

Stakelum described the park as a 135-acre lot that features an 1890s Wiregrass farmstead, farm animals, playground and planetarium.

According to the park website, the historical farmstead comes complete with an old farmhouse, syrup shed, cane mill and smokehouse. The park also features nature trails, a one-room schoolhouse, drugstore and soda fountain, gift shop and picnic area.



COURTESY PHOTOS

A playground at Landmark Park.

Members of the military community are welcome to take advantage of free admission. “[The park] participates in the Blue Star Museum program,” says Stakelum, “which means active duty military and up to

five family members can receive free admission to the park between Memorial Day and Labor Day.” Regular admission prices are \$4 for adults ages 13 and up, \$3 for children ages 3-12, and children 2 and under are free of charge.

Stakelum says the park offers many public events during the year, such as Music by Moonlight, the park’s concert series. Visitors are encouraged to “bring a picnic and enjoy the music.” Additionally, a children’s educational movie night and an Animal Adventures program are offered weekly during the summer months. A schedule of upcoming events can be found online.

Landmark Park is open 9 a.m. to 5 p.m. Mondays-Saturdays and noon to 6 p.m. on Sundays.

For more information on Landmark Park, visit www.landmarkparkdothan.com or call 334-794-3452.

DOTHAN AREA BOTANICAL GARDENS

The Dothan Area Botanical Gardens, located off U.S. Highway 431, offer scenic displays and educational opportunities for the community. “All types of gardens are available for people to see,” said Paul Angeloff, DABG board of directors member. “There’s something to suit everybody’s interest.”

According to the gardens’ website, the

Botanical Gardens feature 25 unique garden areas, which display a wide range of regional and non-regional plant life. A few of the offered areas include the butterfly garden, succulent garden, meditation garden and tropical house.

For families with children, Angeloff added that the gardens have recently completed the Children’s Jungle Garden, which has been very popular so far. A map of the gardens can be found online.

When it comes to admission, Angeloff said, “There is no cost, but donation boxes are placed in the gardens, so if you enjoy your visit, you can donate.”

The gardens offer several events throughout the year, such as Scarecrows in the Gardens, the garden’s annual scarecrow competition. Individuals, families and groups are invited to build a scarecrow for entry into the competition, or to simply visit the park during the month of October and see the entries on display. The gardens host several scarecrow building workshops in August. There is a \$20 entry fee for the scarecrow contest, but the workshop is free to attend.

A current calendar of events can be found online. The gardens are open seven days a week from 7 a.m. to 7 p.m. CDT and 7 a.m. to 5 p.m. CST.

For more information on the Dothan Area Botanical Gardens, visit www.dabg.com or call 334-793-3224.



One of the gardens at the Dothan Area Botanical Gardens.

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 Wednesday 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.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions Feb. 1 and 13 in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room. People who attend will meet in Rm. 350 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.

International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

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 Design 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 DirectSTEP® 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.

Care team training

Army Community Service will host its care team training Feb. 8 from 8:30-11 a.m. at Bldg. 5700, Rm. 284. The training will cover numerous topics, such as: care team overview, care team operations, Survivor Outreach Services overview, casualty notification, and dealing with loss and grief. Commanders, command sergeants major, senior spouses, family readiness leaders, family readiness group leaders



PHOTO BY NATHAN PFAU

Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night today 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.

and other key volunteers are welcome to attend.

Pre-registration is required and can be done by calling 255-9578 or 255-3161. Free childcare is available with registration by calling 255-3564.

Healthy eating for children

The Army Community Service New Parent Support Program will host a class on healthy eating for parents of children ages birth to 5 Feb. 13 from 9-11 a.m. in Bldg. 5700, Rm. 350. The course is designed to teach parents what, when and where to feed their children to prevent mealtime struggles and promote a lifetime of healthy eating. The class is free. Registration deadline is Feb. 8. Child care will be provided.

For more information, call 255-9647.

Mardi Gras Day Trip

MWR Central will host a day trip to the Mardi Gras festivities in Mobile Feb. 10. The cost is \$50 per person, and includes the bus ride to and from Mobile. To register or get more information, call 255-2997 or 255-9517.

Resilience training workshop

Army Community Service resilience training is designed to provide family members and civilians with the tools to better cope with and overcome adversity and challenges, as well as perform better in stressful situations, according to organizers. The goal is for students to thrive when facing life challenges, not just bounce back. The workshop will be held from Feb. 9 from 9-11:30 a.m. in Bldg. 5700, Rm. 350.

For more information on the workshop or other resilience training, call 255-3161 or 255-3735.

ACS instructor training course

Army Community Service will host its instructor training course Feb. 12-15 from 8:15 a.m. to 2:30 p.m. at the Spiritual Life Center. The course is designed to give attendees tools on how to present classes and briefings more effectively, according to organizers. The course ends with students conducting briefings from a Knowledge Module Army Family Team Building course. Following the course, students will be able to instruct AFTB modules for ACS.

For more information, call 255-3564.

Federal jobs workshop

Army Community Service will host its federal job workshop Feb. 14 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.

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Next Right Arm Night
held on February 22.



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

Newcomers welcome

A newcomers welcome is scheduled for Feb. 16 from 9-11:30 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.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftrucker.mwr.com/acs/army-family-team-building/> to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

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.

FORT RUCKER MOVIE SCHEDULE FOR JANUARY 25-28

Thursday, January 25

Coco (PG)7 p.m.

Friday, January 26

Star Wars: The Last Jedi
(PG-13)7 p.m.

Saturday, January 27

Ferdinand (PG)4 p.m.
Star Wars: The Last Jedi (PG-13) ..7 p.m.

Sunday, January 28

Ferdinand (PG)1 p.m.
All The Money (R)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.

FIRST TO GO:

Green Berets remember earliest mission in Afghanistan

By Elizabeth M. Collins
Army News Service

(Editor's Note: This is the first of a three-part series on the U.S. Army's initial missions in Afghanistan. Part 2 is on Page C4 and Part 3 is on Page C7.)

WASHINGTON — The movie “12 Strong” arrived in theaters Friday. The movie tells the harrowing story of the first U.S. special forces mission in Afghanistan following the Sept. 11 terrorist attacks.

The following Army.mil three-part feature recounts the events of the Green Berets’ first mission in Afghanistan as they sought to destroy the Taliban regime and deny Al-Qaida sanctuary in that country.

PART 1

The terrorist attacks of Sept. 11, 2001, in New York, Washington and Pennsylvania sent shock waves throughout world. While the tragedy prompted responses of love and comfort, it also inspired a sense of resolve and retribution. In fact, the sun hadn’t even set on the smoldering ruins of the World Trade Center when the Central Intelligence Agency, the U.S. military and U.S. Army Special Operations Command began planning a response. They would rain fire on the terrorists who had claimed the lives of thousands of innocent Americans, and on the brutal regime in Afghanistan that had sheltered them.

