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Now is the time to address military readiness shortfalls

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ARMY FLIER

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ON THE ROAD AGAIN

Biker Blessing mixes spiritual resiliency with safety



Chaplain (Capt.) Nwag Bara performs blessings for bikers during the Biker Blessing and Breakfast in front of Wings Chapel last year.

PHOTO BY NATHAN PFÄU

By Nathan Pfau
Army Flier Staff Writer

As the weather heats up, motorcyclists are heating up their engines and taking to the roads in increasing numbers, and post officials want to make sure all motorists keep it safe out there.

The Fort Rucker Religious Support Office is helping to keep people aware of motorcycle safety through its Biker Blessing and Breakfast, which will be held on the lawn and parking lot of Wings Chapel April 8 from 8-11 a.m., where people will come for food and fellowship, but most importantly to promote safety and resiliency, according to Chaplain (Maj.) Colie Foster, 1st Aviation Brigade chaplain.

"This is an opportunity for active-duty Soldiers, retirees and civilians who are motorcycle enthusiasts to come out and have some fellowship with one another and meet some new friends," he said. "We really want to push hard for the cyclist to be aware of his or her surroundings, but also for the non-riders to be aware that the cyclist is around."

The event will feature unit safety checks

to start, followed by breakfast and fellowship, with performances by the praise band. There will be a group biker blessing, followed by individual blessings – an opportunity for people to combine their motorcycle safety habits with their spiritual resiliency, said the chaplain.

"The purpose is to help promote the Motorcycle Mentorship Program, and also blend it as a resiliency-type program and the spiritual aspect into the motorcycle program we have here on Fort Rucker," he said.

The biker blessings is also an opportunity for riders to participate in a check ride if they so wish, said Foster, which will not be organized by the RSO, but those in attendance.

People are encouraged to RSVP for the event. For more information on the event or to RSVP, call 255-2723.

The main aspect of the event is to focus on safety, which is not something riders or motorists should ever take lightly, said the chaplain.

Foster, who has been riding for about

SEE BLESSING, PAGE A4

EASING THE BURDEN

Free tax services continue as tax deadline looms

Army Flier
Staff Reports

As the April 18 national deadline approaches, the Fort Rucker Tax Center remains open for business, and a staff of fully trained preparers stands at the ready to help ease the burdens of tax season for Soldiers, families and retirees.

Located in Bldg. 5700, Rm. 371F, the center offers free service to help alleviate stress and save people money, said Tod Clayton, volunteer income tax assistant coordinator at the tax center.

Last year, the tax center prepared and filed more than 2,400 federal and state returns, saving Soldiers, families and retirees nearly \$445,000 in tax preparation fees. Additionally, the refunds people received amounted to more than \$3 million, he said.

The tax center is open Mondays-Fridays from 9 a.m. to 5 p.m. through April 21, and people should make an appointment to use the service, which also offers free electronic filing for Soldiers, family members and retirees.

The tax center will remain open until April 21, however, according to Clayton, tax services are available year round at the Office of the Staff Judge Advocate, Client Services Division, Bldg. 5700, Rm. 320.

Patrons must have a valid military ID and bring in their previous year's tax returns to take advantage of the services provided at the tax center, and Soldiers on Reserve status must be on Title-10 orders and bring their call-to-active duty orders in order to use the center.

"This is a free service and people need to take advantage of it," Clayton said. "The average return typically costs between \$75-150, depending on the forms that they use. It can get costly, and they don't tell you that it costs extra to do the state return. These days, everybody needs help saving a little money."

The tax center also offers a drop-off service, which allows single Soldiers to come in and drop off their income tax paperwork, and return in 48 hours to go over their complete return with a tax representative, said Clayton. Soldiers must return between the hours of 9-11 a.m., Mondays-Fridays for their returns.

"We don't need a full one-hour appointment to do most single Soldiers' tax returns, so this frees up a lot of time for

us to serve as many people as we can," he said.

Single Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms. For more information on drop-off services, call 255-2937 or 255-2938.

When visiting the tax center, people should remember to bring all tax forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous year's return if available; power of attorney papers if available; 1099-G forms for gambling winnings, unemployment compensations, etc.; and 1099-MISC for payments received for non-employment compensation.

People should also bring their bank routing numbers, as well as their account numbers if they wish to have their returns deposited directly into their bank accounts. That information can be found on a check tied to the specific account they wish to use.

Although the tax center is an invaluable resource to people on the installation, the facility is limited in the services it can provide. The center can't provide services for businesses or for those with more than one rental property, but most simple tax returns shouldn't be a problem, said Clayton.

People who may need to amend their tax returns can call the OSJA Clients Services Division for an appointment after May 15 at 255-3482.

For more information or to schedule an appointment for the tax center, call 255-2937 or 255-2938.



COURTESY GRAPHIC



PHOTO BY NATHAN PFÄU

CW4 James Hagerty, an Aviation accident investigator with the U.S. Army Combat Readiness Safety Center and UH-60 Black Hawk pilot, stands with the painting, 'Infill,' displayed on the second floor of the U.S. Army Aviation Museum.

Aviator donates painting to museum

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Aviation museum is widely known for its vast collection of aircraft that tells the story of Army Aviation, but many might miss the more subtle pieces of art that have stories of their own.

One of those stories belongs to CW4 James Hagerty, an Aviation accident investigator with the U.S. Army Combat Readiness Safety Center and UH-60 Black Hawk pilot, who recently donated a piece of his work that was added to the museum's permanent collection.

The painting that Hagerty donated, called "Infill," tells the story of his time while stationed in Afghanistan in 2013 with the 3rd Infantry Division and depicts a Black Hawk hovering over a group of Soldiers as they set out to complete their mission. During his time there, his unit's mission was to fly Soldiers on time-sensitive missions to perform infiltrations, so this painting tells one of those stories.

"This painting is one when we were downrange and worked with the Australians, and it was just inspired by missions we did with those guys," he said. "My inspiration is drawn from Army Aviation ... and these paintings capture little snippets of Aviation history."

"It allows people to see some of the environments that we've operated in and some of the styles of missions that we've done," he continued. "With every painting there is a story behind it, and this preserves that story."

Those stories are the reason people

“People come to see the machines and the rich history of Aviation Soldiers, and it is important to remember that history is being made around the world every day by Soldiers like [Hagerty] and others.”

— ROBERT MITCHELL,
U.S. ARMY AVIATION MUSEUM
CURATOR

frequent museum, according to Robert Mitchell, U.S. Army Aviation Museum curator, who was more than happy to add Hagerty's work to the museum's collection and, in turn, to add to Army Aviation's storied past.

"The Army Aviation Museum is the repository for the Army's material culture," said the curator. "People come to see the machines and the rich history of Aviation Soldiers, and it is important to remember that history is being made around the world every day by Soldiers like [Hagerty] and others."

"Some of these talented artists within the ranks share their work with the Museum and give the visitor insights into real-world operations," he continued. "It is both an honor and a privilege to showcase their work."

"Infill" is only one of many works

SEE PAINTING, PAGE A5

PERSPECTIVE

TRADOC CSM:

Putting ‘leader’ back into advanced, senior leader courses

By Command Sgt. Maj. David S. Davenport Sr.
U.S. Army Training and Doctrine Command
Command Sergeant Major

(Editor’s note: This originally appeared on the TRADOC CSM Blog – posted on Monday. For more from the TRADOC CSM, visit <http://tradocnews.org/category/straight-from-the-csm/>.)

FORT EUSTIS, Va. – As I prepare for the upcoming town hall, I wanted to update you on concerns about the relevance and rigor of our noncommissioned officer professional military education.

We have the results of several Army-wide surveys and studies that have provided valuable insight into the effectiveness of NCO PME, and we are taking action. As part of a larger effort to improve PME, we are developing a common core curriculum to be standard in all of our Advanced and Senior Leader Courses.

LOUD AND CLEAR

Since 2005, the Center for Army Leadership has conducted an Annual Survey of Army Leadership. Active-duty, Army National Guard and Army Reserve Soldiers in the rank of sergeant through colonel are asked to answer a series of questions on leadership, some of which are the same each year. By asking the same questions over time, we are able to garner valuable analytical data that helps identify where we need to improve.

For the past seven years, the CASAL results have indicated that 47 to 56 percent of you do not perceive NCO PME to be effective at improving your leadership capabilities, and the courses did not adequately prepare you for assuming increased responsibilities.

- Some of your comments include:
- not enough emphasis on leadership skills, too much technical training;
 - content is outdated, not challenging;
 - course was not relevant, did not prepare me for my next job; and
 - was just a check-the-box requirement, so I could get promoted.

These sentiments were validated in one of the largest Army surveys ever conducted, the NCO 2020 Survey. With a 21-percent response rate from the 390,000 sergeants to master sergeants surveyed in 2013, you overwhelmingly expressed your dissatisfaction with our education system, while clearly stating that leadership education is important to you.

When asked what should be given the highest emphasis in PME, 76 percent replied “leadership skills.” Considering that there is no standard leadership curriculum for ALC and SLC, there is certainly a gap in what our courses are providing and what your expectations are.



Davenport

Additionally, in 2014 the Department of the Army Inspector General conducted an Army-wide inspection of leader development. Over the course of six months, the IG visited active-duty and Reserve component units at eight continental U.S. locations and two locations outside the U.S., finding much the same results.

The report indicated that 97 percent of NCOs interviewed claimed that the NCO Education System was heavily focused on technical skills with very little focus on leadership development. The IG report recommended that TRADOC develop an education strategy and revise Programs of Instruction to emphasize the importance of professional education as a key component of leader development.

MOVING OUT

An essential element of the NCO 2020 Strategy is focused on leader development. In fact, several of the key tasks within the Development line of effort are directed at improving and rebalancing NCO PME. Based on the strategy, a Department of the Army Execution Order directed TRADOC to develop a standard common core curriculum for ALC and SLC, and we are moving out on it.

For the past several months, the great training developers at the United States Army Sergeants Major Academy have been diligently writing lesson plans to support the common core initiative. Aimed at providing a balance of knowledge and abilities, needed at the right rank, which builds upon each level of PME, the common core will be progressive

and sequential providing our NCOs the leadership skills they need.

For example, at the Basic Leader Course, our future sergeants will learn how to conduct training and will be taught the skills needed to give a class focused on individual training tasks.

Later at ALC, the NCO will be taught training management focused on planning and executing small unit collective training events. At SLC, future platoon sergeants will receive a deeper education on training management and resourcing collective training requirements. This progressive and sequential approach will be applied throughout the common core curriculum.

WAY AHEAD

While a lot of good work has gone into determining gaps in our education and developing the right curriculum to close those gaps, there is still a lot of work to do before you will see our courses change. With 169 different POIs for ALC and SLC and the challenges that come with delivering PME to our Army National Guard and Army Reserve partners, we are taking a deliberate and methodical approach to implementing common core.

It will be a few years before we are complete, but as the old adage goes, “anything worth doing is worth doing well.”

In the meantime, I want to keep hearing from you. Join us for the upcoming State of NCO Development Town Hall 4 today at 11 a.m. EDT. I value your feedback and look forward to seeing you there.

REVOLUTIONARY CHANGE

Our NCOES has been what sets our Army above all others. It is because we invest in the development of our NCOs that we are the envy of our allies and enemies alike.

In 1973, Army senior leaders committed to the development of our NCOs. Coming out of a long, protracted fight in Vietnam and transforming to an all-volunteer force, there was a need for a professional NCO Corps. That year, TRADOC was established, the NCO Creed was written, doctrine was published on preparing for a known threat and the NCOES was established with four levels of PME.

Today, we are winding down from another long, protracted war while facing an ever-increasing operational tempo. Army doctrine has been overhauled to reflect an unknowable threat, and our senior leaders are investing in the improved development of our NCOs and evolving NCOES into the NCO Professional Development System, with six levels of PME.

These are historic times for our NCO Corps, with changes designed to produce the best trained and educated NCOs capable of adapting and winning in a complex world. It is time we put the “Leader” back into our Advanced and Senior Leader Courses.

Victory starts here.

Rotor Wash

“Weather can often become unpredictable, especially with April showers on the way. What are some ways people can prepare for severe weather?”



W01 Michael Vance,
1st Bn., 145th Avn. Regt.

“Keep an eye out for any national alerts. Drive slower if the roads are wet, especially if you can’t see.”



Spc. Hunter Bordelon,
1st Bn., 223rd Avn. Regt.

“You can never go wrong with stocking up on water.”



Sgt. Joseph Love,
8th Army, South Korea

“Just make sure you’re prepared by having all of your wet-weather gear, and have a survival kit with canned goods, water, radio and keep extra batteries.”



Victoria Lopez,
military spouse

“Have water and supplies ready. What I try to do is get all of that ready and have a weather radio so you can stay informed. When the rain comes get on the channels and stay informed.”



Laney Howard,
military spouse

“Stay prepared by making an emergency kit together, and make sure to stock up on food and water.”

COMMAND

Maj. Gen. William K. Gayler
FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Jim Hughes
ACTING EDITOR 255-1239
jhughes@armyflyer.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR... 255-2253
jhenderson@armyflyer.com

Nathan Pfau

STAFF WRITER..... 255-2690
npfau@armyflyer.com

BUSINESS OFFICE

Robert T. Jesswein
PROJECT MANAGER 702-6032
rjesswein@dothaneagle.com

Jerry Morgan
REGIONAL SALES DIRECTOR 702-2631
jmorgan@dothaneagle.com

Laren Allgood
DISPLAY ADVERTISING 393-9718
lallgood@eprisenow.com

Mable Rutten
DISPLAY ADVERTISING 393-9713
mrutten@eprisenow.com

Ollie Koshelieva
DISPLAY ADVERTISING 393-9709
okoshelieva@eprisenow.com
CLASSIFIED ADS.....(800) 779-2557

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

JCS CHAIRMAN:

Now is the time to address military readiness shortfalls

By Jim Garamone
Defense Media Activity

WASHINGTON — Military readiness must be bolstered, Defense Department leaders told the Senate Appropriations Defense Subcommittee March 22.

Defense Secretary Jim Mattis and Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, told the senators that sequestration gutted military readiness and asked the committee to approve a \$30 billion amendment to the fiscal year 2017 defense budget request to help the department recover.

Dunford was quick to point out that service members are sacrificing and that because of those sacrifices, “the joint forces can defend the homeland and our way of life, we can meet our alliance commitments and we maintain an overall competitive advantage over any potential adversary.”

The general does not want any potential adversary to think the United States cannot defend itself. Still, if the current budget climate is allowed to continue, the U.S. competitive advantage will continue to erode, he said.

Military actions around the globe create their own form of erosion.

“Fifteen years of war have also taken a toll on our people and our equipment,” Dunford said. “Many of our men and women continue to deploy as much as they are home. Similarly, our platforms, weapons and equipment are showing signs of wear. In many cases, we have far exceeded the planned service life for our vehicles, our aircraft and our ships.”

DELAYED MODERNIZATION

Budget battles also impose readiness blockages.

“Eight years of continuing resolutions and the absence of predictable funding has forced the department to prioritize near-



PHOTO BY NAVY PETTY OFFICER 2ND CLASS DOMINIQUE A. PINEIRO

Defense Secretary Jim Mattis and Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, speak with Rhode Island Senator Jack Reed at the Senate Appropriations Defense Subcommittee hearing on Capitol Hill March 22.

term readiness at the expense of modernization and advanced capability development,” the general said. “We now face what has been described as a bow wave of modernization requirements for both our nuclear and our conventional forces.”

Potential foes see this, he said, and invest money into capabilities in space, cyber, electronic warfare and missile defense, closing the gap between themselves and the United States.

“It’s important that we reverse that trend,” Dunford added.

The fiscal 2017 defense budget request is a much-needed first step that will address the most urgent near-term readiness concerns, the chairman said. It will fund current operations, address personnel shortfalls, resource training and improve maintenance across the joint force.

“The additional request for resources also allows us to procure limited quantities of needed equipment to fill holes in our deploying units,” he said.

The budget amendment also contains \$5.8 billion for overseas contingency op-

erations that will allow the military to accelerate the campaign against the Islamic State of Iraq and Syria, Dunford said.

“From my perspective, not having the OCO money will restrict our ability actually to accelerate the campaign and seize opportunities,” the general said. “We’ll lose some flexibility.”

The extra money is needed to buy spare parts, ammunition and for more Soldiers, Sailors, Airmen and Marines.

“We really do have many of our people that are home about an equal amount of time to the time they deployed,” the chairman told the subcommittee. “I visited one U.S. Navy ship last September. They were under way in a previous 12 months 70 percent of the time. They were at sea because of an important ballistic missile defense capability.”

EQUIPMENT SHORTAGES

The budget asks for some extra equipment. “We see that particularly in the case of the Aviation enterprise, where units have fewer aircraft than they rate,” he

said, which creates two problems.

The first is the unit doesn’t have the system needed to go to war. “The other is they don’t have sufficient aircraft to train,” Dunford said. “And so, our pilots also have degraded readiness as a result of not having sufficient aircraft.”

The chairman used a Navy squadron in Oceana Naval Air Base, Virginia, as an example. The squadron rates 10 aircraft but actually has just five mission-ready aircraft.

“You can’t get pilots to the right level of training proficiency on those five aircraft, which has two effects: one, is a readiness effect,” he said. “The other is, over time, a morale issue. We see the same thing with helicopters in the Army.”

The chairman’s experiences over the past decade give him a much broader definition of readiness.

“To me, it’s about what actions are necessary to make units whole, to allow them to be combat-effective and deployable,” he said. “Today, it’s a combination not only of maintaining equipment that we have, not only addressing the spare parts shortfall, but actually ... now replacing shadows [on] the ramp where equipment doesn’t physically exist in the unit at a material condition that would allow us to deploy it.”

Now is the time to address this situation, he said. Any delay just pushes the readiness problem down the road. The military will ensure that units deploying in harm’s way have the training, personnel, spare parts and equipment they need. But the units at home station will be stripped, and the cost to bring readiness to acceptable levels will be much greater further down the budgetary road.

“So admittedly, some of these initiatives won’t realize a readiness benefit until 2019 or ‘20, but if we don’t take the action in ‘17, that will simply become 2021 or ‘22,” he said.

3rd arm may lessen Soldier’s burden, increase lethality

By Sean Kimmons
Army News Service

HUNTSVILLE — Future ground troops may one day have a third arm device attached to their protective vests that will hold their weapon, lessening the weight on their arms and freeing up their hands for other tasks.

Weighing less than 4 pounds, the body-worn weapon mount is currently undergoing testing at the Army Research Laboratory, where researchers hope the lightweight device will ensure Soldiers pack a more powerful punch in combat.

“We’re looking at a new way for the Soldier to interface with the weapon,” said Zac Wingard, a mechanical engineer for the lab’s Weapons and Materials Research Directorate. “It is not a product – it is simply a way to study how far we can push the ballistic performance of future weapons without increasing Soldier burden.”

Today, some Soldiers are weighed down by combat loads that exceed 110 pounds. Those heavy loads, he said, may worsen as high energy weapons, which could be larger with heavier ammunition, are developed for future warfare.



COURTESY PHOTO

The Army Research Laboratory is developing a third arm passive mechanical appendage that could lessen Soldier burden and increase lethality.

“You wind up pushing that Soldier’s combat load up beyond 120 pounds and they’re already overburdened,” he said in mid-March at the Association of the United States Army’s Global Force Symposium. “We [now] have Soldiers in their late teens and early 20s and they’re getting broken sometimes in training before they see a day in combat.”

The goal of the third arm device is to redirect all of a weapon’s weight to the body, making it easier for the Soldier to carry a more lethal firearm.

“With this configuration right

now, we can go up to 20 pounds and take all of that weight off of the arms,” said Dan Baechle, also a mechanical engineer.

The passive mechanical appendage, which is made out of carbon fiber composite, can be used in the prone position and on both sides of the body.

To test the device, researchers are conducting a pilot with a few Soldiers using an M4 carbine on a firing range at Aberdeen Proving Ground in Maryland. As part of the pilot, Baechle said, the Soldiers wear electromyography sensors on their arms and upper

body to measure muscle activity to determine if there’s a change in fatigue when shooting with the device.

Researchers also score the Soldiers’ shots to see if there’s an improvement in marksmanship.

“The research and development we’re focused on now is refining this device,” Baechle said, adding that they’re also working on it with the lab’s Human Research and Engineering Directorate.

Further research will look at answering questions by the Soldiers, such as if the device will get in the way if they wear a medical kit on the side or a magazine pouch in the front. “Those are all future use issues that we’re going to address in future iterations,” he said.

While the M4 is the only weapon currently being tested with the device, Baechle said, they plan to investigate other types of weapons with different calibers, like an M249 squad automatic weapon or M240B machine gun.

“Imagine shoulder-firing either of these without the weight on your arms, and without all the recoil going into your shoulder,” he said.

The third arm could also allow

Soldiers to use future weapons with more recoil.

“We could potentially look at very high recoil systems that aren’t going to beat up on the Soldier like they normally would,” he said.

Researchers also plan to examine the device’s potential applications for various fighting techniques, like shoot-on-the-move, close-quarters combat, or even shooting around corners with augmented reality displays, he said.

Other possible applications for the device include helping a Soldier keep his weapon close by as he cuts through a barrier with a power saw during a breaching operation. A Soldier might also use it to carry a shield as he leads other Soldiers in clearing a room.

Before any field testing takes place, Baechle said, they hope to “ruggedize” the device to ensure it can withstand rigorous activity, such as having a Soldier fall to the ground with it.

“Right now we’re just doing proof of concept, so we’re not diving into the dirt with our only prototype,” he said. “But that’s something we would want to make sure we can do, because Soldiers will be doing that.”

News Briefs

Easter Sunrise Service

The Fort Rucker Community Easter Sunrise Service is scheduled for April 16 from 6:30-7:30 a.m. at Howze Field. The speaker will be Chaplain (Maj.) James P. Breckenridge, ethics instructor with the 1st Battalion, 145th Aviation Regiment and senior pastor of the traditional Protestant service in the Headquarters Chapel. The service will involve people of Fort Rucker and the neighboring communities.

For more details, call 255-2989 or 255-2012.

Spring cleaning

Fort Rucker’s spring clean-up is scheduled for Monday-April 6. Monday will be clean-up of interior offices and work areas, Tuesday will be clean-up of exterior areas and police call areas, and Wednesday will be continuation of interior and exterior clean-up, and also barracks common area clean-up. April 6 will consist of an inspection by the Fort Rucker garrison command sergeant major, the U.S. Army Aviation Center of Excellence command sergeant major and the Directorate of Public Works NCO in charge.

Hazardous materials, such as paint, batteries,

thinners, solvents, etc., can be taken to the hazardous materials collection point at Bldg. 1315. For more information on hazardous material disposal, call 255-2541.

For more information on spring clean-up activities, call 255-0739.

SHARP car wash

The Fort Rucker Installation Sexual Harassment/Assault Response and Prevention Team and U.S. Army Warrant Officer Career College Warrant Officer Candidate School Class 17-10 will host a SHARP Awareness Car Wash Saturday from 8:30 a.m. to 3:30 p.m. People will be treated to a free car wash as they meet the SHARP Team and receive information on preventing and increasing awareness of sexual assault and harassment.

For more information, call 255-2382.

Human resources closure

All branches of the Fort Rucker Directorate of Human Resources will be closed for training Monday from noon to 1 p.m. The closure will affect records and publications, Freedom of Information Act, printing, officials mail distribution center,

Army Substance Abuse Program, education center, military personnel, ID card section, reassignments, transitions, records, casualty assistance center, Soldier for Life, and in- and out-processing operations.

For emergency assistance during this time, people should call 334-467-5556.

AER golf tourney

The 27th annual Golf Tournament Benefiting Fort Rucker Army Emergency Relief is scheduled for April 7 at Silver Wings Golf Course. The tourney will be in four-person scramble format, with registration at 10 a.m. and a shotgun start at noon. Cost is \$65 per person, with SWGC members paying \$55. The cost includes cart, green fees, registration gift and hamburger lunch. Various prizes will be given out during the event. All proceeds will be donated to the Fort Rucker AER fund.

For more information or to register, call 800-448-4096 or 334-598-4411, Exts. 1249 or 1317.

Pharmacy change

Starting May 1, the Lyster Army Health Clinic Pharmacy will no longer accept drop-off forms for

all refill requests. It will be mandatory to phone in all prescription refills. Call 1-877-520-1623 or 334-255-7671.

Aviation Ball

The Landing will host the Aviation Ball April 8 from 6-11 p.m. Dress for military is dress mess or ASU with white shirt and bow tie. Civilian dress is formal. Meal choices are chicken cordon bleu, beef roast or vegetarian lasagna. Ticket prices are \$25 for E-6 and below, and \$35 for E-7 and above. To purchase tickets, contact your unit for point of contact information.

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 334-255-7930.

Clinic Closure

Lyster Army Health clinic will close at noon April 19 for training.

Blessing

Continued from Page A1

10 years, said that in his experience as a rider, he's learned that vigilance is one of the most important aspects of riding.

"I'm always scanning ... and I learned not to get fixated on one point out there while riding," he said. "You've got to constantly be observing your surroundings because you never know when a car or person is going to come out. The biggest thing I've learned is being observant and I practice that while behind the wheel of a car, but even more when I ride."

Before embarking on a ride, riders must remember to take all necessary precautions, make sure they know how to operate the vehicles safely and wear the right gear, according to Rebecca Ghostley, garrison safety director, adding that it begins with protective gear.

"Riders should always wear long-sleeved shirts, long pants, eye protection, gloves and over-the-ankle footwear. An armored jacket will offer additional protection," she said, "If riders are cycling at night, they should wear reflective gear," adding that shoe strings on boots should be tucked in.

Another factor for motorcyclists to be concerned with is driving defensively.

"The four deadly words are, 'I didn't see him,'" said the safety director. "Always assume that other drivers are not going to see you."

Those operating motorcycles aren't the only ones who need to be knowledgeable on motorcycle safety, said Ghostley, stressing that those who ride as passengers need to be just as knowledgeable as the drivers.

"Passengers should be dressed in the same protective gear as the driver and they need to understand the handling characteristics of a motorcycle, such as leaning," she said.

Riders should always make sure their motorcycle is in proper working condition and people should also be aware of the weather and the effects it may have on riding.

"Always check that tires are not over or under inflated and avoid riding in rough, stormy weather," said Ghostley. "If you plan on a long ride, always check the weather and try to always carry a rain suit in case you encounter an unexpected storm. Be particularly careful when it begins to rain because the rain hasn't had

time to clear the oily film off the road."

"Almost half of all fatal motorcycle accidents involved riders who had consumed alcohol. Even one drink can degrade your riding skills," she added.

With temperatures on the rise, many cyclists may head to the beaches of Florida to take advantage of the beach weather. Although the state does not require cyclists to wear helmets, Army regulation does, added Ghostley.

"People are made famous for thinking, 'It's not going to happen to me.' You can be the safest rider and still be in an accident; however, you can reduce your odds of serious injury by wearing protective equipment," she said.

Ghostley also had a few tips for people who are planning to go to local beaches and rent scooters.

"Sand can cover many roads, making them slippery, thus causing the scooter to be a little harder to handle should it start sliding," she said.

People should never wear shorts or flip-flops when riding a two-wheeled vehicle, Ghostley added.

For the rest of the community who stick to four wheels instead of two, Ghostley

asks them to always be on the lookout for cyclists.

"In this area we have a huge number of riders. Share the road and give riders plenty of room. Car drivers are found at fault in more than half of accidents involving motorcycles," she said.

Motorcycle safety courses are mandatory for Soldiers. There are three courses at Fort Rucker: the basic rider course, the experienced rider course and the military sport bike course. There's a regulatory requirement for all Soldiers who operate motorcycles to take the basic course. Then, within a year after taking it and every five years thereafter, riders are required to take one of the other two courses, depending on the style of bike they ride.

"We have a large number of classes available during the summer, but as soon as the weather gets warmer it will not be as easy to get into a class because they are going to fill up," said Ghostley.

Soldiers can register for the courses online at www.apps.imcom.army.mil/AIRS/default.aspx.

For more information visit www.rucker.army.mil/newcomers/motorcycles.html.