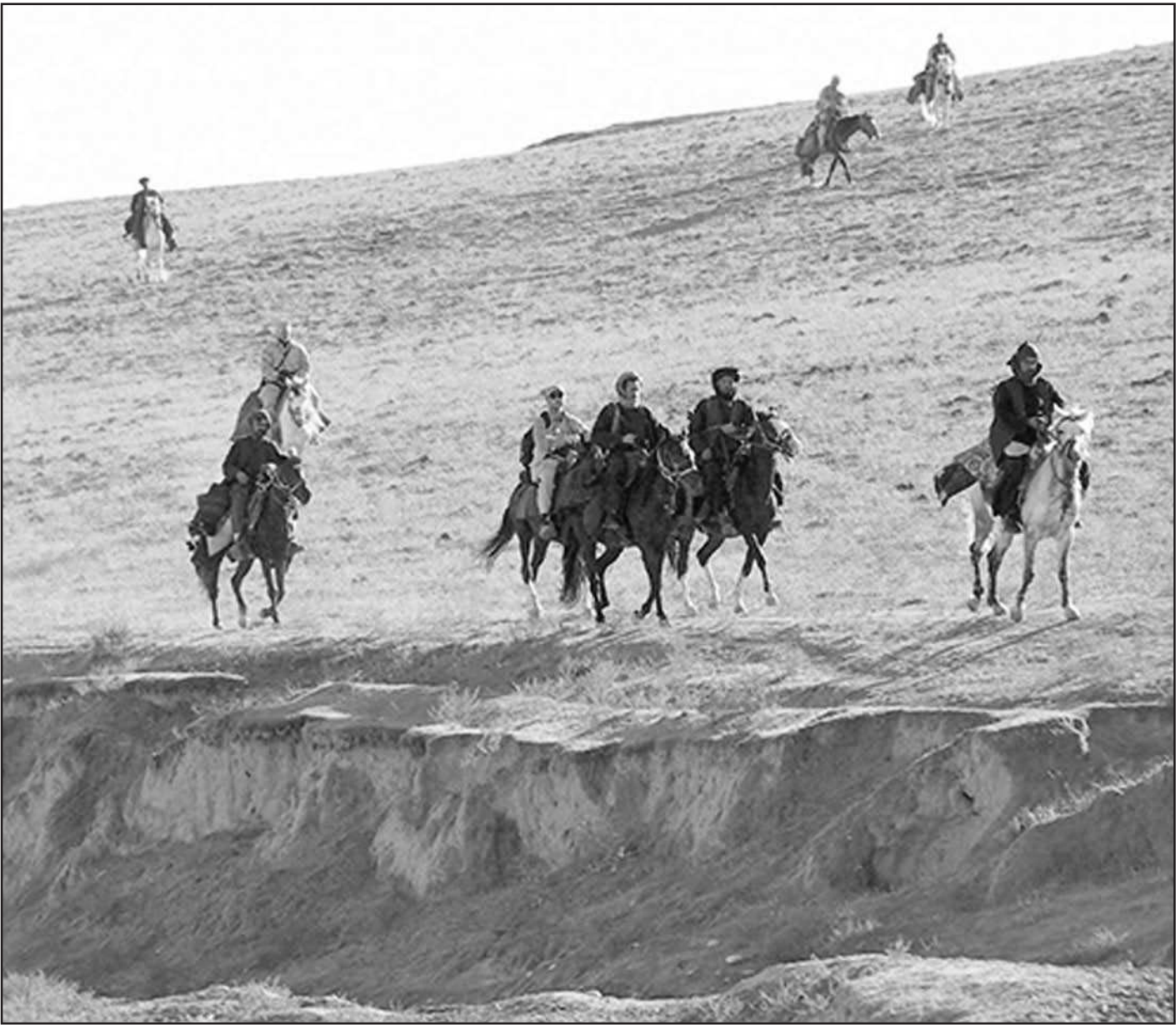
TASK FORCE DAGGER

It was soon clear that the initial operation, named Task Force Dagger, would involve bomb drops and small teams of special operators who would link up with local warlords and resistance fighters known collectively as the Northern Alliance. The task force would train and supply the Afghans, coordinating between the U.S. and the various ethnic groups – many of which were historic enemies with one another.

The Army’s 5th Special Forces Group (Airborne) eagerly took on the mission, despite little available intelligence on Afghanistan, and despite the fact that few Soldiers could speak Dari or Pashtun. The task force picked up a few phrases pretty quickly, and worked using three-way translations with other languages they already knew, such as Arabic, Farsi and Russian.

“You had all of the emotions going on from 9-11,” remembered CW2 Brad Fowers, then a junior weapons sergeant on Operational Detachment A 574. It would be his first combat deployment, and his team wound up escorting future President Hamid Karzai into the country. “There was a lot of emotions, excitement, amazement. It was an extreme honor. Looking back on it now, it’s humbling. It was a very privileged moment in our history to see how things unfolded and what so many are capable of doing.”

“We went carrying what we believed to be the hopes of the American people with us,” added Lt. Gen. John F. Mulholland, former USASOC commander, in a speech. In September 2001, he served as the 5th Special Forces Group (A) commander. “If there was any fear that we had, it was that we would be worthy of the American people ... the people of New York, the people of Washington, the people of Pennsylv-



ARMY PHOTO

Starting Oct. 19, 2001, 12-man Special Forces detachments from the U.S. Army Special Operations Command’s 5th Special Forces Group (Airborne) began arriving in Afghanistan in the middle of the night, transported by Aviators from the 160th Special Operations Aviation Battalion (Airborne). They were the first ground Soldiers of the war on terrorism following Sept. 11, 2001, and their mission was to destroy the Taliban regime and deny Al-Qaida sanctuary in Afghanistan.

nia, the people of our great country and all those ... who lost people that day. So that was with us constantly, the fear that we would not be worthy of the American people.”

KNUCKLE-WHITENING FLIGHT

After almost two weeks of bombings, which kicked off Oct. 7, 2001, the first insertion was set for mid-October. As with any covert, nighttime flying operation, the dangerous mission was assigned to the Night Stalkers of the 160th Special Operations Regiment (Airborne), “the finest Aviators in the world, bar none” according to Mulholland.

But the mission to insert the Green Berets into Afghanistan, flying from Uzbekistan over the Hindu Kush mountains – which could reach up to 20,000 feet and caused altitude sickness – was something else. The weather, sandstorms and a black cloud of rain, hail, snow and ice was so bad it delayed the first insertion by two days until Oct. 19 – an eternity for men who pledge to always arrive at their destination on time, plus or minus 30 seconds. The weather could change from one mile to the next, from elevation to elevation, and continuously caused problems throughout Task Force Dagger.

“Just imagine flying when you can’t see three feet in front of you for a couple of hours, landing or hoping the weather would clear so you could refuel, and then flying through the mountains all the while getting shot at and hoping our (landing

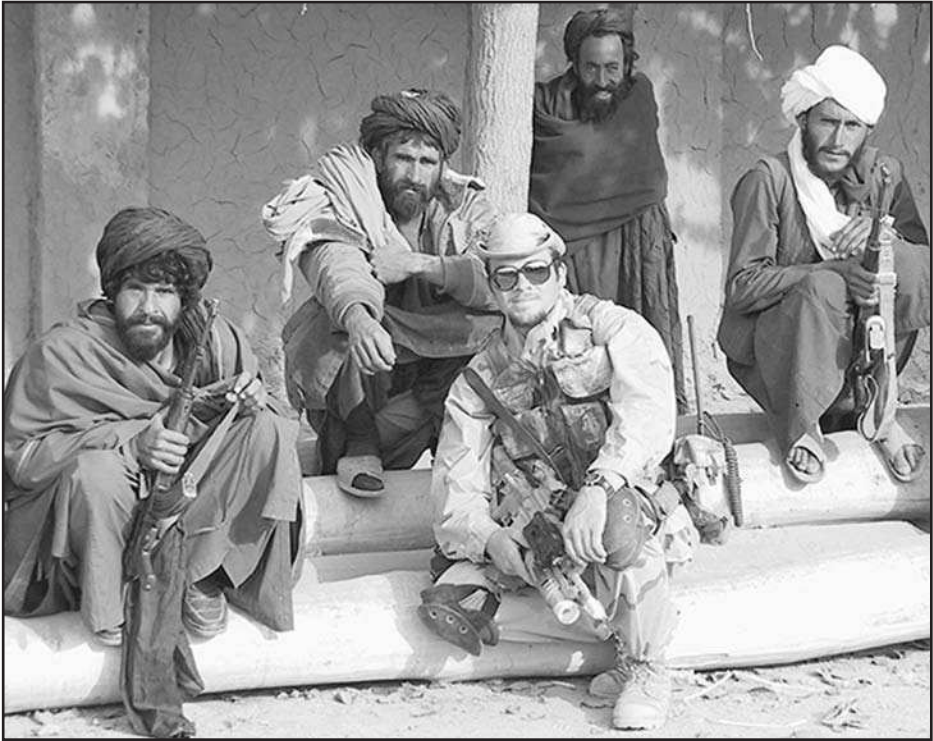


PHOTO BY CW2 BRAD FOWERS

Now-CW2 Brad Fowers poses with Afghan fighters and warlords who opposed the Taliban. Fowers served on one of the first Special Forces detachments from the U.S. Army Special Operations Command’s 5th Special Forces Group (Airborne) to arrive in Afghanistan following Sept. 11, 2001.

zone) was clear,” recalled Command Sgt. Maj. Mark Baker, now of the SOAR’s Special Operations Training Battalion. Fifteen years ago, he was a young, brand-new flight engineer on his first combat mission.

“I was proud and scared. There was a lot of stuff going on. There was bad weather. A lot of people compared those

first missions to Lt. Col. (James) Doolittle in World War II because we were doing stuff no one had ever done before. We had a mission to make sure these Soldiers got in. It was my first time ever getting shot at. That’s a pretty vivid memory. It was war. I don’t think I’ve ever been any closer to my fellow brothers-in-arms than I was then. All we had was each other.”



PHOTO BY CHERYLE RIVAS

Command Sgt. Maj. Mark Baker of the 160th Special Operations Aviation Regiment (Airborne) poses in front of De Oppresso Liber, or the Horse Soldier, a 16-foot bronze statue honoring the work of Special Forces Soldiers in Afghanistan at the beginning of Operation Enduring Freedom in the last months of 2001. As a flight engineer on a 160th SOAR MH-47 Chinook, Baker helped transport the first Special Forces teams into Afghanistan through horrible weather and in some of the most challenging flying conditions in history.

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FIRST TO GO:

Green Berets remember earliest mission in Afghanistan

By Elizabeth M. Collins
Army News Service

(Editor's Note: This is the second of a three-part series on the U.S. Army's initial missions in Afghanistan. Part 3 is on Page C7.)