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Mon-Thurs: 7:10 & 9:15

II BEAUTY AND THE BEAST - PG
Thurs-Sun: 1:30, 4:00, 7:00 & 9:30
Mon-Thurs: 7:00 & 9:30

WESTGATE CENTER

III POWER RANGERS - PG-13
Thursday 3/30: 7:00 & 9:30
Fri-Sun: 1:30, 4:10, 7:00 & 9:30
Mon-Thurs: 7:00 & 9:30

IV LOGAN - R
Thursday 3/30: 7:00 & 9:35
Fri-Sun: 1:30, 4:10, 7:00 & 9:35
Mon-Thurs: 7:00 & 9:35

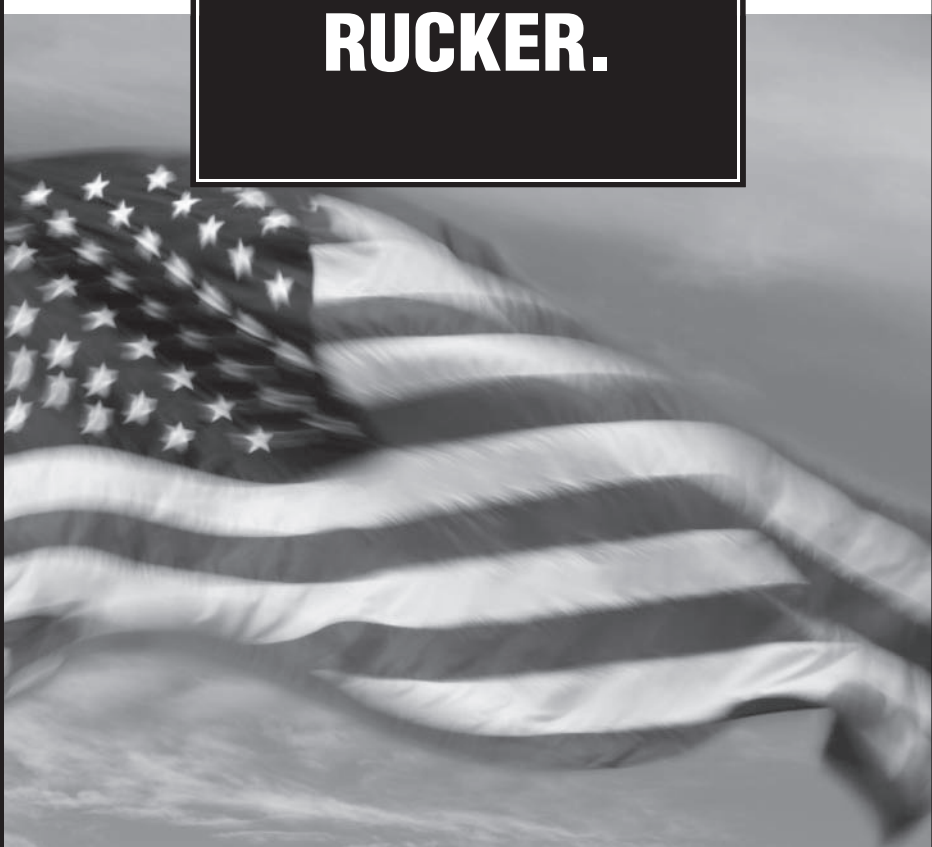
COLLEGE CINEMA • ENTERPRISE

I GHOST IN THE SHELL - PG-13
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Fri-Sun: 1:30, 4:00, 7:00 — 3D 9:25
Mon-Thurs: 7:00 — 3D 9:25


II LIFE - R
Thurs-Sun: 1:30, 4:00, 7:00 & 9:25
Mon-Thurs: 7:00 & 9:25

III KONG: SKULL ISLAND - PG-13
Thurs-Sun: 1:30, 4:00, 7:00 & 9:30
Mon-Thurs: 7:00 & 9:30


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Painting

Continued from Page A1

Hagerty has completed, but it was also one of the first paintings he'd ever done, having only started painting during his time in Afghanistan in 2013.

His interest in painting began when he drew his battalion's logo on a concrete barrier while downrange and he decided that the logo could use a bit of color, but he had no experience with painting. During his time in theater, he connected with a Soldier and noticed her affinity for the arts.

"I would always see her doodling and I asked her if she ever painted, and she said yes, so I asked her what kind of paint I should use since I've never painted before, and she told me acrylic," he said. "I ordered some acrylic paint and painted this emblem on the [barrier] wall and it turned out well, so I started ordering some canvases and this painting is one of the pieces I ended up with while I was out there."

Hagerty said he eventually got the idea to donate a piece of his work to the museum when a Soldier he worked with in the 3rd Inf. Div., who was previously stationed at Fort Rucker and volunteered at the Aviation museum, suggested that he donate his work.

"I never thought much about it, but when I got stationed here I approached [Mitchell] about it and he said he'd love to have some art from someone who was still active duty and [had work] that was actually painted in theater," the Aviator said.

Hagerty presented his piece and began the process to get his work accepted into the U.S. Army art collection, and now the painting is on display for all to enjoy.

Although he only began painting about four years ago, his story is one that proves that it's never too late to start something new, he said.

"It's easy to have a lot of regrets in life," Hagerty said. "[Painting] is something that I enjoy doing and it's something I didn't know I had a talent for until I

did it. So, I'd say if you have an ambition or something you've always wanted to do, whether its wood working, painting or climbing a mountain, I'd recommend at least trying it and seeing if it's something you're passionate about."

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Deep fried floured tortillas stuffed with cheese, chicken, refried beans & jalapeños.

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All of your favorites in one. Salsa, queso blanco & guacamole served with fresh tortilla chips.

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Texas Sausage 7.99
A ½ lb link of our grilled jalapeño infused sausage served with Texas toast, pickles & BBQ sauce. A true southwest original.

Loaded Queso Blanco 7.99
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Southwestern Shrimp* 7.99
½ lb of our fried shrimp tossed in a spicy southwest sauce.

Big "A" Onion Rings 7.49
Homemade & fried to a golden brown.

Texas Toothpicks 7.49
Thin strips of onions & mild jalapeños coated with a zesty batter & deep fried.

Chips & Salsa 4.99
Made daily from scratch

Homemade Sides

Baked Potato • Sweet Potato • Cinnamon Apples
Charro Beans and Rice • Cole Slaw
Green Beans • Mashed Potatoes & Gravy
Santa Fe Rice • Santa Fe Taters
Seasoned Fries • Steamed Vegetables
(Load your Potato or Fries .99 Extra)

Fresh Salads

All our of salads are made fresh to order & served with your choice of homemade salsa or dressing.

SALAD DRESSINGS INCLUDE:
Our homemade Chipotle Bacon Ranch, Salsa Vinaigrette, Ranch, Honey Mustard, 1000 Island, Bleu Cheese, Vinegar & Oil, Italian

Traditional Big "A" Salad* 10.49
Fresh mixed greens topped with shredded cheese, diced tomatoes, red onion rings, eggs & croutons with your choice of grilled chicken, fried chicken, steak or grilled shrimp.

Add grilled salmon for 11.49

Southwestern Cobb Salad 10.99
Enjoy our hickory grilled chicken, homemade corn & black bean salsa, shredded cheese, bacon & homemade pico de gallo on a bed of mixed greens.

Big "A" Caesar Salad* 10.49
Romaine lettuce, parmesan cheese & croutons with your choice of grilled chicken, fried chicken, steak or grilled shrimp.

Add grilled salmon for 11.49

Taco Salad* 10.99
Fresh mixed greens with your choice of shredded chicken or ground beef topped with shredded cheese, pico de gallo, sour cream, tortilla strips & guacamole served in a tortilla bowl.

Blackened Sirloin Salad* 10.99
Crisp romaine lettuce, tossed with our creamy Caesar dressing & topped with tender strips of blackened sirloin, tomatoes & crisp bacon.

Fiesta Salad* 10.99
Fresh greens topped with our homemade corn & black bean salsa, pico de gallo & fresh tortilla strips. Served with your choice of grilled shrimp, steak, or grilled chicken.

Soups

Chicken Tortilla Soup
Santa Fe Chili
Loaded Potato Soup
Cup 3.29 | Bowl 4.99

Jr. Deputy Meals

Only 6.99*

Sizzlin' Fajitas

A sizzling skillet of sautéed onions & peppers served with flour tortillas, charro beans & rice, lettuce, cheese, pico de gallo, sour cream & guacamole.

Chicken 14.49 / **Shrimp*** 16.99
Steak* 16.99 / **Combo*** 16.99

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Bubba's Sirloin*
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6oz - 10.99 | 9oz - 12.99 | 12oz - 15.99

14 oz New York Strip* 19.99
A generous cut of a "Cowboy's Favorite".

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12 oz - 17.49 | 16 oz - 20.49

Fork-Tender Filet*
Center cut tenderloin.
6 oz - 18.49 | 8 oz - 21.49

18 oz T-Bone* 21.99
A full flavored strip on one side & a folk tender filet on the other.

Steak Tips* 12.49
Tender cuts of steak with onions & peppers topped with melted cheese.

9 oz Sirloin & Shrimp Combo 17.99
Our famous 9 oz sirloin paired with ½ lb of fried or grilled shrimp.
Make it Southwest Shrimp for .99

Smothered Chopped Sirloin* 11.79
10 oz ground beef patty smothered with sautéed onions, mushrooms & brown gravy

Toppers & Steak Add On's

Fresh Garlic Butter .99
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Grilled Chicken 3.00
½ lb Grilled or Fried Shrimp 5.99
Sautéed onions & mushrooms 1.99

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Hot Pink Center *MEDIUM*
Warm Brown Center *MEDIUM WELL*
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Served with your choice of one homemade side & a house salad.

Chipotle Glazed Chops 13.99
Two 6 oz center-cut pork chops finished with a light Chipotle Glaze.

Fall Off The Bone Ribs
Slow cooked overnight & basted with our homemade chipotle BBQ sauce.
½ Slab 13.99 Full Slab 18.99

Combo Platters

The Cowboy Combo 17.99
One link of our signature Texas Sausage, a hickory grilled marinated chicken breast & a portion of our fall-off-the-bone ribs all basted in our zesty homemade chipotle glaze. Your choice of one homemade side & a salad.

Wagon Full* 29.99
Steak, Ribs & Chicken for 2, piled high on a sizzlin' fajita skillet over a bed of sautéed onions & mushrooms. Your choice of 2 homemade sides & 2 house salads.

Santa Fe Favorites

Served with your choice of one homemade side and a house salad.
**Excludes Southwest Chicken Pasta.*

Fried Catfish* 13.29
Crispy strips of farm raised catfish.

Grilled Salmon* 14.59
Hickory grilled hand-cut salmon served on a bed of Santa Fe rice.

Shrimp* 16.99
1 lb of fried or grilled shrimp
Make it Southwest Shrimp for .99

Southwest Grilled Tilapia* 14.59
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Southwest Chicken Pasta 12.99
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Chicken Santa Fe 12.29
A marinated hickory grilled chicken breast smothered with sautéed onions, mushrooms, bacon, Monterey jack cheese & drizzled with honey mustard.

Fried Chicken Tenders 11.99
Crispy, hand-breaded, white meat chicken tenders with your choice of honey mustard or chipotle BBQ sauce.

The Duke's Chicken Fried Steak 12.59
Lightly fried & covered with your choice of white or brown gravy.

Grilled Chicken 11.49
A hickory grilled marinated chicken breast served over a bed of Santa Fe rice.
Make it Southwest Style: queso blanco, corn & black bean salsa & tortilla strips, for no additional charge.

Steak Burgers

Our ½ lb steak burgers are ground in-house daily & served with crisp lettuce, fresh tomatoes, pickles & onions. Served with our homemade chipotle mayonnaise & a side of fries.
Add a house salad to any one of our burgers for 1.99

Cantina Burger* 8.99
Hickory grilled with all the trimmings.

Cheesy Burger* 9.49
Topped with Cheddar & Monterey jack cheese.
Add bacon for only .99

The Original "Death Burger"* 10.29
Topped with queso blanco, onions, fresh jalapeños & cheddar cheese.

Big "A" Burger* 11.99
Basted with chipotle BBQ sauce & topped with cheddar cheese, 2 strips of bacon & our hand breaded onion rings.

Mr. Goodtime Burger* 10.99
Colt Ford's very own ½ lb burger basted with chipotle BBQ sauce & stacked high with smoked bacon, cheddar cheese, fried jalapeños & onions.

* Hamburgers, steaks & seafood are cooked to order. Consuming Raw or Undercooked Meats, Poultry, Seafood, Shellfish or Eggs may increase your risk of foodborne illness. | TQ4-2016

Southwest Favorites

Santa Fe Enchiladas 10.49
Your choice of three ground beef or shredded chicken filled corn tortillas topped with our spicy ranchero sauce & melted cheese. Served with our Santa Fe rice & charro beans.

Quesadillas 9.49
A flour tortilla filled with fresh pico de gallo, cheese & your choice of shredded chicken, ground beef, shrimp or veggies.

South of the Border Burrito 9.99
A flour tortilla stuffed with rice, charro beans & your choice of ground beef or shredded chicken. Topped with our spicy ranchero sauce & shredded cheese. Garnished with shredded lettuce, pico de gallo, sour cream & guacamole.

Tacos - all served with your choice of flour or corn tortillas.
• (3) Ground Beef or Shredded Chicken - served with fresh cilantro & diced white onions 9.99
• (3) Steak* - served with fresh cilantro & diced white onions 11.99
• (3) Fish or Shrimp - served with coleslaw, corn & black bean salsa & a zesty ranch dressing 9.99

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Add a house salad for 1.99

Grilled Chicken Sandwich 8.99
Hickory grilled chicken served on a toasted bun topped with Monterey jack cheese.

Western Philly 9.99
Sliced steak sautéed with onions & mushrooms then smothered with cheese. Served on a hoagie roll.

Santa Fe Club 8.99
Ham, turkey, bacon, lettuce, tomato & cheese on Texas toast. Served with chipotle bacon ranch.

Ribeye Steak Sandwich* 11.49
Grilled to order & served on a hoagie roll with all the trimmings.

Southwest Shrimp Po'boy* 10.49
½ lb of our fried shrimp tossed in a spicy southwest sauce with all the trimmings.



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smoked turkey, bacon, cheddar & ranch cream cheese on a grilled baguette

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20 oz - \$3.50	20 oz - \$4.25
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12 oz - \$1.75 • 16 oz - \$2.25	Smoothies 16 oz - \$3.75
20 oz - \$2.50	

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Drinks

- Small Soda \$1.25 • Large Soda \$1.50
- Sweet Tea \$1.50 • Smart Water \$2.00
- Dasani Bottled Water \$1.50

Catering

Chicken Salad Tray or Southwestern Wrap Tray \$35 (10 people) \$68 (20 people)	Cheese & Fruit \$30 (10 people) \$49 (20 people)
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Flavored Latte	299	324
Espresso, steamed milk and choice of flavor		
Moocha Vanilla	329	349
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Espresso	139	175
Extra shot Espresso.....		
Extra flavor or whip cream.....		

Iced Drinks..... 323
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- Bread Bowl of Soup 614
- Soup and Sandwich Combo 752

M/W/F & Sun: Chili, Broccoli & Cheese, Crab & Sweet Corn Chowder
Tues. Thurs. & Sat: Chicken N' Dumplings • Tomato Bisque • Loaded Potato

Wraps

Southwest Chicken Wrap	
Chicken Breast, lettuce, tomato, and jalapeno ranch dressing on a flour tortilla.....	
	413
Fajita Chicken Wrap	
Fajita grilled chicken on a flour tortilla with lettuce, tomato, shredded cheddar cheese, onions and salsa.....	
	422
Chicken Bacon Ranch Wrap	
Chicken breast, bacon, lettuce, tomato and ranch on a flour tortilla.....	
	459
Chicken Caesar Wrap	
Grilled chicken, lettuce, shredded parmesan cheese & caesar dressing on a flour tortilla.....	
	413
Beef Burrito Wrap	
Seasoned Ground Beef, lettuce, tomato, onion, shredded cheddar cheese on a flour tortilla with sour cream on the side.....	
	422
Buffalo Chicken Wrap	413

Salads

Garden Salad	468	1/2 Size 298
Romaine & Iceberg Lettuce, tomato, carrots, onions, broccoli, salad peppers & croutons		
Grilled Chicken Salad	615	1/2 Size 390
Romaine & Iceberg lettuce, tomato, carrots, onions, salad peppers, grilled chicken, shredded cheddar cheese & croutons		
Caesar Salad	468	1/2 Size 298
Green leaf lettuce, shredded parmesan cheese, homestyle croutons & caesar dressing		
Chicken Caesar Salad	592	1/2 Size 340
Green leaf lettuce, grilled chicken shredded parmesan cheese, homestyle croutons & caesar dressing		
Chef Salad	642	1/2 Size 413
Romaine & Iceberg lettuce, tomato, carrots, onions, broccoli, salad peppers, turkey, ham, hard boiled eggs, shredded cheddar cheese & croutons		
Taco Salad	615	1/2 Size 390
Romaine & Iceberg lettuce, tomato, onions, shredded cheddar cheese, seasoned ground beef, sour cream and salsa		
Grilled Chicken Pecan Salad	615	1/2 Size 390
Romaine & Iceberg lettuce, grilled chicken, mandarin oranges, dried cranberries, blue cheese crumbles, praline pecans and Balsamic Vinaigrette dressing.		

Sandwiches & Melts

The following are served on Ciabatta bread or in a wrap with your choice of Cheddar or Swiss cheese, lettuce, tomato and your choice of mayo, mustard, honey mustard, ranch or horseradish sauce

Sandwich 390 • Melt 422

Ham & Cheese • Roast Beef & Cheese • Turkey & Cheese

BLT	
Bacon with lettuce, tomato and mayo on Ciabatta Bread.....	
	390
Chicken Salad Sandwich	390
Egg Salad Sandwich	390
Club Sandwich	
Ham, Turkey, bacon, cheddar cheese, lettuce, tomato, and honey mustard on Ciabatta bread.....	
	459
Reuben	
Corn beef, swiss cheese, sauerkraut, 1000 Island on Rye bread.....	
	413
French Dip	
Roast Beef, melted swiss cheese with aujus for dipping.....	
	390
Cuban	413

Hot Dogs

Hot Dog w/ your choice of ketchup, mustard, relish & onions....	160
Chili Dog w/ mustard and onions.....	207
Chili Cheese Dog w/ mustard and onions.....	216
Polish Sausage Dog	207

Kids Menu

Hot Dog w/ your choice: ketchup, mustard, mayo.....	160
Cheese Melt	275
Cheese Quesadilla	280
Chicken & Cheese Quesadilla	344
Peanut Butter & Jelly (Strawberry or Grape).....	312
4 Pc. Nuggets	133
8 Pc.	207

Hand Dipped Homemade Ice Cream

Child's Scoop	183
Single Scoop	289
Double Scoop	427
Fresh Baked Waffle Cones	80¢
Waffle Cone Dipped in Chocolate	100
Available in Pint and Quart Sizes	

Sundaes

Hot Fudge, Hot Caramel, Chocolate, Strawberry, Pineapple, Peanut Butter, Marshmallow	
Small	243
Med.	358
Large	427
Hot Fudge or Hot Caramel Brownie	
Small	266
Large	427
Banana Split	518

Smoothies

Several flavors to choose.....	357
--------------------------------	-----

Shakes/Malts

Small	243
Med.	358
Large	427
Root Beer Float	312

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Hot, Mild, Mango Habanero, BBQ, Plain	
8 pc. \$6.99	14 pc. \$11.99
40 pc. \$29.99	
Boneless Chicken	
Includes your choice of dipping cup	
8 pc. \$6.99	14 pc. \$11.99
40 pc. \$29.99	

PENNE PASTA

Chicken Alfredo	\$6.99	Chicken Carbonara	\$7.99
Italian Sausage Marinara	\$6.99	Build Your Own Pasta	\$7.99
Pasta Primavera	\$7.99	Choose sauce (Alfredo or Marinara) and up to 3 toppings	

Penne Pasta available with bread bowl for \$1 more.

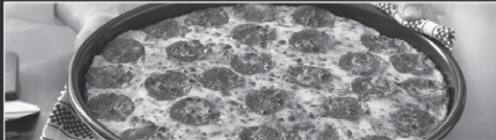
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MEAT: Pepperoni, Bacon, Ham, Beef, Premium Chicken, Philly Steak, Salami, Italian or Sliced Sausage

VEGGIES: Fresh Green Peppers, Fresh Onions, Black Olives, Fresh Mushrooms, Banana Peppers, Jalapenos, Tomatoes, Roasted Red Peppers, Fresh Baby Spinach

MORE: Pineapple, Parmesan Asiago, Cheddar Cheese, Extra Cheese, Feta Cheese, Provolone Cheese, Hot Sauce

	Small	Medium	Large
Cheese Pizza	\$ 5.99	\$ 8.99	\$ 9.99
Additional Toppings (each)	\$ 1.00	\$ 1.50	\$ 1.75

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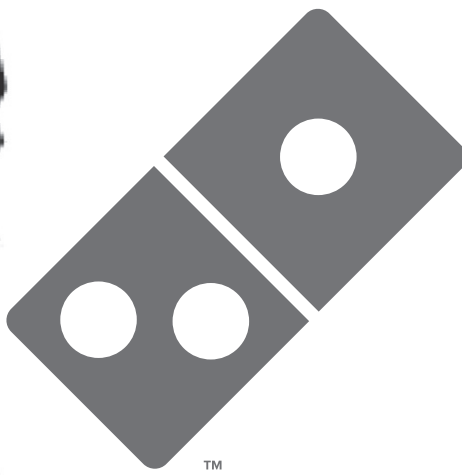
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114 Palm:

Not the typical Enterprise townhome floor plan. Owner has taken really good care of this one & it is totally move-in ready. Vinyl siding & new HVAC with 10-yr warranty installed in 2013. New roof in 2015. New garage door & opener in 2016. Transferable Terminix termite bond. Washer & dryer convey. 2 walk-in closets in the master & one in the guest room. Large storage closet in the garage. Location is convenient to Ft Rucker as well as US 84 & a straight shot to Dothan. No HOA.

\$385,000
41± ACRES
3530 County Road 643:

Country living close to town in this lovely custom home situated on 41± acres perfect for hunting, gardening, ranching or just living the good life! Main level is immaculate with an updated kitchen including granite countertops & stainless double ovens, split bedrooms & unbelievable storage. A private suite upstairs includes a sitting room, bedroom & full bath. Walk-in floored attic access is here also. A detached 2-car workshop with electricity & a sink. Beautiful grounds on about 2 acres, 45-50 pecan trees.

\$190,000

110 Fernway:

Beautifully maintained home with a new roof in 2013, HVAC in 2011, updated kitchen with granite countertops, new refrigerator in 2015 & oven in 2013. Absolutely move-in ready & a great location convenient to Faulkner Gate, Holly Hill, Dauphin, Hobby Lobby, Publix, & downtown Enterprise. Some of the nice features include a beamed cathedral ceiling in the family room, a separate formal dining as well as an eat-in kitchen & lots of counter space. Lovely screened-in porch overlooks the large backyard.

\$125,000

3719 Highway 27:

Immaculate 3BR/2BA located minutes from downtown Enterprise. The functional galley kitchen & dining area are located right off the family room allowing nice flow out to the patio & huge backyard for outdoor entertaining. There is plenty of room for a pool, garden or whatever you may want. 3BR/2BA are located at the other end which has worked really well for this young family. Extra parking pad & a turnaround pad, too! You won't find another home in this price range in such good condition.

\$175,000

108 Fernway:

NEW ROOF! This lovely 3BR/2BA has been very well maintained. The large kitchen has pull out shelving, a new self-cleaning convection oven & hood, & a French-door refrigerator. There is a 20x30 screened in porch perfect for entertaining. A 16x10 wired shed provides great storage in the backyard where there is plenty of room for a pool. The family room has a cozy gas log fireplace. Both bay windows have new, double pane vinyl windows. Termite bond. Additional field lines added. Gutters. Don't miss it!


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510 Riverwood:

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\$375,000

301 Arrowhead ~ Lake Community of Gateway:

Gorgeous custom-built executive home on 2 lots totaling 1.7± acres. The eat-in kitchen features windows looking out over your own private park replete with benches, a water feature & walking path. Sip morning coffee in the cozy keeping room. The extra lot has been left in its natural state for privacy & the enjoyment of nature. The master suite includes a romantic fireplace & private balcony. This home's moldings, trim & attention to detail are truly unique. See it now!!

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104 JESSICA ~ \$199,800: Spring is here...time to find a home with a pool! Look no longer...4BR/2BA with beautiful 16x32 in-ground saltwater pool with diving board, office, family room with fireplace, eat-in kitchen with newer stainless appliances, laundry room, covered porch & patio...even a basketball court in the fenced backyard! Comfortable & spacious, this house is one you need to preview. JUDY DUNN 334-301-5656

\$129,900


300 BROKEN ARROW: Remodeled 3BR/2BA home is truly move-in ready! Granite counters in kitchen & all stainless appliances. Vaulted, beamed ceilings in living room with floor to ceiling windows & a fireplace. Lots of natural light! Huge laundry room. Separate dining room plus eat-in kitchen, this is a fantastic family home. Fully fenced, private backyard. Big 2-car garage. Great location very convenient to Ft Rucker & all amenities in Enterprise. Seller will pay closing costs with acceptable offer! BOB KUYKENDALL 334-369-8534

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205 WEST SOMMER OAK ~ \$221,900: Visit this inviting home in Sommer Brooke today! This 4BR/2BA home features a stunning light filled sunroom that opens to a lovely deck, perfect for entertaining! Along with the handsome hardwood floors you will find a cozy fireplace, tray ceilings in both the living area & the master bedroom, as well as a relaxing spa-style tub & separate shower in the master bath. The kitchen opens to the living & dining areas & has stainless appliances and granite counters. **SOMMER RAKES 334-406-1286**

NEW LISTING ~ \$128,000


213 WALNUT: This 1-owner home has been very well maintained. The master bedroom will accommodate a king size bed & the bath has a walk-in shower. Original ceramic tile in both baths. Galley kitchen with a breakfast bar/office area at the end of it & a formal dining area. Laundry room off garage with a wash sink. Nicely landscaped with workshop with electricity, covered patio & so much more. Perfect starter home or great for those retirement years if you are looking to downsize. Just give us a call to see! **EVELYN HITCH 334-406-3436**

\$227,000


313 SOUTH OAKRIDGE: Charming Victorian, south of Enterprise in Oakridge Forest in a very wooded setting, lots of space for the entire family. Over 2,300 SF. **FRAN & DON KALTENBAUGH 334-790-5973**

\$108,900


111 BLACKHAWK: Brand new paint & flooring throughout. This cute home is in a great location & is move-in ready. Stove & dishwasher have recently been replaced. Nice floor plan with a large grand room that is open to the dining area. Lots of natural light in this home. Screened back porch is a wonderful outdoor space that is large enough for overflow & outdoor entertaining. The detached shed/work shop has electricity. The yard has beautiful shade trees. **ROBIN FOY 334-389-4410**

UNDER CONSTRUCTION ~ \$161,800


216 JASMINE CIRCLE: New construction convenient to schools, shopping, golf, restaurants & minutes from Ft Rucker. Security system, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom & privacy fenced backyard. (Maple Leaf Plan) **OWNER IS LICENSED RESIDENTIAL HOME BUILDER AND REALTOR IN THE STATE OF ALABAMA. BILLY COTTER CONSTRUCTION 334-347-2600**

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Terri Averett, Jackie Thompson, Cheryl Piccinini, Theresa Hernandez and Bob Kuykendall with **CENTURY 21 Regency Realty, Inc.** have recently been awarded the nationally recognized Military Relocation Professional Certification. The National Association of Realtors® awards the MRP certification to Realtors® who help military personnel, veterans and their families find housing that lets them make the best use of their benefits and serves the unique needs of military life.

When military staff and their families relocate, the services of a real estate professional who understands their needs and timetables can make the transfer easier, faster and less stressful. Realtors® who earn this certification know to work with active duty military buyers and sellers, as well as veterans.

"Service members may only have a couple of days to view properties and make an offer, and others might be deployed at the time and need someone who can represent them while they're away. Working with a Realtor® who understands the singular complications that arise with military service can help make the home buying process simpler, faster and less stressful," said National Association of Realtors® President Tom Salomone, broker-owner of Real Estate II Inc. in Coral Springs, Florida. "The MRP certification lets home buyers and sellers know that a Realtor® knows the ins and outs of military housing benefits, such as zero-down payment loans, and the specific needs service members and veterans have when searching for their new home."

The certification provides NAR's members with resources to accommodate current and former military service members at any stage of their military career and is an approved elective for NAR's Accredited Buyers Representative designation. To earn the MRP certification, Realtors must be in good standing with NAR; complete the MRP Certification Core Course; complete a reading providing background information on the military, included acronyms and understanding military culture; and complete two webinars. Other agents at **CENTURY 21 Regency Realty, Inc.** with this designation are **Jan Sawyer, Sommer Rakes, Shawn Reeves, Marge Simmons and Sam Helms.**

For more information about the MRP certification, visit www.militaryrelocationpro.org

MARCH 30, 2017

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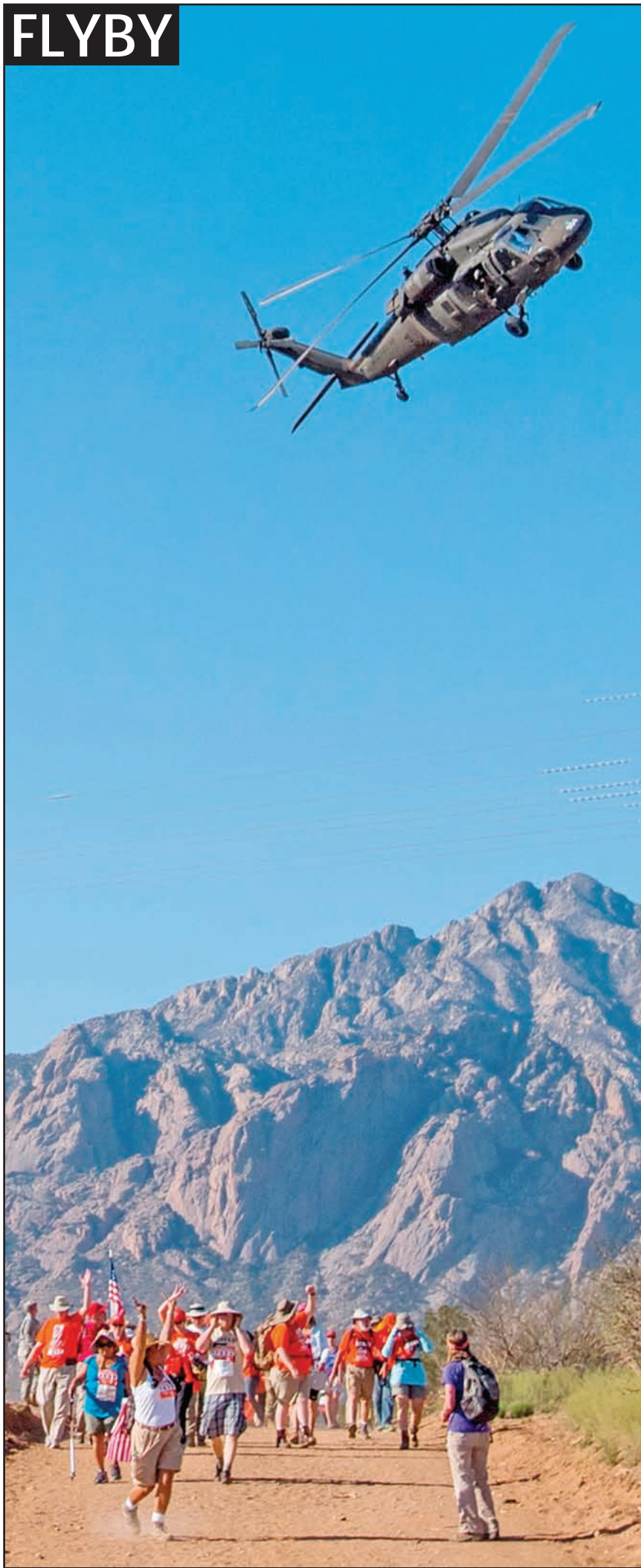


PHOTO BY STAFF SGT. KEN SCAR

A UH-60 Black Hawk flies over the 64-member Ben's Brigade as they accompany retired Col. Ben Skardon, 99, a survivor of the Bataan Death March, as he walks in the Bataan Memorial Death March March 19.