WASHINGTON — The movie “12 Strong” arrived in theaters Friday. The movie tells the harrowing story of the first U.S. special forces mission in Afghanistan following the Sept. 11 terrorist attacks.

The following Army.mil three-part feature recounts the events of the Green Berets’ first mission in Afghanistan as they sought to destroy the Taliban regime and deny Al-Qaida sanctuary in that country.

ON THE GROUND

Special operations forces have a famously tight bond. As the Green Berets stepped off the SOAR’s highly modified MH-47 Chinooks into Afghanistan, they stepped back in time, to a time of dirt roads and horses. They stepped into another world, one of arid deserts and towering peaks, of “rugged, isolated, beautiful, different colored stones and geographical formations, different shades of red in the morning as the sun came up,” said Maj. Mark Nutsch, then the commander of ODA 595, one of the first two 12-man teams to arrive in Afghanistan. The world was one of all-but-impassable trails, of “a canyon with very dominating, several-hundred-foot cliffs.” It was a world of freezing nights, where intelligence was slim, women were invisible, and friend and foe looked the same.

They arrived in the middle of the night, of course, to the sort of pitch blackness that can only be found miles from electricity and civilization, at the mercy of the men waiting for them. “We weren’t sure how friendly the link up was going to be,” said Nutsch. “We were prepared for a possible hot insertion. We were surrounded by — on the LZ there were armed militia factions. We had just set a helicopter down in that. It was tense, but ... the link up went smoothly.”

HORSEMEN

The various special forces teams that were in Afghanistan split into smaller three-man and six-man cells to cover more ground. Some of them quickly found themselves on borrowed horses, in saddles meant for Afghans who were much lighter and shorter than American Green Berets. Most of the Soldiers had never ridden before, and they learned by immediately riding for hours, forced to keep up with skilled Afghan horsemen, on steeds that constantly wanted to fight each other.

But that’s what Green Berets do: they adapt and overcome. “The guys did a phenomenal job learning how to ride that rugged terrain,” said Nutsch, who worked on a cattle ranch and participated in rodeos in college. Even so, riding requires muscles most Americans don’t use every day, and after a long day in the saddle, the Soldiers were in excruciating pain, especially as the stirrups were far too short. They had to start jerky-rigging the stirrups with parachute cord.

“Initially you had a different horse for every move ... and you’d have a different one, different gait or



ARMY PHOTOS

Starting Oct. 19, 2001, 12-man Special Forces detachments from the U.S. Army Special Operations Command’s 5th Special Forces Group (Airborne) began arriving in Afghanistan in the middle of the night, transported by Aviators from the 160th Special Operations Aviation Battalion (Airborne). They were the first ground Soldiers of the war on terrorism following 9-11 and their mission was to destroy the Taliban regime and deny Al-Qaida sanctuary in Afghanistan.

just willingness to follow the commands of the rider,” Nutsch remembered. “A lot of them didn’t have a bit or it was a very crude bit. The guys had to work through all of that and use less than optimal gear. Eventually we got the same pool of horses we were using regularly.”

Nutsch had always been a history buff and he had carefully studied Civil War cavalry charges and tactics, but he had never expected to ride horses into battle. In fact, it was the first time American Soldiers rode to war on horseback since World War II and this ancient form of warfare was now considered unconventional.

“We’re blending, basically, 19th-century tactics with 20th-century weapons and 21st-century technology in the form of GPS, satellite communications, American air power,” Nutsch pointed out.

AUDACITY

And there were military tactics involved. Even the timing of the attacks was crucial. Nutsch remembers wondering why the Northern Alliance wanted to go after the Taliban midafternoon instead of in the morning, but it accounted for their slower speed on horseback, while still leaving time to consolidate any gains before darkness fell. They didn’t have night vision goggles.

Supported by the Green



Army special operators confer with Afghan chieftains and resistance fighters.

Berets, Northern Alliance fighters directly confronted the Taliban over and over again. Some factions, like Nutsch’s, relied on horses for that first month. Others had pickup trucks or other vehicles, but they usually charged into battle armed with little more than AK-47s, machine guns, grenades and a few handfuls of ammunition. Meanwhile, the Taliban had tanks and armored personnel carriers and antiaircraft guns they used as cannons, all left behind by the Soviets when

they evacuated Afghanistan in the 1980s.

It took a lot of heart, a lot of courage. “We heard a loud roar coming from the west,” said Master Sgt. Keith Gamble, then a weapons sergeant on ODA 585, as he remembered one firefight. “We had no clue what it was until we saw about 500 to 1,000 NA soldiers charging up the ridge line. I called it a ‘Brave Heart’ charge. What the NA didn’t realize was that the route leading up the ridgeline was heavily mined. The NA did not fare

too well, as they received numerous injuries and had to retreat. We continued to pound the ridge line with bombs until the NA took it that evening.”

“They weren’t suicidal,” Nutsch, who worked with different ethnic groups, agreed, “but they did have the courage to get up and quickly close that distance

on those vehicles so they could eliminate that vehicle or that crew. We witnessed their bravery on several occasions where they charged down our flank (to attack) these armored vehicles or these air defense guns that are being used in a direct fire role, and kill the crew and capture that gun for our own use.”

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‘12 Strong’ offers a unique view into Special Operations

By Staff Sgt. Marcus Butler
1st Special Forces Group
(Airborne)
Public Affairs

Joint Base Lewis-McChord, Wa. — The legacy of the Horse Soldiers comes from the fire, pain and ash of the attacks on 9/11.

Detached from the grey scenery and dead silence at that time, Special Operations were fashioning their own immediate and deadly response. This response came in the form of a select group of operators composed of Army Special Forces and Air Force Special Operations to take the fight to the Taliban threat.

A joint effort of the Army and Air Force Exchange Service, Army Special Operations Recruiting Battalion and the 1st Special Forces Group (Airborne) the unique presentation of “12 Strong” was offered at no charge to promote the collaborative theme of the movie and to highlight what it means to be a part of Special Operations.

Inside the theater, Col. Will Beaurpere, the 1st SFG (A) commander, had an opportunity to explain to the audience the significance of the mission behind the movie and to pay homage to those that it represented.

“What you will see here tonight is an accurate portrayal of the service and sacrifice of our teams and their families,” said Beaurpere. “It gives a glimpse into what that experience truly was like as our operators are standing side by side with our partner forces and sister services to combat a genuine and dangerous threat.”

Outside of Cary Theater,

Green Berets from 1st SFG (A) displayed for the more than 900 in attendance an array of specialized equipment to include weapons and tactical vehicles. They used this opportunity to engage the audience and answer questions about life in Special Forces.

“My grandfather served three tours in Vietnam, and I think it is great to be able to see Soldiers and their equipment first hand,” said Michael Strum, a 15-year-old grandson of an Army veteran. “It makes me proud to know that we have men like these out there fighting for us.”

In conjunction with the Green Berets, Special Operations Recruiting Battalion recruiters answered questions for those interested in pursuing a path in the Special Operations career fields.

“This event is significant to our mission at the SORB. It is going to help individuals better understand the actual duties of a Special Operations team, and the integration of the 160th Special Operations Aviation Regiment,” said Sgt. 1st Class Shawn Kroeck, recruiter and Assistant Station Commander.

Kroeck added, “Many people are under the impression that all Special Forces is capable of is blow down doors, and kill people. When truthfully, that is only a small part of the SOF capabilities. This movie and event is a great testament to that and was a great platform to educate and inform people on what it means to be in special operation.”

Beaurpere shed light on what it means to be a Special Forces Soldier.

“As Green Berets are often



PHOTOS BY STAFF SGT. MARCUS BUTLER

Reserve Officer Training Corps Cadets reach out to pet one of the horses from the movie ‘12 Strong: The Declassified True Story of the Horse Soldiers,’ Jan. 13 at Carey Theater, Joint Base Lewis-McChord, Wa.

the first in, we fully understand that it is a team effort. We create time and space for conventional forces to accomplish their mission, while simultaneously integrating their skillsets into our overall scheme of maneuver,” he said.

“What makes Special Operation Forces so unique is because of the approach is taken to accomplish their given mission. Special Operations community takes the indigenous approach,” said Beaurpere. “We partner with our allies to help them accomplish their objectives with specialized training in language, weapons, medical, communication, and engineering.”



Command Sgt. Maj. Tony Labrec, the senior enlisted leader of the 1st Special Forces Group (Airborne), talks with patrons coming to see the special showing of the movie ‘12 Strong: The Declassified True Story of the Horse Soldiers.’

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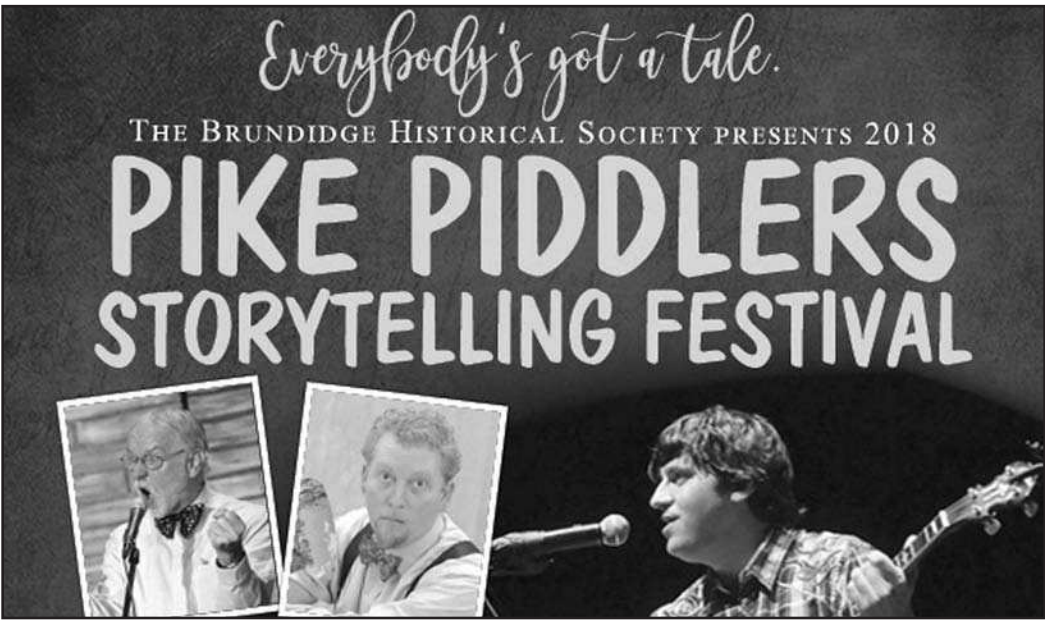
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Top tellers back for Pike Piddlers festival

Army Flier
Staff Reports

The Pike Piddlers Storytelling Festival is scheduled for Jan. 26-27 at the We Piddle Around Theater in Brundidge and the Trojan Center Theater on the campus of Troy University. Donald Davis, Josh Goforth, Tim Lowry and Elizabeth Ellis will headline this year's festival. All four are favorite tellers at the National Storytelling Festival in Jonesborough, Tennessee.

The Pike Piddlers Storytelling Festival will open to a sold-out audience Jan. 26. The festival will continue Jan. 27 with three storytelling concerts at 10 a.m., with a cost of \$10; 2 p.m., with a cost of \$15; and 6:30 p.m., with a cost of \$10 at the Trojan Center Theater on the campus of Troy University. Tickets are available by calling 334-344-9427 or 670-6302 or 685-5524. Tickets are also available at The Messenger on South Brundidge Street in Troy.



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

JAN. 25 — The Wiregrass-Enterprise Chapter, National Active and Retired Federal Employees will hold its monthly lunch program at 11 a.m. at PoFolks Restaurant. The guest speaker will be Eugene Goolsby, Enterprise city councilman, who will talk about current developments, concerns and challenges for the progress of Enterprise, as well as answer questions that relate to individual citizens and the NARFE membership. NARFE is the organization dedicated to maintain and protect the benefits of active and retired federal employees. All federal employees, active or retired, are invited to attend and benefit from the information that relates to them at the Enterprise NARFE lunch programs regularly

scheduled every fourth Thursday of the month at 11 a.m. at PoFolks. For more information, call 334-393-0492.

JAN. 27 — The Friends of the Enterprise Public Library is holding a book sale from 9 a.m. to 2 p.m. in the second floor meeting room of the library. Selected stock will be priced to go at 25 cents. The library is located at 101 East Grubbs Street. For more information, visit <http://www.friendsofenterpriselibrary.org/>.

FEB. 3 — Club Yesepoch, Inc., will host its 20th annual Community-Wide Black History Banquet at 6 p.m. at the Enterprise Civic Center. The guest speaker will be LeRonne Riddick-Seals of RiddickSeals Legal Group. Club Yesepoch, Inc. is a nonprofit, charitable organization composed of black wWomen in Enterprise. Tickets cost \$25 and they may be obtained from club members. For more information, call 334-790-2339 or 334-406-9895.

JAN. 29 AND FEB. 5 — Beginning Foxtrot dance lessons are being offered at the Hildreth Building, 202 N. Main Street from 6:30-7:30 p.m. The cost is \$3 per person per evening. For more information call 393-4811.

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.

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

FEB. 8 — The Above the Best Silver Chapter of the U.S. Army Warrant Officer Association will host its monthly meeting at 11:45 a.m. at Swartworth Hall, Rms. 4-5, at 5802 Outlaw Street on Fort Rucker. This is a monthly meeting to prepare for the upcoming 100th anniversary of the U.S. Army Warrant Officer cohort. Refreshments and lunch will be served. All warrant officers, past and present, are invited to attend. For more information, call 912-312-6446 or 703-665-7004.

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.

Beyond Briefs

Run the Beach

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 Sunday, Sea Turtle Half-Marathon Feb. 17 and Kaiser Realty by Wyndham Vacation Rentals Coastal Half-Marathon Nov. 24.

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.

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, Wednesday 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/>.

Volunteer day at Montgomery Zoo

Volunteer Spring Serve Day at the Mont-

gomery 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, fifers 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/>.

FIRST TO GO:

Green Berets remember earliest mission in Afghanistan

By Elizabeth M. Collins
Army News Service

(Editor's Note: This is the third of a three-part series on the U.S. Army's initial missions in Afghanistan.)

WASHINGTON — The movie “12 Strong” arrived in theaters Friday. The movie tells the harrowing story of the first U.S. special forces mission in Afghanistan following the Sept. 11 terrorist attacks.

The following Army.mil three-part feature recounts the events of the Green Berets’ first mission in Afghanistan as they sought to destroy the Taliban regime and deny Al-Qaida sanctuary in that country.

BOMB STRIKES

One of the primary and most important functions of the Special Forces teams during the early days of Afghanistan operations was calling in air strikes, supported by combat controllers from Air Force Special Operations Command. The U.S. military had been bombing the Taliban for a couple of weeks, but in a land of caves and mountains and small villages, it was difficult to distinguish targets.

To help level the field and give the resistance forces a chance, the U.S. had to get rid of those tanks, armored carriers and anti-aircraft guns. Once they got on the ground, Soldiers identified enemy targets, and skilled Airmen called in those targets and quickly began picking off the Taliban and Al Qaeda. They also called for resupplies and humanitarian assistance drops.

“The sole focus of that combat controller was to bring that air-to-ground interface, so to look for areas where we could establish an airhead, where we could land aircraft, where we could bring supplies where we could do air-drops,” explained former combat controller and retired Chief Master Sgt. Calvin Markham, who received a Silver Star for the operation.

“The other side of it was to



PHOTO BY CHERYLE RIVAS

CW2 Brad Fowers, Master Sgt. Keith Gamble, Maj. Mark Nutsch, Air Force Lt. Col. Allison Black and author Doug Stanton pose in front of De Oppresso Liber, or the Horse Soldier, a 16-foot bronze statue honoring the work of Special Forces Soldiers in Afghanistan at the beginning of Operation Enduring Freedom in the last months of 2001. Recently rededicated, the statue stands near ground zero in New York. Fowers, Gamble and Nutsch served on some of the Special Forces teams that the statute recognizes. Stanton wrote a best-selling book about some of their experiences, ‘Horse Soldiers.’

bring that close air support expertise with our air traffic control background, having multiple stacks of aircraft ... from fighters to bombers overhead,” he said.

“It annihilated the enemy,” he continued, noting that the beginning of Operation Enduring Freedom was the first time B-52s had been used for close air support since the Vietnam War. “I think it really broke their will to fight. You kill 10, 15 enemy combatants on the battlefield at one time, I’m sure it’s a devastating blow to them, but when you’re talking about hundreds of enemy combatants losing their lives from one strike, it makes the other guys think about what they’re doing and that maybe they should retreat.”

The success of the bomb strikes also encouraged other fighters, who were perhaps on the fence, to join the coalition.

“We fought for about a month and a half to two months, constantly air attacks, air attacks, air



PHOTO BY MAJ. MARK NUTSCH

Starting Oct. 19, 2001, 12-man Special Forces detachments from the U.S. Army Special Operations Command’s 5th Special Forces Group (Airborne) began arriving in Afghanistan in the middle of the night, transported by Aviators from the 160th Special Operations Aviation Battalion (Airborne).

attacks on all of the Taliban positions, until it got to a point where we moved forward and took their lines and they just kind of went back to the populace,” said Master Sgt. Keith Gamble, then a weapons sergeant on ODA 585.

“Once we started dropping bombs on the enemy, their [civilians] whole attitude changed,” Gamble added. “They were loving us. A lot of (sodas) came out.

A lot of really good food came out. We were their heroes.”