G-8:

Aviator protection No. 1 priority if sequestration continues in future

By C. Todd Lopez
Army News Service

WASHINGTON — If sequestration continues in fiscal year 2018, active protection systems for Army aircraft will remain a top priority, said the Army's chief resource officer.

"We haven't reached that point yet. Hopefully, we won't," said Lt. Gen. John M. Murray, the Army G-8. "But I would prioritize active protection systems for our aircraft. There are threats out there right now [for which] we just need to develop some new technologies — and we are — to provide protection for our Aviators. I'd put that as No. 1."

Active protection systems, which the Army wants for both ground vehicles and aircraft, provide combat vehicles with automated protection against armor penetrators and direct-fire threats, such as rocket-propelled grenades and anti-tank guided missiles.

Both Murray, and Lt. Gen. Joseph Anderson, the Army G-3/5/7, testified March 16 before the House Armed Services Committee's subcommittee on Tactical Air and Land Forces on the effects of sequestration, and continuing resolutions on Army modernization and readiness.

Beyond the prioritization of active protection systems, he said, sequestration would pose a challenge to prioritizing modernization for Army aircraft like the AH-64E Apache, the UH-60M Black Hawk or the CH-47 Chinook Block II.



ARMY PHOTO

Active protection systems for Army aircraft such as the AH-64 Apache, seen here, the UH-60 Black Hawk and the CH-47 Chinook are a priority for the Army, even under possible future sequestration, said Lt. Gen. John M. Murray, the Army G-8, before Congress March 16.

Aviators help provide realistic training for junior leaders

By Sgt. Robert Larson
2nd Infantry Division Public Affairs

RODRIGUEZ LIVE FIRE COMPLEX, South Korea — More than 100 basic leader course students enrolled at the 8th Army Wightman NCO Academy on Camp Jackson flew by 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-US Combined Division CH-47 Chinook helicopters from Camp Red Cloud to Rodriguez Live Fire Complex March 6.

For all previous classes, transportation to RLFC was an hour-long bus ride from Camp Jackson. Master Sgt. Edward Bowers, BLC chief instructor, organized the flights to give the students an opportunity to practice landing zone operations and basic leadership tasks.

"They fly in, secure the landing zone and conduct troop leading pro-

cedures," said Bowers

The movement by helicopter to RLFC was the first conducted by a BLC class at Wightman NCO Academy. Bowers said the coordination with 2ID/RUCD for this event will assist in future BLC classes having similar opportunities.

The flights and the situational training exercise lanes to follow later in the week were more extensive than some of the instructors have seen before. Staff Sgt. Jamal Freeman, a BLC instructor, compared other BLC courses to that offered in Korea.

"It's a more realistic, battle-focused training here," said Freeman. "I think it's a good experience for the young Soldiers who haven't had a chance to fly in helicopters before, especially the ones who have not deployed."

Soldiers in the course took advantage of the opportunity afforded to them with the unique addition of the helicopter flights to their training. Cpl. Sean Lucas, a 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division fire support specialist, saw the benefits of this additional training.

"It's important because not every Soldier gets to do this in their career. A lot of Soldiers have not been on a Chinook or any type of aircraft, except to fly here or to their duty stations," said Lucas.

The flights and the STX lanes that followed are the last training events for the Soldiers prior to their graduation from BLC. For Spc. Cody Waldren, assigned to Headquarters, Headquarters Company, 304th Expeditionary Signal Brigade, 8th Army, this was the payoff to four weeks of classroom training at the academy.

"I'm looking forward to the STX lanes," said Waldren. "I know some Soldiers who have gone through BLC training [at other locations] and I don't think it's nearly as exciting."

BLC is the first step in the NCO Education System. BLC trains prospective sergeants in basic leadership skills, NCO duties, responsibilities and authority, and how to conduct realistic, performance-oriented training. The course produces competent junior NCOs who are qualified lead, train and mentor enlisted Soldiers, according to the NCOA staff.



PHOTO BY STAFF SGT. BEN HUTTO

Students disembark from Chinooks as part of the last training events prior to graduation.



PHOTO BY SPC. THOMAS SCAGGS

Col. Clair A. Gill, 10th CAB commander, and Command Sgt. Maj. Steven DiGeorgio, 10th CAB senior enlisted adviser, uncased the brigade's colors during a ceremony in Illesheim, Germany, March 9.

ATLANTIC RESOLVE

10th CAB unfurls colors in Germany

By Spc. Thomas Scaggs
10th Combat Aviation Brigade
Public Affairs

ILLESHEIM, GERMANY — The 10th Combat Aviation Brigade, 10th Mountain Division (LI), uncased its colors during a hand over/take over ceremony at Illesheim Army Airbase March 9 to symbolize the official start of the brigade's deployment to Europe.

The brigade will support U.S. Army Europe's Operation Atlantic Resolve with units in numerous NATO partner countries, providing opportunities to train alongside allies, and demonstrating America's commitment to peace and stability in the region.

"If you don't have Aviation, you're not capable," said Lt. Gen. Ben Hodges, commanding general U.S. Army Europe. "The fact that the United States

SEE RESOLVE, PAGE B4

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Romanian MPs take flight with U.S. Aviators

By **Spc. Nicholas Vidro**
71 Mobile Public Affairs Detachment

MIHAIL KOGALNICEANU AIR BASE, Romania — Romanian army military police assigned to Mihail Kogalniceanu Air Base conducted training with U.S. Soldiers of the 2-10th Assault Helicopter Battalion, 10th Combat Aviation Brigade March 8.

The training was held to practice air assault operations with the base’s police force.

For most of the Soldiers present it was the first opportunity to have trained together in a combined U.S.-Romanian environment, and for one participant it proved to be a most rewarding experience.

U.S. Army Capt. James Bates, the company commander of B Company, 2-10th AHB and flight officer in charge of the mission, spoke to the mood of many of the Americans present.

“We’re very excited to continue this partnership and looking forward to future opportunities with these soldiers,” he said.

The day’s operations included the proper entering and exiting of three UH-60 Black Hawks used during the exercise. The soldiers then did a live version of the exercise via a short round trip to a nearby training field. The NCO in charge of the Romanians on the mission, Master



PHOTOS BY PVT. 2 NICK VIDRO

Soldiers from the Romanian and U.S. military gather upon completion of a ceremony commemorating International Women’s Day March 8.

Sgt. Samir Seicamet, reflected on the significance of the training.

“For us at the air base, this was a first. We’re lucky to be able to participate in this event with our U.S. counterparts,” he said.

This is the 2-10th AHB’s first multinational mission in support of Operation Atlantic Resolve, a NATO mission taking place across Europe to enhance the cooperative efforts of the U.S. and its Allies to deter aggression in Europe.

The exercise was the first time many of the Romanian participants set foot inside of a Black

Hawk. It prepared them for future Operation Atlantic Resolve missions they’ll conduct with their American colleagues, as well as help to build a state of camaraderie for both sides. Bates has high hopes for the future of the alliance.

“These relationships that were built between our American Soldiers and our Romanian soldiers are going to last,” he said.

The exercise came to a close with the commemoration of International Women’s Day. Flowers were presented to all of the women present during the training.



Dropping to the ground after exiting a UH-60 Black Hawk helicopter, Romanian soldiers assigned to the Mihail Kogalniceanu Air Base, Romania, assume a defensive posture during air assault operations training March 8.

Resolve

Continued from Page B1

Army is spending the amount of money required to bring an entire Aviation brigade back to Europe with all of its equipment, at the highest level of readiness, and do this for nine months then bring another one in behind it, that shows commitment, that demonstrates will, and that gives us the capability to provide deterrence. Having a strong, capable force and being very clear and transparent about it is the best way to make sure that we never have to fight.”

This will be the first brigade-sized rota-

tional Aviation unit to support Operation Atlantic Resolve. The 10th CAB is joined on this rotational deployment by 400 Soldiers and 25 aircraft from 1st Battalion, 501st Aviation Regiment, 1st Armored Division, based in Fort Bliss, Texas.

The combination of forces brings Task Force Falcon’s total numbers of deployed assets to about 2,000 Soldiers, 700 pieces of equipment and 85 aircraft.

The majority of helicopters and personnel will be stationed in Germany with a forward presence in Latvia, Romania and Poland.

The ceremony marked the last main

body and equipment’s arrival in Europe, but training with partner nations and other U.S. Army assets in Europe has already begun. More training events are scheduled throughout Europe during the nine-month rotation. With terrain and weather that is in many ways similar to Fort Drum, New York, the vast amount of training the Soldiers have received at home is credited with the success they expect to find overseas.

“This does break us into smaller teams, but it really allows us to highlight our greatest deterrent effect,” said Col. Clair A. Gill, 10th CAB commander. “We have

leaders at very junior levels who are very capable of executing intent and making the right decisions, sometimes strategic decisions, with very little guidance. It’s going to be a great opportunity to grow and we’re looking forward to this.”

The brigade highlighted its efforts to work with organizations in the local community regarding concerns over the increased noise an Aviation brigade will bring to the area. Through adherence to local noise abatement policies, leadership said it looks to bring a positive economic impact on the area without any being overly invasive on its residents.



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PHOTOS BY NATHAN PFAU

Children hunt for eggs during last year's Children's Festival. This year's event is scheduled for April 8.

Children's Festival

DFMWR invites families to sweeten weekend

By Jeremy Henderson
Army Flier Staff Writer

Families are invited to make their day sweeter during Fort Rucker's annual Children's Festival April 8 from 1-4 p.m. at the festival fields.

"The Children's Festival provides an excuse to get out of the house, switch up your Saturday routines and enjoy quality family time outdoors," Katie Oskey, Fort Rucker special events coordinator, said. "Playing outside provides many benefits than cannot be gained on the couch or by playing indoors. These benefits span from improved physical health to cultivation of a higher sense of emotional well-being. Often we get bogged down by life's daily stressors and Children's Fest, along with all of Fort Rucker's special events, is a time to let your hair down, let loose, and appreciate the time you have with your family," she added.

According to Oskey, this year's event, themed "Making Life Sweeter," features inflatables, such as a bounce castle, an inflatable jousting ring and an inflatable obstacle course; a trackless train; a petting zoo; pony rides for \$5 per ride; a magic show; a stilt walker; kids' karaoke; free ice cream; bird house painting; and the largest Easter egg hunt in the area.

"More than 15,000 eggs are up for grabs – separated into age groups to make it enjoyable for everyone," she said. "In addition to candy in each egg, prize eggs will be available in all age groups to add to the excitement and surprise of opening up an egg to see what is inside."

Oskey added that Children's Fest is the perfect opportunity to enjoy the spring weather.

"Does sitting in front of your computer or television give you the chance to find candy and prizes, play games and make crafts, or meet the Easter Bunny in person?" she asked. "No, but Children's Fest does!"

The event is free and open to the public, however small amounts of cash may be needed for certain vendors.

"The event and many of the activities are free to the military and their families," Oskey said. "There will be food vendors on site with delicious options to choose from, including The Landing Zone's Food Truck. Pony rides will also be available at a cost of \$5 per ride; however, the inflatables, crafts, trackless train, egg hunt and photos with the Easter Bunny are free.

"Each special event throughout the year offers something different for its patrons," she added. "Children's Fest is no different as it lands during the Month of the Military Child this year, and aims to celebrate the uniqueness of the military child lifestyle and provide an afternoon of carefree fun just for them."

In the event of inclement weather, Oskey said the show will go on.

"If we are experiencing less than desirable weather on April 8, the event will be moved to the Fortonberry-Colton Physical Fitness Center," she said. "In the case of a location change, stay tuned to Fort Rucker MWR's social media outlets for updates."

For more information, call 255-1749 or visit <https://rucker.armymwr.com>.



A juggler balances pins at last year's event.



Children pet baby goats in a petting zoo.

Local competitors recognized in Army-wide contest

By Nathan Pfau
Army Flier Staff Writer

The winners of the 2016 Army Digital Photography Contest were announced recently, and of the 4,059 entries, three Fort Rucker residents were recognized for their artistry.

Those recognized in the Army-wide contest were: 1st Lt. Shawn Cooper, who took third place with his photo "Lens Flare," in the still life category; Sgt. Jessica Arechiga, who received an honorable mention for her photo "A Journey Not Yet Traveled," in the natures and landscapes category; and Tori Evans, military spouse, who also received an honorable mention for her photo "8-o'clock," in the still life category.

"This was the first contest I entered with a cash reward, so placing at all was a big surprise to me," said Cooper, who's been taking photos since he was in middle school. "Looking at the other winners, it's humbling to be included in such a talented group."

For Evans, who volunteered as a photographer on Fort Rucker, the honorable men-



PHOTO BY SGT. JESSICA ARECHIGA

'A Journey Not Yet Traveled'

tion was a mix of shock and excitement.

"I was shopping at the [post exchange] when I receive an email that notified me that my photo had won an honorable mention for the 2016 contest," she said. "I was in shock ... and I contacted everyone who had helped me along the way with my photography to share the news. I wasn't even going to enter this year, but my gut said to try anyway."

Cooper, who's never had any formal training in photography, said he was able

to work up the courage to submit his photo for the contest after taking part in weekly challenges set up by some of his friends on social media.

Each week, his group would vote on a winner and display their photo for the following week, and it was these challenges that encouraged him to enter contests with more competition.

Coopers' photo "Lens Flare," was a series of reflections he was able to capture in the anti-reflective coating of his wide-angle lens, and is one of only a few still life photos he's taken.

"I set up the shot on my dinner table using a black T-shirt as a background and our chandelier as a source of light," he said. "This is a relatively new style for me, so it was an easy choice to pick for the contest."

For Evans' photo, "8-o'clock," it was part of a series of photos for a 30-day photo challenge she was taking part in.

"8-o'clock" was the topic for that day," she said. "That morning I went into my bedroom and on the bed were a pair of black pants with my husband's sunglasses and his

watch, and at that moment the time read 8, so I ran and grabbed my camera and took a shot of the items on the bed.

"I liked the photo and how it turned out, so when the deadline for the photo contest came I looked through my photos and decided to give it a shot," she said. "I had nothing to lose by submitting something, so I went for it."

It's photos like Evans' that prove that inspiration can be drawn from anywhere, which is why she chooses to carry her camera with her everywhere she goes.

"I always have my camera with me and shoot anything that catches my eye," she said. "It's those photos I look back at that tell a story, giving me ideas to capture my next shot."

For Cooper, it's the ability to capture authentic moments that gives him inspiration.

"I typically try to keep my photos as natural looking and close to reality as possible because I believe that's where the true power of photography lies," he said. "Even when shooting portraits, I hesitate to edit out blemishes because those are part of who we are."

ON POST

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

DFMWR facility changes

Fort Rucker Directorate of Family, and Morale, Welfare and Recreation facilities and programs will implement necessary changes starting Saturday: the physical fitness centers and Center Library will have new operational hours, according to DFMWR officials. Other changes include minimal price increases at the arts and crafts center, automotive skills center, SPLASH Pool and outdoor recreation. To see the new pricing, visit <http://rucker.armymwr.com/us/rucker>.

Center Library operation hours will change to Mondays, Wednesdays and Fridays from 10 a.m. to 5 p.m., Tuesdays and Thursdays from 11 a.m. to 7 p.m. and Saturdays from 1-5 p.m.

The PFCs will be open Mondays-Fridays from 5 a.m. to 8 p.m., Saturdays from 8 a.m. to 5 p.m. and Sundays from 9 a.m. to 5 p.m.

Additionally, starting April 9, Mother Rucker’s will close at 9 p.m. When football season kicks off again, the facility will remain open until 11 p.m.

Right Arm Night

The Landing Zone will host 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.

Outdoor Yard Sale

The Fort Rucker Spring Outdoor Yard Sale and Flea Market is scheduled for Saturday from 7-11 a.m. on the festival fields. The outdoor event provides the opportunity for the Fort Rucker community to buy and sell used household items in a consolidated fashion. The event will be open to the public.

For more information, call 255-1749 or 255-9810.

Coupon Class

The Center Library will host a free coupon class Tuesday from noon to 1 p.m. Attendees will learn the trade secrets of avid coupon clippers on how to save money when shopping, according to organizers. The event is open to authorized patrons.

To register, or for more information, stop by the Center Library or call 334-255-3885.

Teal Tuesday

April is Sexual Assault Awareness Prevention Month. This year, the theme is “Sexual Assault. Sexual Harassment. Not in Our Army.” The Teal Day Campaign will begin Tuesday as a Fort Rucker community-wide effort to recognize the collective responsibility to prevent all forms of sexual assault and sexual harassment by wearing something teal on Tuesdays throughout the month of April, according to Army Community Service officials.

Federal jobs workshop

Army Community Service will host its federal job workshop April 6 from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman’s “Jobseeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only.

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

Health and Nutrition Fair

Fort Rucker Child and Youth Services Sports and Fitness Program will host its annual Health and Nutrition Fair for CYS members April 6 from 4-7 p.m. at the youth football fields. The fair will feature sight and hearing screenings, blood pressure checks, height and weight measurements, a registered dietician, physical therapy, dental clinic, preventive medicine, 4-H Club, nutrition information, games, music, healthy snacks and more. Also, the staff will introduce Fort Rucker’s T-ball and baseball team members, as well host its MLB Pitch, Hit and Run event.

For more information, call 255-0950 or 255-2257.



PHOTO BY NATHAN PFAU

Dog Days of Summer Dog Swim

Splash! Pool will host its Dog Days of Summer Dog Swim April 22 from 11-2 p.m. Registration is required to participate and the cost is \$7 per dog. At time of registration and payment, all dog owners will be required to attach a copy of their dog’s current vaccination records for health and safety considerations. No people are allowed in the pool with the dogs at the same time unless there is an emergency with a dog in distress. Dogs must be accompanied by an adult at all times and humans are limited to two dogs’ participation at any given time. For more information, including the rules of the event, call 255-9162. Pictured is scene from last year’s event.

Resilience Workshop

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 Army Community Service officials. ACS’ goal is for students to thrive when facing life challenges, not just bounce back. This month will emphasize goal setting, activating events thoughts consequences, and hunt the good stuff. The workshop will be held April 6 from 9-11:30 a.m. in Bldg. 5700, Rm. 350. Registration deadline is Tuesday.

For more information, 255-3161 or 255-3735.

Children’s Festival

Fort Rucker’s 13th annual Children’s Festival is scheduled for April 8 from 1-4 p.m. at the festival fields. The free family event will feature activities, games, crafts, inflatables, petting zoo, and more, including one of the area’s largest Easter egg hunts where children can win candy and prizes, and even meet the Easter Bunny.

For more information, call 255-1749.

Earth Day Craft

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

For more information and to register, stop by the Center Library or call 255-3885.

Learning through play workshop

Army Community Service’s Parent to Parent Program and New Parent Support Program are putting on an hour-long workshop on learning through play. This workshop will be held April 11 from 1-2 p.m. in Bldg. 5700, Rm. 284 Registration will end April 7.

For more information or to register, call 255-9647 or 255-3359.

Thrift Savings Plan 101

Army Community Service’s Financial Readiness Program will present a Thrift Savings Plan 101 Seminar April 12 from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 282. The seminar will be a discussion of the significant aspects of the TSP, including: why invest with

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the TSP, how to start contributing, risk tolerance, traditional and Roth accounts, TSP funds and diversification. The discussion will be facilitated by ACS accredited financial counselors. Pre-registration is required by April 11. Free child

care will be available with registration.

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

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PHOTO BY STAFF SGT. KEN SCAR

Retired Col. Ben Skardon, 99, survivor of the Bataan Death March, walks in the annual Bataan Memorial Death March at White Sands Missile Range, N.M., accompanied by green-to-gold New Mexico State University Army Reserve Officers' Training Corps cadet Ryan Bradley (left) and Spc. Michael Cole of the McAfee Army Health Clinic – both Army medics – March 19.

Bataan Death March survivor honors brothers-in-arms

By Staff Sgt. Ken Scar
335th Signal Command
Public Affairs

WHITE SANDS MISSILE RANGE, N.M. — More than 7,000 people gathered here in the early-morning hours of March 19 to participate in an 8 1/2-mile walk in observance of the 75th anniversary of World War II's infamous Bataan Death March.

Once again, Ben Skardon, a retired Army colonel, was the oldest participant and the only living survivor of the Bataan Death March to walk in the event.

Skardon, 99, walked through the unforgiving New Mexico desert as temperatures reached 90 degrees, refusing to quit until he reached the same distance he had covered in his previous nine marches.

Skardon is an alumnus and professor emeritus of Clemson University in South Carolina, which meant Clemson orange was the color of choice for the 64 members of "Ben's brigade" – his die-hard support group of friends, family, former students and relatives of his fellow prisoners of war.

HISTORY OF THE MARCH

The Bataan Memorial Death March event honors a special group of World War II heroes responsible for the defense of the islands of Luzon, Corregidor and the harbor defense forts of the Philippines.

April 9, 1942, tens of thousands of American and Filipino troops were forced to surrender to Japanese forces. The U.S. service members were Soldiers, Sailors, Airmen from the Army Air Corps and Marines. Among the surrendering troops were large numbers of the New Mexico National Guard's 200th Coast Artillery – the reason the memorial march is held in New Mexico.

Often overlooked are the four months of fierce fighting that took place before the American and Filipino forces surrendered. Skardon earned two Silver Stars and four Bronze Stars during that short time span.

After their surrender, the troops were force-marched 65 miles to confinement camps throughout the Philippines. They were deprived of food, water and medical care. About 10,000 men died on the march, while thousands of others died in the camps. Those who survived weren't freed until 1945.

This was Skardon's 10th and, he insists, not his last time walking in the march, which marks its 28th year.

Skardon said he considers it a personal pilgrimage to participate in the walk. He believes it's his obligation to attend every year and walk with the thousands of others who come to honor his brothers-in-arms who didn't survive the Bataan Death March or the years of confinement that followed.

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Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall.....8:45AM
The Gathering (Youth) 6:00PM
Sunday School9:55AM
Nursery CareEvery Service

Here, it's not about the building...



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DRESSINGS: CAESAR • ITALIAN • RANCH
GREEK • TANGY ORIENTAL • BALSAMIC

S (12 oz) L (32 oz)

CHOPPED CAESAR3.50 6.75

Romaine, croutons, Parmesan (anchovies available), house caesar dressing

With chicken or anchovies4.25 7.99

CHOPPED GARDEN4.25 7.99

Romaine, tomatoes, cucumbers, red onions, carrots, croutons, mozzarella, house ranch dressing

CHOPPED CHINESE CHICKEN4.25 7.99

Chinese greens, chicken, green & red bell peppers, sesame seeds, mandarin oranges, crispy wonton strips, tangy oriental dressing

CHOPPED GREEK4.25 7.99

HAM romaine, cucumbers, tomatoes, artichoke hearts, kalamata olives, red onions, feta cheese, croutons, greek dressing

CHOPPED ITALIAN4.25 7.99

SALAMI romaine, red bell peppers, mozzarella, kalamata olives, tomatoes, artichoke hearts, pepperoncinis, Parmesan, croutons, Italian dressing

S L

FIRE ROASTED ITALIAN BREADSTICKS2.99 4.49

Heart healthy virgin olive oil, roasted garlic, Parmesan, Italian herbs

MOZZARELLA CHEESE BREADSTICKS3.99 5.99

Heart healthy olive oil, mozzarella, roasted garlic, Italian herbs

FIRE-ROAST TOAST™ thin & crisp3.65

Heart healthy olive oil, roasted garlic, spicy chipotle sauce, Parmesan, Italian herbs

PIZZETTA CON AGLIO thin & crisp3.65 4.65

Flatbread with olive oil, roasted garlic and mozzarella cheese

KIDS PIZZA cheese or pepperoni3.95

Add additional toppings50 ea

KIDS MEAL cheese or pepperoni, small beverage and 1 scoop of gelato6.25

Add additional toppings50 ea

FRESH FIRE-ROASTED Gourmet Pizza

CRUST STYLES: ORIGINAL THIN & CRISPY

CHEESES: MOZZARELLA • CHEDDAR BLEND (MOZZARELLA, PROVOLONE & WHITE CHEDDAR) DAIRY FREE • FETA • RICOTTA

S 9" (For 1) M 11" (1-2) L 14" (4-5)

DAIRY-FREE CHEESE1.00 1.50 2.00

1 FOUR CHEESE6.89 10.25 15.25

Red sauce, mozzarella, provolone, white cheddar, Parmesan, basil

2 MARGHERITA7.10 10.55 15.50

Red sauce, mozzarella, provolone, white cheddar, Parmesan, basil, garlic, fresh tomatoes

3 PEPPERONI7.10 10.55 15.50

Red sauce, mozzarella

4 PEPPERONI, MUSHROOMS & ITALIAN SAUSAGE8.25 12.35 18.55

Red sauce, mozzarella

5 ITALIAN SAUSAGE & PEPPERS8.25 12.35 18.55

Olive oil and garlic sauce, mozzarella, mushrooms, red onions, green bell peppers

6 BBQ CHICKEN8.25 12.35 18.55

BBQ sauce, mozzarella, provolone, white cheddar, mushrooms, red onions, Parmesan, cilantro

7 ROASTED GARLIC CHICKEN8.25 12.35 18.55

Creamy white garlic sauce, mozzarella, mushrooms, red onions, red bell peppers, bacon, garlic, tomatoes, Parmesan

8 THAI CHICKEN8.25 12.35 18.55

Thai sauce, mozzarella, red onions, carrots, finely chopped cashews, mozzarella, cilantro

9 HAWAIIAN8.25 12.35 18.55

Red sauce, mozzarella, ham, pineapple, finely chopped cashews

10 BACON CHEESEBURGER8.25 12.35 18.55

Red sauce, mozzarella, provolone, white cheddar, bacon, ground beef, red onions, Parmesan

GLUTEN-FREE CRUST Add 1.00 (small only)

11 VEGGIE GOURMET WORKS™8.25 12.35 18.55

Red or creamy white sauce, mozzarella, mushrooms, red onions, red bell peppers, black olives, artichoke hearts, garlic, tomatoes, Italian herbs, Parmesan

12 GREEK8.25 12.35 18.55

Olive oil and garlic sauce, mozzarella, ham, red onions, kalamata olives, pepperoncinis, feta

13 PROSCIUTTO, MUSHROOMS, ARUGULA8.25 12.35 18.55

Olive oil and garlic sauce, mozzarella, Parmesan

14 REDBRICK GOURMET WORKS™8.25 12.35 18.55

Red sauce, mozzarella, pepperoni, ham, bacon, Italian-style sausage, mushrooms, black olives, red onions, green bell peppers

15 MEAT WORKS8.25 12.35 18.55

Red sauce, mozzarella, pepperoni, ham, Italian-style sausage, ground beef, bacon

16 PIZZA BIANCA™8.25 12.35 18.55

Olive oil and garlic sauce, mozzarella, Italian-style sausage (or fire-roasted chicken), mushrooms, roasted pine nuts, ricotta cheese

17 PIZZA RUSTICA™8.25 12.35 18.55

Perfectly thin & crisp

Olive oil and garlic sauce, mozzarella, ham, pepperoni, mushrooms, mozzarella, Parmesan, fresh basil, spices

18 PIZZA BUFALO™8.25 12.35 18.55

"Red hot" sauce, mozzarella, buffalo chicken, red onions, carrots, "red hot" Parmesan crust, ranch drizzle (after bake)

FIRE-ROASTED Fhazani SANDWICH

Our signature flat bread sandwich is fire-baked fresh to order topped with romaine lettuce, tomatoes, cucumbers, & trans fat free dressing

DRESSINGS: Caesar • Italian • Ranch • Greek • Tangy Oriental

CREATE YOUR OWN7.95

Select any pizza Fhazani Style

PROSCIUTTO MILANO7.45

Olive oil & garlic, mozzarella, salami, pepperoncinis, red onions, arugula, romaine lettuce, tomatoes, cucumbers, Italian dressing

CHICKEN PESTO7.45

Pesto sauce, ricotta, red & green peppers, red onions, romaine, tomatoes, house ranch dressing

CLUB7.45

Red sauce, mozzarella, ham, chicken, bacon, red onions, romaine lettuce, tomatoes, cucumbers, house ranch dressing

HAM & CHEESE7.45

Red sauce, mozzarella, provolone, white cheddar, romaine lettuce, tomatoes, cucumbers, house ranch dressing

BBQ CHICKEN7.45

BBQ sauce, mozzarella, red onions, romaine lettuce, tomatoes, cucumbers

ITALIAN7.45

Red sauce, mozzarella, ham, salami, Italian-style sausage, red onions, romaine lettuce, tomatoes, cucumbers

CHEESEBURGER7.45

Olive & garlic, mozzarella, provolone, white cheddar, finely ground beef, romaine lettuce, tomatoes, ketchup & mustard

FIRE-ROASTED Calzones

ADDITIONAL TOPPINGS80

DAIRY-FREE CHEESE 1.00

CLASSIC7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend + a jumbo portion of a topping of your choice. Served with marinara.