AN ERRANT STRIKE

There were tragedies as well as successes. Fowers’ team had a communications sergeant shot in the neck as they tried to advance across a heavily defended bridge. Then, the next day, Dec. 5, came one of the worst tragedies in those first months. A new GPS system resulted in some confused coordinates and a huge bomb – a joint direct attack munition – dropped inside his ODA’s perimeter, killing three Americans and perhaps a dozen Afghan soldiers, and wounding almost everyone, including Fowers.

“I actually thought I had been hit with an RPG,” he remembered. “I thought I had taken a direct round to the chest. I thought we were getting attacked. I was thrown probably a good five or six feet and I think I went unconscious for a little bit. When I came to, the Afghans that had

been perching near us had been killed. I remember crawling over and grabbing one of their AKs and going over by our little mortar pit. I remember just waiting for the advancing threat I thought was coming up over the hill.”

Fowers and his team were eventually medically evacuated out of Afghanistan. Operation Enduring Freedom was in its infancy and evacuation processes and local medical facilities had not yet been established. He has received multiple Bronze Stars and a Purple Heart throughout his career.

Maj. Mark Nutsch’s deployment lasted about three months and earned him a Bronze Star with valor, while Gamble was in country until the end of January. He was seriously wounded on a subsequent deployment to Iraq and retired after a long career with multiple awards, including a Bronze Star and Purple Heart. Like Markham, who has lost count of his deployments, all of the men have deployed multiple times. Nutsch has even returned to Afghanistan on charitable humanitarian missions.

NEW YORK

Today, a 16-foot, bronze statue of an Special Forces Soldier on horseback, named De Oppresso Liber – the Special Forces motto, “to free the oppressed” – or the Horse Soldier, stands near Ground Zero in New York, watching over the 9-11 memorial and honoring those first special operations teams.

“Every time I go and look at it, it’s pretty powerful,” said Gamble. “It shows the bond between us and the first responders, the guys here in New York who went into Ground Zero, who rushed into the buildings to save as many people as they could, and then us, once we got the call, we were in Afghanistan taking care of the people who frigging decided to have this act of terror against us on our ground.

“Every time I see it, I get goose bumps, seeing the stuff we did over there, the good things we did, the response America had to what happened to us.”

DOD seeks to connect with America

By Lisa Ferdinando
Defense Media Activity

WASHINGTON — The Defense Department is launching an initiative called “This Is Your Military” to highlight the work of service members, dispel myths about military service and increase awareness among the American people, the deputy assistant to the secretary of defense for outreach announced Jan. 18.

The effort, which kicks off Feb. 1, aims to introduce the American people to the 1

percent of the population serving, Amber Smith said at a Bipartisan Policy Center panel discussion titled “Warrior Caste: Who Will Serve in America’s Future Military?”

“We want to showcase how the military is relevant to Americans’ lives on a daily basis, and how innovative the department is, and how we’re a force for good,” she said.

Internal data indicate the civilian-military divide is expanding, she noted. “That ultimately is a threat to the viability and

the sustainability of the all-volunteer force, which in the long term has some national security risks.”

SHARING THE MILITARY STORY

The “This Is Your Military” effort will highlight missions the American people might not connect the military to, Smith said, such as hurricane relief efforts in Florida, Texas and Puerto Rico.

Further, Smith said, DOD wants to dispel misperceptions about military life – for example, that people leave service physically or emotionally broken.

Also, she said, incorrect information is out there about what jobs women can serve in, and that characterizes military life as lonely and not family friendly.

“We just want to get the facts out there and, in doing so, balance the scale,” Smith said. “So, yes, people might still be familiar with the negatives, but they’re also familiar with the positives that come along with serving.”

The effort aims to reach people who are not familiar with the military or may not know the positives of service, she explained. “We really want to articulate a message of what the military is doing, tell that military story to a nonmilitary audience, and really create some interest for people who don’t necessarily care.”

ON VARIOUS PLATFORMS

Outreach efforts will include coverage of sporting events and military engagements, as well as videos, photos, graphics and other products, Smith said.

The initiative will conduct outreach on Facebook, Instagram and Twitter, all tied together with the #KnowYourMil hashtag.

Each month, the initiative will highlight an aspect of military life such as military jobs and benefits, entrepreneurship and innovation, global missions and family life.

The initiative will work with all the military services and leverage their existing outreach programs as well, she said.



DOD GRAPHIC

The Defense Department launches its ‘This Is Your Military’ initiative Feb. 1 to highlight the work of the men and women of the military, dispel myths about military service and increase awareness among the American public.

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JANUARY 25, 2018

BY POPULAR DEMAND

Customer requests lead to powerlifting competition on post

By Jeremy Henderson
Army Flier Staff Writer

Individuals interested in stepping up to the bar to test their mettle will soon get their opportunity.

Fort Rucker's Battle at the Barbell: Powerlifting Competition takes place Feb. 10 at the Fort Rucker Physical Fitness Center on Andrews Avenue and, according to Zea Urbiztondo, fitness program specialist, the event was created due to overwhelming requests.

"This has been very patron-driven with requests from Soldiers and other fitness enthusiasts asking for a powerlifting competition to be held on Fort Rucker," she said. "There are several that have been hosted in nearby gyms and other military installations that people have to travel to, so they were looking for something closer."

"It has been a few years since the last weightlifting-type competition has been held on Fort Rucker," she added. "With the growing trends in the powerlifting and Olympic weightlifting communities, it was definitely a great opportunity to try to bring it back."

Early weigh-in takes place Feb. 9 from 5-7 p.m. at the Fort Rucker PFC. Competitors may also register and weigh-in the day of the event from 8-8:45 a.m. A mandatory event-day athlete meeting will be held at the PFC from 8:45-9 a.m. The competition begins at 9 a.m.

Urbiztondo said the increased popularity in weight training directly aids combat readiness.

"Weight training as a whole is very important in order to build muscle and strengthen your body," she said. "By training appropriately and increasing your weights while training, your body builds muscle and adapts to the weight of loads. So when you look at in-



PHOTO BY JEREMY HENDERSON

Jessica Ingalls, center, Fort Rucker physical fitness specialist and personal trainer, guides participants through strength training sets during a recent 'Hardcore' group fitness class. The post will host the Battle at the Barbell: Powerlifting Competition Feb. 10 at the Fort Rucker Physical Fitness Center on Andrews Avenue.

stances such as distance rucks with 50-pound packs on your back, having to lift tactical equipment into the backs of trucks, or having to carry a comrade away from a danger zone while deployed – incorporating weight training into your exercise program is crucial as a tactical athlete."

Powerlifting is a weightlifting sport where the main goal is to determine overall strength, she added. It is based off three main lifts: squat, bench press and deadlift. The lifter has three attempts to lift the heaviest weight for a single repetition.

"These three movements are often referred to as the big three because they set a solid foundation for many other movements," Urbiztondo said. "Being able to perform the squat, bench press and deadlift safely and correctly helps with overall strength gains and in-

creased core stability."

Whereas bench presses target the chest and squads target the lower body along with the back, Urbiztondo said the deadlift combines numerous muscles throughout the entire body.

"The deadlift is the most effective full-body exercise because so many muscles move simultaneously," she said. "It is probably one of the best ways to measure strength because of the complexity of the movement and the amount of muscles utilized."

"When done correctly, the deadlift strengthens the upper and lower body, as well as the back and core muscles, which are crucial for overall stabilization and injury prevention," she added. "Deadlifts also work on grip strength and are very relatable to real life application. You are always going to be picking things up off the ground

such as grocery bags, furniture, equipment, etc."

Although the competition will welcome numerous advanced powerlifters and athletes, Urbiztondo said beginners are also encouraged to sign up.

"This is a great event for all lifters to participate in, no matter their experience," she said. "Even if you do not have a lot of lifting experience, it is always great to challenge yourself to push as hard as you can. Find out what the rules and regulations are, learn how to do the lifts safely and correctly, and give competing a try."

"Everyone has to start somewhere and there is no better place to be inspired and motivated than being around others who are all pushing to the best of their abilities," she added. "Many people who try powerlifting for the first time fall in love with it. Even if

you have never competed before, now is the time to step out of your comfort zone and experience something new."

Less experienced lifters can also attend an upcoming pre-competition clinic to help prepare them for the event.

"There will be a free informative pre-competition clinic held at the PFC [Saturday] for anyone interested in competing or just wanting more information," Urbiztondo said. "We will go over rules and regulations, what is expected of each lift and any questions people may have."

Registration for the competition is \$45 before Feb. 1 and \$55 afterwards. Registration can be paid at the front desk of the PFC and is open until the morning of the event.

For more information, call 255-2296.



TRICARE GRAPHIC

TRICARE patients urged to keep current payment information

TRICARE
Press Release

FALLS CHURCH, Va. — With the changes to new stateside regions and contractors, you may need to update your payment option to guarantee continued payment of your TRICARE enrollment fees and monthly premiums if you pay through bank electronic fund transfer, debit or credit card.