PEPPERONI, MUSHROOM & ITALIAN SAUSAGE7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend. Served with marinara.

SAUSAGE & PEPPERS7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, Italian sausage, green bell peppers, mushrooms. Served with marinara.

SOUTHWESTERN BBQ CHICKEN7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, red onions, red bell peppers, chipotle sauce. Served with ranch.

MEAT WORKS7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, bacon, pepperoni, ham, sausage, beef. Served with marinara.

VEGGIE7.99

Ricotta, cheddar blend, minced garlic, Parmesan herb blend, mushrooms, red onions, red bell peppers, artichoke hearts, black olives, tomatoes. Served with marinara.

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Sunday-Thursday 11 am-9 pm • Friday & Saturday 11 am-10 pm

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Starters

SERVED WITH DIPPING SAUCE

BREADED DILL PICKLES A Southern Staple! Dill pickle chips hand breaded and lightly fried 5.99

FRIED SHROOMS Fresh mushrooms battered and fried 5.99

CHEESE BITES Wisconsin soft white cheddar cheese bites breaded and flash fried 5.99

SPICY CHEESE BITES White cheddar cheese with diced jalapenos breaded and fried 6.99

FRIED GREEN TOMATOES Locally sourced fresh green tomatoes sliced thin, hand battered and pan fried 4.99

MINI CRAB CAKES Crab cakes in bite size portions. A favorite! 8.99

POPCORN SHRIMP Tender shrimp breaded with seasoned flour and fried. Served with remoulade.5.99

LOADED FRIES Fries layered with melted cheddar cheese & topped with smoked bacon..... 5.99

GUMBO

Our house made, delicious gumbo loaded with Kelley's andouille sausage, shrimp, chicken, crawfish tail meat and vegetables..... Bowl 8.99 Cup 4.99

Salads

RANCH, THOUSAND ISLAND, VINAIGRETTE, ITALIAN, BLUE CHEESE, HONEY MUSTARD

GRILLED CHICKEN SALAD Grilled chicken tenders served on fresh iceberg lettuce, shredded cheddar cheese, seasoned croutons, sliced tomatoes. Also available with fried chicken tenders 8.99

BLACK AND BLUE Sterling Silver aged NY Strip grilled to your specification and served on a bed of mixed greens with blue cheese crumbles, sliced tomatoes and croutons 14.99

GRILLED SHRIMP SALAD Fresh grilled shrimp served on baby greens paired with ripe tomatoes, cheddar cheese and croutons. Also available fried 12.99

MAHI SALAD Half pound of grilled Mahi served on baby greens and topped with cheddar cheese, sliced tomatoes and croutons 13.99

HOUSE SALAD 3.99

Sandwiches

SERVED WITH SIDE

PO BOY Your choice of fried fish, oysters, or shrimp served on a hoagie roll with remoulade sauce, tomatoes and lettuce 10.00

PHILLY CHEESESTEAK Marinated Midwestern Sirloin sliced thin and covered with melted cheese, onions and peppers. Served on a warm hoagie roll 10.00

CHICKEN TENDER MELT Fried chicken tenders and sliced bacon covered with melted cheese. Served on buttered Texas toast!..... 7.99

CHILI DOG Kelley's hotdog served with our house made chili, ketchup and mustard 5.00

FISH TACOS Grilled Mahi Mahi served in warm flour tortillas with chilled lettuce, ripe tomatoes and Louisiana remoulade sauce 9.99

BIG BLUE It may be the very best burger! Fresh ground sirloin and brisket grilled to specification and topped with cheddar cheese, tomato, dill pickles, mustard, ketchup, mayo and smoked bacon 9.99

Entrees

SERVED WITH TWO SIDES AND ORANGE ROLL

RIBEYE Sterling Silver aged minimum of 28 days for optimum flavor. Grilled to specification 19.99

NY STRIP Sterling Silver premium beef aged a minimum of 28 days for optimum quality. Seasoned perfectly and grilled to specification 18.99

Add shrimp skewer..... 4.99

CHICKEN ALFREDO Grilled chicken tenders served on a bed of pasta tossed in our house made creamy alfredo sauce. Also available with shrimp 13.99

CHOPPED STEAK Half pound hamburger smothered in brown gravy, grilled onions and mushrooms 13.99

DARRYL'S FAVORITE Two Catfish filets blackened and smothered with Darryl's New Orleans crawfish cream sauce on a bed of rice. Paired with coleslaw 16.99

SHRIMP PLATTER A dozen large succulent shrimp breaded in house and lightly fried. Also available grilled, steamed or blackened..... 14.99

FLOUNDER Two pieces of fresh flounder fried to perfection 9.99

CATFISH Two fresh catfish filets from the Mississippi Delta breaded and deep fried..... 10.99

Add a filet..... 2.99

MAHI MAHI A half pound Mahi Mahi filet seasoned just right and grilled 14.99

Add Darryl's Nawlins Sauce 3.99

CRAWFISH BOIL Whole crawfish, Kelley's andouille sausage, corn on the cob, shrimp and potatoes 18.99

BANGIN' SHRIMP Local's favorite! Fried shrimp tossed in a spicy Thai sauce. Served with Thai chili coleslaw..... 10.99

SEAFOOD PLATTER 4 Shrimp, 4 fried oysters, 2 fish filets, 4 scallops..... 17.99

SHRIMP & GRITS Darryl's secret recipe! Cajun seasoned grilled shrimp served on a bed of grits12.99

Oysters

ON THE HALF SHELL..... Market Price

BAKED OYSTERS

Butter, Parmesan, or Cajun 11.99

Add Shredded Cheddar 1.00

LOADED BAKED OYSTERS Baked in the shell and loaded with crab, cheddar cheese, parmesan, spinach and bacon 14.99

FRIED OYSTERS A dozen cold, salty oysters breaded and deep fried 10.99

PRICE SUBJECT TO CHANGE WITH MARKET

Wings

HOT, KICKIN' BOURBON, HONEY BBQ, MILD, TERIYAKI, HOT HONEY, GARLIC PARMESAN, SRIRACHA GLAZE, ROASTED, MANGO HABENERO

WINGS AND FRIES A half dozen perfectly fried chicken wings served with fries 7.99

WING PLATTER Ten wings served with your choice of sauce..... 9.99

BONELESS WINGS Everything you love about our traditional wings, but no bone! 9.99

Sides

2.99

Fries • Coleslaw • Sweet Corn Cob • Fried Okra Baked Potato • Steamed Vegetables Cheese Grits • Mashed Potatoes

LUNCH • 11AM-4PM

DINNER • 4:30PM-8PM

CARRY OUT ORDERS WELCOME

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Bldg. 109
8 a.m. Traditional Protestant Service

Main Post Chapel, Bldg. 8940
8:30 a.m. Catholic Confessions
9 a.m. Catholic Mass
11 a.m. Collective Protestant
12:05 p.m. Catholic Mass (Tuesday-Friday)

4 p.m. Catholic Confessions (Saturday)
5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Latter-Day Saints
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
11 p.m. Eckankar Study (4th Sunday)

Spiritual Life Center, Bldg. 8939
10:15 a.m. CCD (except during summer months)

BIBLE STUDIES TUESDAYS
Crossroads
Discipleship Study (Meal/Bible Study)
Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel
Wings Chapel, 9 a.m. & 6 p.m.

FORT RUCKER FIT FEST HEALTH FAIR

Stop by the MWR Booth for a chance to WIN some amazing door prizes: \$50 Academy Sports Gift Card \$150 Value i-Lipo Gift Certificate MWR Prize Basket

Open to the entire Fort Rucker Community. Free Admission.

FRIDAY, APRIL 21
9 AM - 4 PM FESTIVAL FIELDS

You don't have to face your problems alone.



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J. CHRIS STRUNK, M.D.

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THURSDAY, APRIL 6TH 5:00-8:00PM

Rituals
SALON & DAY SPA

Spa Services, Tasty Bites & Drinks to support our
CLEAN WATER PARTNER
Gulf Restoration Network

Yoga Classes... 5pm, 6pm, 7pm
Free AVEDA Gift Bag for first 50 Guests!

Limited Space Available
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Enterprise 6580 Boll Weevil Cir. 417-4111
Elba 991 AL Hwy 203 897-5222

Frogz Restaurant

STARTERS

Sautéed Gator • Alligator tail dusted in flour then pan sautéed with mushrooms, onions, peppers, tomatoes and Cajun spices. **11.49**

Sushi Grade Tuna • Yellow fin tuna grilled, blackened, or blackened coconut glazed. (market price) (we recommend this one cooked medium rare or less)

Bang-Bang Shrimp • (these are Tangy) Fried popcorn shrimp tossed with a spicy & sweet pepper sauce. **9.99**

Fresh Mozzarella and Tomatoes • Drizzled with balsamic vinegar & olive oil then sprinkled with herbs. **9.99**

Coastal Crab Cake • Lump Blue crab mixed with peppers, onion & spices then pan braised. (market price)

Mussels • Sautéed with marinara or white wine & garlic sauce. **9.99**

Frogz Legz • Farm raised frog legs, lightly dusted with seasoned flour then deep fried. Served on a bed of chopped romaine with a roasted red pepper aioli and fresh lemon. **8.99**

Artichoke Dip • Artichoke hearts, oven roasted in our special blends of cheese and spices. Served with fresh fried tortilla chips. **8.99**

Fried Oysters • Breaded oysters fried and served with cocktail sauce. **7.99**

Cheese Curds • Fried Wisconsin cheese curds served with remoulade sauce. **7.99**

Please note that you are always welcome to request substitutions on any menu item... simply ask your server.

SALADS

House Salad • Romaine blend with mango, pineapple, red onion and ...strawberry or tomato, depending on seasonal availability, topped with honey and crushed macadamia nuts and our house citrus vinaigrette dressing. **3.99 with entrée 2.99**

Green salads are available upon request

HOUSE SALAD TOPPED WITH:

Salmon **15.99**
Tuna (market price)
Crab Cake (market price)
Red Fish **15.99**
Popcorn Shrimp **11.99**
Scallops **15.99**
Grilled Chicken **10.99**
Fried Chicken **10.99**
Caesar Salad • Romaine lettuce and croutons dressed with parmesan cheese and Caesar dressing. **3.99**

GIFT CARDS AVAILABLE
ask your server for details

20% gratuity added to groups of 8 or more

PASTAS

Shrimp Penne • Tender tiger shrimp sautéed in olive oil, garlic, peppers, onions, mushrooms & tomatoes tossed with penne pasta. **15.99**

Cajun Seafood Pasta • A Cajun crawfish cream sauce with sautéed shrimp, scallops, green onion, fresh parsley, and cilantro, tossed with spinach fettuccine and garnished with fresh tomatoes **28.99**

Spicy Shrimp & Sausage • Cajun sausage, tiger shrimp, peppers, onions, garlic & spices with marinara & penne pasta (this dish is very spicy, however, we can make it less so upon request). **16.99**

Chicken Parmesan • Southern Italian dish made with a deep-fried sliced chicken, layered with mozzarella and marinara sauce, then baked. **15.99**

Eggplant Parmesan • **11.99**

Penne • Tossed in pesto and basil... with shrimp **15.99**

Mussels • Served over linguini with choice of marinara or white wine & garlic sauce. **12.99**

Veggie • Sautéed assorted veggies & garlic tossed with pasta in choice of olive oil or marinara. **11.99**

SEAFOOD

Sushi Grade Tuna • Grilled, blackened, or blackened coconut glazed. Served with veggie & wasabi mashed. (market price)

Mahi Mahi • Grilled then topped with Frogz special pepper and mango salsa. Served over rice pilaf with fire roasted corn and peppers. **23.99 - Crawfish Julie sauce. 25.99**

Served over rice pilaf with fire roasted corn and peppers.

Coastal Catch • Seasoned and grilled then topped with Lump Blue Crab and a champagne lemon cream sauce. Served with veggie & wasabi mashed. **20.99**

Blackened Catch • Dredged in black spices then seared & topped with cilantro lime butter. Served with veggie & wasabi mashed. **18.99**

Norwegian Salmon • Grilled then topped with choice of mandarin orange rum sauce, teriyaki sauce, bourbon glaze or blackened. Served with veggie & wasabi mashed. **18.99**

Beurre Blanc Scallops • Pan Sautéed with a champagne lemon cream sauce then topped with scallops. Served with veggie & wasabi mashed. **21.99**

Blackened Coconut Scallops • Sea scallops lightly blackened and glazed with coconut nectar. Served with veggie & wasabi mashed. **21.99**

Coastal Crab Cakes • Lump Blue Crab blended with peppers, onions & spices, then pan braised. Served with veggie & wasabi mashed. (market price)

Fried Shrimp • Tiger shrimp dusted in flour then deep fried. Served with sweet potato fries (regular fries available upon request). **15.99**

Popcorn Shrimp • Dusted in flour then deep fried. Served with sweet potato fries (regular fries available upon request). **12.99**

Shrimp & Grits • Tiger shrimp served on spicy seasoned & cheesy grits, topped with bourbon red-eye gravy. **15.99**

Fried Oysters • Breaded oysters fried and served with sweet potato fries (regular fries available on request).

ADD TO ANY ENTRÉE

a side of shrimp 5.99, a side of scallops 7.99 or substitute twice baked potato 2.99

STEAKS

Sterling Silver Filet • Fresh 8-10oz center cut beef tenderloin, seasoned & grilled to perfection. Served with veggie and your choice of potatoes. **35.99**

Sterling Silver Rib-Eye • Fresh 14-16oz cut that has the highest degree of marbling, seasoned & grilled perfection. Served with veggie and your choice of potatoes. **26.99**

Top your steak with a black & bleu cheese reduction or sautéed mushrooms & onions for **2.99** or Gournay Cheese for **3.99**

CHICKEN

Kyle's Kickin Chicken • Pan Sautéed with mushrooms, artichokes & onions topped with a light cream sauce. Served with veggie & wasabi mashed. **16.99**

Teriyaki or Bourbon Glazed • Grilled breast served with veggie & wasabi mashed. **14.99**

Citrus Grilled • Marinated breast grilled & served with veggie & wasabi mashed. **13.99**

GATOR

Sautéed Gator • Alligator tail dusted in flour then pan sautéed with mushrooms, onions, peppers, tomatoes & Cajun spices. Served with veggie & wasabi mashed. **21.99**

TADPOLES (Kids Menu)

Popcorn shrimp with fries..... **7.99**

Chicken tenders with fries..... **7.99**

Penne pasta with cheese..... **4.99**

Chicken Waffle Bites with fries **7.99**

DESSERTS

Chocolate hazelnut Crème Brûlée..... **7.99**

Chocolate Key Lime Pie with orange whipped cream..... **7.99**

Special Desserts offered seasonally (ask your server) **7.99**

Our bar liquors are Jim Beam or Jack Daniels Bourbon, Grey Goose Vodka, Bombay Sapphire Gin, Chivas Scotch, Bacardi Gold Rum and Jose Cuervo 1800. All drinks contain at least 1.5 ounces of liquor.