If you currently pay by allotment through the Defense Finance Accounting System, you will not need to take any action.

Through Dec. 31, there were three TRICARE regions in the United States. As of Jan. 1, TRICARE North and TRICARE South combined to form TRICARE East. TRICARE West largely remains the same.

"As we embark on a new era in TRICARE, we want to help ensure a smooth transition for beneficiaries," said Ken Canestrini, Director, TRICARE Health Plans. "One of the first things they should do is make sure their payments are going to the right place!"

Humana Military now manages the East region contract.

The East Region is a merger of the North and South Regions and includes: Alabama, Arkansas, Connecticut, Delaware, the District of Columbia, Florida, Georgia, Illinois, Indiana, Iowa (Rock Island area), Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Mississippi, Missouri (St. Louis area), New Hampshire, New Jersey, New York,

SEE TRICARE, PAGE D3

PARADIGM SHIFT

Major advances occurring in traumatic brain injury care for Soldiers

By David Vergun
Army News Service

WASHINGTON — New developments in traumatic brain injury prevention, diagnosis and treatment are certain to improve patient health among Soldiers, as well as improve Army readiness, said the director of the Army's Traumatic Brain Injury program within the Office of the Army Surgeon General recently.

Tracie Lattimore, said that new tests for assessing TBI are available this year. One such test allows providers to determine if a patient's eyes are tracking properly, and helps patients indicate if they are experiencing double vision or an increase of other symptoms. The test can determine whether or not "oculomotor dysfunction" is present.

Oculomotor dysfunction, which involves the eye's inability to locate and fixate on objects in the field of vision, occurs in 40 to 60 percent of TBI cases, Lattimore said.

Also of benefit to providers and their patients are two new FDA-approved devices, including one called BrainScope and another called InfraScan, Lattimore said.

BrainScope measures and analyzes the brain's electrical activity to aid in the evaluation of patients who are being considered for a head CT scan [to detect bleeding in a closed head injury]. The BrainScope device is portable and rugged, and can be used in a variety of militarily-relevant scenarios. Lattimore said she is hopeful the devices can be distributed more broadly in the near future.

InfraScan uses near-infrared spectroscopy to detect potential brain bleeds, and is also meant for use in patients who are being considered for a head CT scan.



PHOTO BY STAFF SGT. EVELYN CHAVEZ

Air Force Senior Airman Freddy Toruno, diagnostic imaging technologist, positions a service member for a CT scan at Bagram Air Field, Afghanistan's Craig Joint Theater Hospital, July 24, 2014. The CT scan helps radiologists diagnose different types of disease and injuries, such as traumatic brain injuries.

PREVENTION

Lattimore said a study of concussions among college athletes, including some at military academies, is gathering interesting data on TBI prevention.

The study, which is still producing information, indicates that someone who experienced TBI often had one or more sub-concussive hits in the hours or days leading up to the hit that resulted in concussion, Lattimore said. This indicates that those smaller hits had a cumulative effect.

The study is an effort between the National Collegiate Athletic Association and the Department of Defense Grand Alliance.

Another interesting finding from the study was that in 2002, concussed players were returned to play after a few days, and then experienced a more severe concussion just 5.2 days after the first concussion, Lattimore said.

Now, the NCAA keeps players out of the game until they are symptom-

free – on average, 12 to 14 days after the first concussion.

With this increased recovery time after concussion, the average athlete did not experience a second concussion until 72 days after the first, and it was much less severe than the second concussion experienced by athletes in the 2002 study.

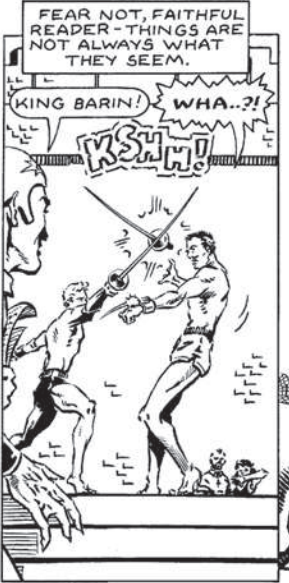
"This study validates the DOD's hallmark policy for concussion management in deployed settings, which beginning in 2010 removed Soldiers who sustained a concussion from duty until symptom-free," Lattimore said.

Lattimore said the study demonstrates that if a Soldier is removed from training or the war fight for an adequate recovery time, it results in an optimized capability when he or she is returned, while likely reducing the frequency and severity of additional injuries.

"That message needs to be communicated, not just to medical

SEE ADVANCES, PAGE D3

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. LITERATURE: What is Hagrid's first name in the Harry Potter book series?
2. HISTORY: In what modern-day country did the ancient Etruscan civilization once thrive?
3. U.S. STATES: What is the state capital of New Hampshire?
4. U.S. PRESIDENTS: Where was President Lyndon Johnson sworn into office?
5. MOVIES: What was the name of Roy Hobbs' baseball bat in "The Natural"?
6. ANIMAL KINGDOM: What kind of animals would a cryptozoologist study?
7. MYTHOLOGY: Who was Castor's twin brother?
8. INVENTIONS: Who is credited with inventing blue jeans?
9. TELEVISION: In what sitcom series was the character of Frasier Crane introduced?
10. WORLD GEOGRAPHY: What is the capital of Portugal?

See Page D3 for this week's answers.

Super Crossword

Snake Handling

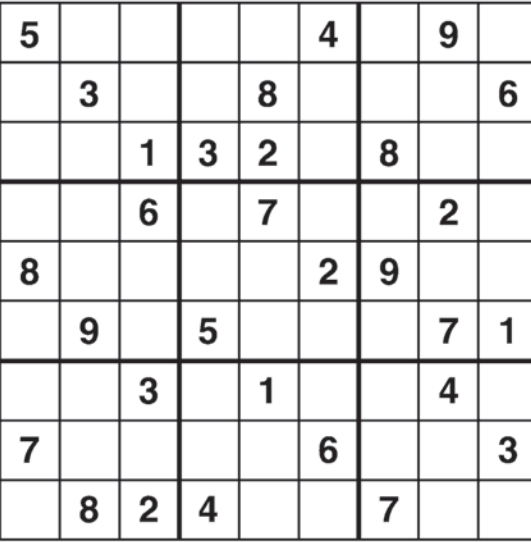
- ACROSS**
- 1 Appear on the scene
 - 7 Mystery writer
 - 13 Sister of Snow White
 - 20 Canadian dollar coin
 - 21 As well
 - 22 Retired female prof
 - 23 Mischievous snake?
 - 25 Capitol Hill bigwig
 - 26 Bicycle part
 - 27 Like Saturn
 - 28 Ink-filled tool
 - 29 Blend
 - 30 One of the Musketeers
 - 32 Graceful bird
 - 34 Touchy- (overly emotional)
 - 35 Greets with a head bob
 - 37 What there is when a snake is inside a keg?
 - 42 Sioux tribe member
 - 43 Beagle bride
 - 45 Yoko
 - 46 Golfer Palmer
 - 46 Vienna is its cap.
- DOWN**
- 47 Study of snake vision?
 - 50 Bottom line
 - 52 HP or Dell products
 - 55 Confused
 - 56 Noble act
 - 57 St. Louis Arch
 - 58 Canoe
 - 59 Variety
 - 60 Skeletal axis
 - 62 Snake with a talk show?
 - 65 1980s TV's "Remington"
 - 68 "Crash" actor
 - 69 Peaceful
 - 70 Snake's relatives?
 - 73 Arcade game
 - 75 TV prizes
 - 76 See 81-Down
 - 77 Union foe
 - 78 Billfold filler
 - 82 Org. fining polluters
 - 83 1:50, e.g.
 - 85 Noodles shaped like knotted snakes?
- EMERALD, e.g.**
- 89 Symbol of a team
 - 91 Camera type, for short
 - 92 Frying vessel
 - 93 Thing that hones a snake's skills?
 - 98 Part of TLC
 - 100 Gather up
 - 101 Treater's phrase
 - 102 Sobbing soul
 - 104 Sour
 - 105 Tit-for-
 - 106 "Pretty nice!"
 - 110 Now being broadcast
 - 113 Living an isolated life
 - 115 Snake's balderdash?
 - 117 Aromatic
 - 118 Gazed
 - 119 "— down the hatch!"
 - 120 "No, No, —" (old musical)
 - 121 Mistake list
 - 122 Broom room
- DERIVES FROM logic**
- 5 Rule
 - 5 Rule breaker, e.g.
 - 6 Always, to poets
 - 7 On the line
 - 8 Hired hood
 - 9 Snug as —
 - 10 "It Had — You"
 - 11 Sticks with, as a belief
 - 12 Nibbled away
 - 13 Transmit again
 - 14 Boding sign
 - 15 Sun Yat- —
 - 16 Pencil tops
 - 17 John of "Three's Company"
 - 18 Star, to Pierre
 - 19 Baseballer
 - 24 Prefix with cycle
 - 28 Infamous box opener
 - 31 Lyric poems sung by single voices
 - 33 Newswoman
 - 34 "As I Lay Dying" novelist
 - 35 Star burst
- BIG ELEVATOR producer**
- 38 Incursion
 - 39 Curve part
 - 40 Connections
 - 41 Lamb's call
 - 44 Frank
 - 48 Pass gingerly
 - 49 Golf ball supporter
 - 51 Pull along
 - 52 Funeral pile
 - 53 French city on the Orne
 - 54 — terrier (dog breed)
 - 57 Internet auction site
 - 59 Ghana's land
 - 61 Wall coatings
 - 62 Film snippet
 - 63 Petroleum
 - 64 Actress
 - 65 "Peter Pan" pirate
 - 66 Pack down tightly
 - 67 Actress
 - 68 Where some very big birds are raised
 - 71 Goldfish part
 - 72 Superhero insect
 - 73 Put-on
 - 74 Mai — (rum drinks)
- SURFEIT**
- 79 Hopefuls
 - 80 Jazzman
 - 81 With 76-Across, quit, informally
 - 84 "Jimmy" has two
 - 85 Pre-A.D. abbr.
 - 86 Suffix with ball or bass
 - 87 Suggestion
 - 88 Body signal
 - 90 Unthrifty type
 - 93 Mete (out)
 - 94 Actress
 - 95 Seyfried
 - 96 30-year late-night host
 - 97 Rapsy
 - 98 Kigali's land
 - 99 Rome's Via
- TOKYO, once**
- 103 Tokyo, once
 - 105 Tightly strung
 - 107 Polish river
 - 108 Prefix with byte
 - 109 Boone of baseball
 - 111 "Gotcha"
 - 112 Pay to live in
 - 114 Filming locale
 - 115 Pal of Tarzan
 - 116 "Go On" network



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

L-BENTI Four numbers in the L-shaped grouping at right total 17, the lowest total of any such L-shaped cluster in the diagram. Just for fun, see if you can find an L-shaped four-some adding to the highest such total, 28.

L's may be in any direction, short side up, down left or right. Remember, L's is to total 28.

NAME GAME! Ann's a fan, so is Dan, Nan, Jan, and Fran. Less is a mess, so is Tess, Bess, Wes, and Jess. May's away, so is Fay, Ray, Clay, and Kay. See if you can think of some.

LOST CONTINENT? Anagrams of names of seven major European cities are given above. That is to say, letters of each city's name are scrambled. You are asked to unscramble them.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

P.S.: They are cities in the following countries (in order): France, Spain, Greece, Hungary, Finland, The Netherlands, Denmark.

Wishing Well

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

SCORE 10 points for using all the letters in the word below to form two complete words:

OUTSIDER

THEN score 2 points each for all words of four letters or more found among the letters.

Try to score at least 50 points.

Possible Income: \$out, det.

Wishing Well

3 6 2 4 5 8 5 3 7 4 5 8 5
L C Y T E A V I A A E H N
4 6 3 2 6 4 8 7 2 3 4 2 6
K A F O S E A C U E A A H
5 2 4 6 2 7 5 3 6 8 6 2 8
T R C I E C F I N P A T P
2 4 8 2 5 4 6 7 2 7 2 6 4
H Y E U A L L L A E E N
3 2 6 8 6 7 4 7 6 7 2 6
M A T M I T M C I E S D R
3 5 7 8 2 5 2 5 4 8 5 7 8
P L Y A E W R E E R E O R
3 8 3 8 3 7 8 3 7 8 3 7 5
R I O A V U G E R E S S K

HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

1. Hat is missing. 2. Hat is missing. 3. Hat is missing. 4. Hat is missing. 5. Hat is missing. 6. Hat is missing. 7. Hat is missing. 8. Hat is missing. 9. Hat is missing. 10. Hat is missing. 11. Hat is missing. 12. Hat is missing. 13. Hat is missing. 14. Hat is missing. 15. Hat is missing. 16. Hat is missing. 17. Hat is missing. 18. Hat is missing. 19. Hat is missing. 20. Hat is missing. 21. Hat is missing. 22. Hat is missing. 23. Hat is missing. 24. Hat is missing. 25. Hat is missing. 26. Hat is missing. 27. Hat is missing. 28. Hat is missing. 29. Hat is missing. 30. Hat is missing. 31. Hat is missing. 32. Hat is missing. 33. Hat is missing. 34. Hat is missing. 35. Hat is missing. 36. Hat is missing. 37. Hat is missing. 38. Hat is missing. 39. Hat is missing. 40. Hat is missing. 41. Hat is missing. 42. Hat is missing. 43. Hat is missing. 44. Hat is missing. 45. Hat is missing. 46. Hat is missing. 47. Hat is missing. 48. Hat is missing. 49. Hat is missing. 50. Hat is missing. 51. Hat is missing. 52. Hat is missing. 53. Hat is missing. 54. Hat is missing. 55. Hat is missing. 56. Hat is missing. 57. Hat is missing. 58. Hat is missing. 59. Hat is missing. 60. Hat is missing. 61. Hat is missing. 62. Hat is missing. 63. Hat is missing. 64. Hat is missing. 65. Hat is missing. 66. Hat is missing. 67. Hat is missing. 68. Hat is missing. 69. Hat is missing. 70. Hat is missing. 71. Hat is missing. 72. Hat is missing. 73. Hat is missing. 74. Hat is missing. 75. Hat is missing. 76. Hat is missing. 77. Hat is missing. 78. Hat is missing. 79. Hat is missing. 80. Hat is missing. 81. Hat is missing. 82. Hat is missing. 83. Hat is missing. 84. Hat is missing. 85. Hat is missing. 86. Hat is missing. 87. Hat is missing. 88. Hat is missing. 89. Hat is missing. 90. Hat is missing. 91. Hat is missing. 92. Hat is missing. 93. Hat is missing. 94. Hat is missing. 95. Hat is missing. 96. Hat is missing. 97. Hat is missing. 98. Hat is missing. 99. Hat is missing. 100. Hat is missing. 101. Hat is missing. 102. Hat is missing. 103. Hat is missing. 104. Hat is missing. 105. Hat is missing. 106. Hat is missing. 107. Hat is missing. 108. Hat is missing. 109. Hat is missing. 110. Hat is missing. 111. Hat is missing. 112. Hat is missing. 113. Hat is missing. 114. Hat is missing. 115. Hat is missing. 116. Hat is missing. 117. Hat is missing. 118. Hat is missing. 119. Hat is missing. 120. Hat is missing. 121. Hat is missing. 122. Hat is missing.

OLYMPIC DREAMS

Luge athlete perseveres through heartache, injury to compete

By Joe Lacdan
Army News Service

(Editor's note: This is the second in a two-part series on a Soldier athlete with the Army World Class Athlete Program who is scheduled to compete in the Olympics in February.)

In May 2014, Emily remained withdrawn from the luge community. The Army provided just the wakeup call she needed to get back on track with her sport.

She received orders to attend Warrior Leader Course (now the Basic Leader Course) that spring at Fort Dix, New Jersey. During the month-long course, she took tests on her leadership skills, land navigation and various drills to prepare to become an NCO.

After giving up her strict luge-related training routine and regular exercising, Emily had lost muscle mass. She'd dropped 20 pounds from her 5-foot-5-inch frame. As a result, for the first time since enlisting in the Guard, she failed to score a 300 on her Army Physical Fitness Test.

"(WLC) kind of pulled me out," said Sweeney. "It gave me a schedule that I had to adhere to again. I kind of got back into the military mode and then after that



PHOTO BY SPC. JENNILY LEON

Sgt. Emily Sweeney receives congratulations after competing in a sprint run race Dec. 16 at the Lake Placid Olympic Center. Sweeney qualified for her first Olympics after not making the 2010 and 2014 teams.

I got back into my training."

Shortly after graduating WLC, Sweeney resumed luge-related activities. She began lifting weights again, and changed her routine, and began working out at JEKL gym in Plainville, Connecticut. There Sweeney took part in grueling gymnastics-based training to strengthen her core muscles using various gymnastics apparatus pieces including rings, the high bar and parallel bars.

"It definitely put me in my place pretty quickly," Sweeney said.

The old Emily had returned,

away from the luge track too. She began reconnecting with friends. She spoke with family members more often.

And that familiar smile came back.

"Everybody always kids her about her smile — she always has a big smile on her face," said her mother, Sue. "But it's true — it's part of who she is. Once you start to see her smile coming back, you know she's starting to feel much more like herself."

In December 2015, during World Cup competition on their home track in Lake Placid,

Sweeney and teammates Erin Hamlin and Summer Britcher swept the field. It marked the first time the U.S. women knocked out the dominant German team.

"We're more of a force to be reckoned with now," Sweeney said.

During a fall, Sweeney suffered injury to her wrist that required surgery in 2016, proving to be a minor setback. But she bounced back to stellar marks in 2017.

"The (wrist) injury really didn't worry me," USA Luge coach Bill Tavares said. "For her it was all mental. When I knew that she was mentally strong coming into this year then there was no worry on my part."

HITTING HER STRIDE

The 4,242-foot luge course in Winterberg, Germany presents a daunting challenge to competitive lugers. Those who accept its challenge must enter the course's labyrinth in near-perfect form. In November, Sweeney and her USA teammates traveled to Winterberg to face the mighty German team that built an Olympic juggernaut on this course.

At the track's midpoint, a turn drops competitors into the labyrinth where sled speeds multiply.

After placing second earlier in the World Cup competition at on this track, mishaps on one of her runs sent Sweeney tumbling out of contention and she thought she missed her chance to clinch an Olympic berth.

But then she bounced back later that day to take her first World Cup gold in the sprint race, upsetting 2014 Olympic champion, Germany's Natalie Geisenberger, on her home course. Instead, her shot at an Olympic berth would have to wait.

When dealing with the difficult highs and lows of competing against the best in the world, she turned to Grandpa Sweeney. Emily said her grandfather helped keep her grounded and objective while remaining committed to her family and country.

"He's probably a big part of her personality," Sue said. "He's always been one of her best friends. And she's looked to him for advice."

As Sweeney begins final preparations for the Winter Games, she will do so with a heavy heart. Jack Sweeney passed away at age 88 on Jan. 3. Emily said her grandfather helped keep her grounded and objective while remaining committed to her family and country.

Advances

Continued from Page D1

personnel, but to every Army leader," Lattimore said.

TREATMENT

The standard concussion treatment, from 2008 to 2016, had been informally called "cocooning," Lattimore said. The treatment required patients to not exert themselves physically or mentally, to not watch TV, to not exercise, and to get plenty of sleep until they recovered.

Medical professionals now understand

that cocooning is the wrong approach, Lattimore said.

After reviewing literature and patient experiences over the last four-to-five years, it was found that the only activities that must be limited are those that exacerbate symptoms, she said.

The DOD started moving in this direction with the release of the progressive return to activity guideline for concussed patients, Lattimore said. However, the evidence has grown even stronger for this model since its release.

After 24 to 48 hours of rest, Lattimore

said, patients should be encouraged to be active, as long as the specific activity does not put them at risk for another head injury or provoke their symptoms.

"This is an enormous paradigm shift from the 'cocoon care' model," she said.

With oculomotor dysfunction, it's now understood that rest will not resolve symptoms. Instead, effective treatment for oculomotor dysfunction often involves practicing muscle memory under the guidance of a physical or occupational therapist, Lattimore said.

If the patient fails the pen test, for in-

stance, he or she might respond to another sensory input, such as an acoustic clicker attached to the end of a pen.

Many of the advances in TBI prevention, diagnosis and treatment, Lattimore said, are so new that the Army is just now finishing up the process of evaluating how best to incorporate them into assessment protocols.

Many Army medical personnel are not yet aware of the developments, she said. However by the end of this year, she said that updated tools and training will be available to push the information out across the Army.

TRICARE

Continued from Page D1

North Carolina, Ohio, Oklahoma, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas (excluding El Paso area), Vermont, Virginia, West Virginia and Wisconsin.

Health Net Federal Services, LLC, now manages the West region contract.

The West Region includes: Alaska, Arizona, California, Colorado, Hawaii, Idaho, Iowa (excludes Rock Island arsenal area), Kansas, Minnesota, Missouri (except St. Louis area), Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas (southwestern corner including El Paso), Utah, Washington and Wyoming.

You no longer are able to make payments via paper

check. Acceptable methods of payment continue to be allotment, electronic funds transfer, and debit or credit card. If you sign in to your regional contractor's website to make payments online, this option also still exists.

If you currently pay your enrollment fees or premiums by allotment through a DFAS or other Uniformed Services Pay Center, you do not need to update your payment information. Your payments automatically transferred to the new regional contractor on Jan. 1. Unless you cancel your allotment, TRICARE will continue to deduct your enrollment fees and premiums.

Also, if you pay by allotment and received a letter from Humana Military regarding updating your payment information, this letter was sent to you in error. If you cancelled

your allotment, please contact Humana Military.

If you live in an area where a new regional contractor will be delivering services, you need to update your payment information to go to your new regional contractor. This applies if you currently pay enrollment fees or premiums by electronic funds transfer from your checking or savings account or via a debit or credit card.

You must proactively update your payment information to make sure payments start going to your new regional contractor and stop going to your previous regional contractor. This action will help you avoid disenrollment from TRICARE.

For more information, visit the TRICARE changes page at <https://tricare.mil/changes>.

FORT RUCKER SPORTS BRIEFS

Powerlifting competition

The Fort Rucker Lifting Club will host its Battle at the Barbell: Powerlifting Competition Feb. 10 at the Fort Rucker Physical Fitness Center. The male and female divisions will be judged by weight class. The competition will have three elements: flat bench press, back squats and deadlift. The competition is open to all authorized ID holders.

For more information, call 255-2296.

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.

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

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

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Rubens
2. Italy
3. Concord
4. Aboard Air Force One, following the assassination of President John Kennedy.
5. "Wonderboy"
6. Legendary animals like the Loch Ness monster or Bigfoot
7. Pollux
8. Levi Strauss
9. "Cheers"
10. Lisbon

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THE DYNASTY CONTINUES!

17

2017 College Football National Champions

ALABAMA CRIMSON TIDE

Tuesday, January 9, 2018

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"For I heard them say, 'Let us go to Dothan.'" — Genesis 37:17

Stay Connected!

ALABAMA 26, GEORGIA 23

Never Tua late!



Alabama's Tua Tagovailoa raises the championship trophy after overtime of the NCAA college football playoff championship game against Georgia on Monday in Atlanta.

THE ASSOCIATED PRESS

Tide, Saban win fifth title in nine years

BY JON JOHNSON

johanson@dothaneagle.com

ATLANTA

It was freshman to freshman. It was elation.

It was an improbable ending to an unbelievable battle.

The University of Alabama football team finished the job on the same field where it began the season in the most dramatic fashion imaginable.

The Crimson Tide rallied from a 20-7 second-half deficit to tie the game with under four minutes to play and then won the game in overtime as freshman quarterback Tua Tagovailoa threw a 41-yard touchdown pass to freshman DeVonta Smith for a 26-23 victory.

It gave Alabama another national championship, the fifth under coach Nick Saban in the last nine years, and set off a wild celebration on the field for the Tide players and one in the stands for the fans of the team.

The Tide had a chance to win it on the final play of regulation, but a 36-yard field goal try by Andy Pappanastos was wide left as time expired, sending the game into overtime.

"Obviously this is a fantastic night for the University of Alabama," Saban said. "I couldn't be prouder of the players for their resiliency that they showed in the game."

Alabama started the season in the new Atlanta stadium with a dominating 24-7 win over Florida State and was ranked No. 1 in the nation for much of the season.

The only stumbling block came at Auburn in the regular-season finale when the Tigers pulled off a 26-14 victory. At that point, it appeared Alabama might be left out of the College Football Playoffs.

However, when the CFP committee voted to include Alabama in the four-team playoff, the Crimson Tide certainly took advantage of being given new life.

Alabama trounced Clemson, ranked No. 1 going into the playoffs, 24-6 in the

Sugar Bowl on Jan. 1 to earn the right to face Georgia for all of the marbles.

On Monday, the Bulldogs looked to be the better team in the first half in jumping out to a 13-0 lead by halftime.

It was during the intermission that Saban decided to give Tagovailoa a shot at running the offense since starting quarterback Jalen Hurts had struggled in the first two quarters.

Tagovailoa started the second half and remained in the saddle to lead the team to the championship win.

"We needed a spark on offense, and Tua certainly gave us that and did a really good job," Saban said.

Tagovailoa completed 14 of 24 passes for 166 yards and three touchdowns. He threw a 6-yard pass to Henry Ruggs III in the third quarter, connected with Calvin Ridley on a 7-yard TD pass in the fourth quarter to tie the game and then hit Smith with the winning strike in overtime.

Georgia scored first in overtime when

Rodrigo Blankenship kicked a 51-yarder to put Georgia up 23-20 and put the pressure on Alabama.

On Alabama's first play in overtime, Tagovailoa was sacked for a 16-yard loss, and things looked dim. However, Tagovailoa responded by connecting with Smith on the next play with a beautiful pass down the left side to the streaking receiver who hauled in the game-winner.

While Alabama's defense struggled at times during a game in which Georgia built a 20-7 lead midway through the third quarter, the unit made big plays to keep Alabama close.

"The defense stepped up when they had to," Saban said. "To overcome adversity of missing a field goal in regulation and then win the game in overtime, it was a great football game."

"You have to give Georgia a lot of credit. They really played well."

"But I'm so proud of our players for the way they came back. It was a great team win."

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