SPIRITS

Chocolate Martini • Grey Goose and Godiva Chocolate **7.25**

Frogz Breath • Grey Goose, Midori and Sweet & Sour **7.75**

Hurricane • Grey Goose, Bombay Sapphire, Bacardi 151, Amaretto, Triple Sec, Grapefruit and Pineapple juice **7.25**

Key West Screwdriver • Grey Goose, Lime juice and Orange juice **6.75**

Martini • Grey Goose or Bombay Sapphire with a hint of Vermouth **7.75**

Melon Ball • Midori, Grey Goose and Pineapple **6.75**

Wasabi Bloody Mary • Grey Goose, Five Pepper & Tomato mix with Wasabi **7.25**

White Russian • Grey Goose, Kahlua & Crème **6.75**

Top Shelf Margarita • Patron, Grand Marnier, Cointreau, Lime juice and Orange juice **9.00**

Margarita • Cuervo, Triple Sec and Lime juice **7.00**

Mudslide • Grey Goose, Kahlua and Bailey's **7.25**

Long Island Iced Tea • Grey Goose, Bacardi, Bombay Sapphire, Jose Cuervo, Triple Sec, sour mix and a splash of Coke **7.25**

LA Water • Bacardi, Blue Curacao, Melon Liqueur, Grand Marnier, Sour mix and Sprite **7.75**

Piña Colada • Bacardi, Pineapple juice and Coco Lopez **7.25**

Strawberry Daiquiri • Bacardi and fresh strawberries **7.25**

Tequila Sunrise • Jose Cuervo, Orange juice and Grenadine **7.25**

Southern Kiss • Southern Comfort, Amaretto and Pineapple juice **6.75**

Southern Hospitality • Southern Comfort, Peach Schnapps and Lime juice **6.75**

Tickle Me Blue • Midori, Blue Curacao, Seven Up, Orange juice and Sweet & Sour **7.25**

Steve's Sunset • Midori, Malibu, Blue Curacao, Sweet & Sour, Orange juice and Sprite **7.25**

Wahoo • Bacardi 151, Amaretto and Pineapple juice **7.25**

Malibu Surfer • Malibu, Pineapple juice and a splash of Coke **6.75**

Bushwacker • Kahlua, Crème de Cacao, Bacardi and Coco Lopez **7.25**

Cosmopolitan • Grey Goose, Cointreau, Lime juice and Cranberry Juice **7.25**

RESTAURANT:

711 E. McKinnon • New Brockton, AL

- Fred & LaWanda Grill, Owners

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Hours: Wednesday - Saturday
open at 5:00pm
-PRICES SUBJECT TO CHANGE DUE TO MARKET.-

Maxwell AFB honors its heritage

Maxwell Air Force Base
Press Release

Maxwell Air Force Base will host its Heritage to Horizon: Legacy of the Great War — A Century of Airpower air show and open house celebrating the Air Force’s 70th anniversary April 8-9 from 8 a.m. to 4:30 p.m. both days. Admission is free. The U.S. Air Force Thunderbird demonstration team will headline the event, which also features the French demonstration team, Patrouille de France, and other air and ground demonstrations.

For more information, visit <http://www.maxwell.af.mil/airshow.aspx>.



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

APRIL 5 — The 28th annual Alzheimer’s Conference, sponsored by the Alzheimer’s Resource Center and Wallace Community College, will be held from 8 a.m. to 3 p.m. at the Dothan Civic Center. Registration begins at 7:30 a.m. The title of this year’s conference is “New Understandings of Alzheimer’s Disease.” Dr. Richard E. Powers and Robin W. Dill will be the guest speakers. WCC will provide continuing education units for healthcare professionals. The fee is \$65 for CEUs and \$25 without CEUs. To register, call 334-556-2205. For information about sponsorship or being an exhibitor, call 334-702-2273.

APRIL 20-23 — The Good Sam Club will hold its annual rally at the Peanut Festival Fairgrounds. Club members are welcome to attend and camp out in their recreational vehicles. The event will feature numerous activities, vendors and events. For more information, call (205) 312-1248 or visit www.algoodsam.org.

APRIL 7-8 — The Wiregrass Master Gardeners will host its free spring plant sale from 9 a.m. to 5 p.m. April 7 and 8 a.m. to noon April 8 the master gardeners’ nursery at the Dothan Area Botanical Gardens, 5130 Headland Avenue. There will be a wide selection of plants for sale.

Information will also be available on fire ant control, soil testing and gardening.

ENTERPRISE

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

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For more information, call 334-464-1171 or the auxiliary at 334-464-2222. The post also has a Facebook site at [vfw post 6683](https://www.facebook.com/vfwpost6683).

ONGOING — The Enterprise baseball team is starting a league and is in need of players. High school- and college-aged people are eligible to play. Tryouts will be held every weekend until April. For more information, including times and locations of tryouts, call 334-347-1660.

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

MARCH 30 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the senior center, located one block behind the old New Brockton Police station. Food and drink will be served followed by regular Chapter business. Veterans throughout the Wiregrass are invited to join the organization. For more information, call 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 Police Station at 706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability

benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

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

OZARK

APRIL 1 —The Friends of the Ozark/Dale County Public Library and the Claybank Master Gardeners will host their annual spring sale at the library. The book and bake sales will be from 9 a.m. to noon, and the plant sale will be from 8 a.m. to noon. All proceeds will go to the library.

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

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

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

Pensacola JazzFest

Pensacola JazzFest is a free all-jazz festival scheduled for April 1 from 10:30 a.m. to 6:30 p.m. in historic Seville Square in downtown Pensacola, Florida. The two-day festival celebrates America’s unique musical art form – jazz, according to organizers. The event will feature music, a children’s area, arts and crafts, food and drink, and more.

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

A Bark to Remember

Gulf Coast Health Care will host its A Bark to Remember – a free dog-friendly event to raise awareness for the local Alzheimer’s Association – April 1 from 10 a.m. to 3 p.m. at Community Maritime Park in Pensacola, Florida. The event will feature dog contests, a variety of vendors, a silent auction, entertainment, food and drink, and more, according to organizers.

Blue Angels Practice

People can observe the Blue Angels, the U.S. Navy Flight Demonstration Squadron, practice most Tuesdays and Wednesdays between March and November at the National Naval Aviation Museum viewing area in Pensacola, Florida. Practicies typically begin at

11:30 a.m. and last about an hour. The outside viewing area for the Blue Angels practice is located on the museum flight line north of the museum. Signs are posted to direct visitors to viewing and parking locations, including limited parking for handicapped visitors.

Open bleacher seating is available for 1,000 people. Chair service is provided at each practice session –chairs are available for a fee of \$3 per chair good for that day’s practice session. Concessions and merchandise are also available, and there is a 100-percent ID check for all visitors 16 years old and over to access the museum flight line. Backpacks, daypacks, luggage and similar items are not allowed on the flight line. Small purses, bags containing medications, and diaper bags are allowed, but are subject to search by Naval Air Station Pensacola Security personnel.

Cancellations due to weather or maintenance are made at the team’s discretion and may not be made until the morning of the practice.

For more information, visit <http://www.navalaviationmuseum.org/>.

‘Dauphin Island’

The Alabama Shakespeare Festival in Montgomery hosts a world-premiere production by Jeffry Chastang, “Dauphin Island,” through April 9. Developed by the Southern Writers’ Project,

suspicion and fascination dovetail when – en route from Detroit to a new job on Dauphin Island – Selwyn Tate interrupts the self-imposed isolation of Kendra in the Alabama woods — dramatizing the risks involved when two displaced souls intertwine. “Dauphin Island” is a recipient of the 2016-2017 Edgerton Foundation New Play Award. The play is recommended for people ages 16 and older.

For more information, including show times and ticket information, visit asf.net/project/dauphin-island/ or call 334-271-5353.

Reptile show

The Navarre Conference Center in Pensacola, Florida, will host ReptiDay Pensacola April 15 from 10 a.m. to 5 p.m. The one-day reptile event will feature vendors offering reptile pets, supplies, feeders, cages and merchandise, as well as live animal seminars. Admission will be \$10 for adults, \$5 for children ages 5-12 and free for children younger than 5.

For more information, visit <http://repticon.com/florida/reptiday-pensacola/>.

Calera & Shelby Railroad

The Heart of Dixie Railroad Museum in Calera offers people the chance to take a trip back in time as they board vintage railroad coaches restored to their former glory on Saturdays through

Sept. 30, according to museum officials. The Calera & Shelby Railroad runs on a portion of the former L&N Alabama Mineral Railroad established in 1891. People will be able to ride behind a first-generation diesel-electric locomotive as they travel through the scenic forests of Shelby County. People can also upgrade to a caboose or locomotive ticket to get an up-close look at railroad operations. The Calera & Shelby train ride lasts about an hour and people are asked to arrive one hour prior to departure.

For more information, including ticket costs, visit <https://www.hodrrm.org/default.cfm>.

‘Sherlock Holmes’

Montgomery’s Alabama Shakespeare Festival will present a new adaptation of the “Sherlock Holmes” story by Geoffrey Sherman now through May 13. It is billed by organizers as a gripping tale of the world’s most famous detective that features amazing twists and turns, accompanied by a healthy dose of comedy. The production is recommended for ages 9 and up. For show times and tickets, visit <http://tickets.asf.net/single/PSDetail.aspx?psn=11300>. Ticket prices vary based on play, date and availability of seating.

For more information, call 334-271-5353 or visit asf.net/project/sherlock-holmes/.

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STARTERS

SEAFOOD NACHOS

Crispy tortilla chips, heaped & layered with blue crab & shrimp, seasoned with Texas Pete, crushed red pepper, old bay & fresh cilantro, all smothered in a melted blend of cheeses served with sides of fresh tomato salsa & Pico de Gallo. **\$15**

CRAB CAKE

Crispy exterior surrounds this delectable crab cake, loaded with real blue crab, served with Sriracha sour cream & your choice of, regular or jalapeno, house made slaw. **\$12**

CRAB CLAWS

A generous helping of succulent crab claws, fried or sautéed in our house butter sauce. Fried claws are served with tangy, house made avocado lime cream sauce. Sautéed claws are served with house made Sriracha sour cream. **\$12**

SMOKED TUNA DIP

Addictive creamy, smoked tuna dip, topped with brown sugar cayenne bacon. Served with pita or sliced bagel chips. **\$10**

CHEESE CURDS

Authentic fried Wisconsin cheese curds, served with our house made ranch or marinara sauce. **\$10**

BAVARIAN PRETZEL STICKS

4 large, soft pretzel bread sticks, served with house made IPA mustard sauce. **\$8**
Substitute a double portion of beer cheese sauce. **\$1.50**

VEGGIE DIP

A scrumptious, smokey flavored cream cheese dip with sautéed veggies, served with pita or bagel chips. **\$8**

BEER BATTERED ONION RINGS

Homemade, lightly battered & crispy onion rings, served with your choice of sauce. **\$6**

HUMMUS

Delicious roasted garlic or smoked jalapeno hummus, served with warm pita or bagel chips with choice of sauce. **\$6** Add fresh veggies. **\$2**

FRIED PICKLES

Delicious sliced dills, lightly battered & crispy, served with our house made ranch dressing. **\$5**

Sauces: Ketchup, Ranch, Jalapeno Ranch, Malt Mayo, IPA Mustard or Tabasco Honey

SALADS

CRANBERRY PECAN GRILLED CHICKEN

Tender grilled chicken breast, craisins, bacon & pecan pralines on a bed of fresh spring mix of petite red & green lettuce, sprinkled with shredded Parmesan & served with our, house made, raspberry vinaigrette dressing. **\$8**

CAESAR

Romaine lettuce & croutons dressed with parmesan cheese & Caesar dressing **\$4**
Add to any entrée. **\$3** Add Chicken. **\$4**

HOUSE

Fresh green spring mix of petite red & green lettuce, topped with tomatoes, cucumbers, red onions & a cheddar jack blend. **\$4**
Add to any entrée. **\$3**
Large portion, served on a dinner plate as an entrée. **\$6**

Dressings: ranch, jalapeno ranch, fat free Italian, house made strawberry vinaigrette, thousand island or balsamic glaze

ADD OR SUB SIDES

COLE SLAW

Our special, regular, mango, or jalapeño, creamy coleslaw. **\$4**

FRIES

A generous portion of our seasoned potato wedges or sweet potato fries. **\$4**

CHIPOTLE POTATO SALAD

Roasted sweet & russet potatoes, thinly sliced red & green bell peppers & red onions, with cilantro in a creamy chipotle base. **\$4**

VEGETABLE MEDLEY

A perfect mix of broccoli, yellow & orange carrots & snap peas, seasoned & sautéed in olive oil. **\$4**

PALE ALE MAC-N-CHEESE

A sumptuous blend of cheeses combined with a creamy ale sauce, with crumbled bacon bits, over shell pasta. **\$4**
Want to spice it up? Add diced jalapenos... **\$50**

DESSERTS

Our desserts are a variety of Hilary's homemade treats, prepared weekly. You are sure to be amazed and delighted with her latest creations. Starting at **\$5**

Your server is happy to tell you all about the treat of the day.



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Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.

BRUNCH

On Saturday, from 10:00 a.m. to 12:00 p.m.
our menu is limited to the items below:

EGGS BENEDICT

Two halves of a warmed, buttery English muffin, topped with poached eggs & creamy hollandaise sauce, with:
Canadian bacon **\$10** Florentine **\$8** Crab Cake **\$16**
Four large shrimp **\$12** Four large spicy shrimp **\$12**

WOAH BURRITO

A large tasty burrito, filled with a hash of bacon, sausage, craisins, sweet & Irish potatoes, served with sausage gravy on the side. **\$8**

FRENCH TOAST KABOBS

French toast cubes & fresh fruit, skewered then dusted with powdered sugar, served with hash & syrup on the side. **\$8**

STUFFED FRENCH TOAST

French toast stuffed with a sweet cream cheese blend, served with fresh fruit, hash & syrup on the side. **\$8**

BREAKFAST SANDWICH

Egg over medium, with bacon or sausage, cheddar cheese, and tomato, on toasted and buttered Italian bread, served with a side of hash. **\$10**

SAUSAGE AND HASH BROWNS

A bed of hash browns with kale & red quinoa, topped with grilled sausage & a blackened Beurre blanc sauce. **\$12**

EGGS TO ORDER

Two eggs, two strips of bacon or sausage, hash & toast. **\$7**

FOR THE SMALLER FOLKS

(limited to children under 12 yrs)

One egg, toast, hash, and sausage or bacon. **\$4**
French toast, served with fruit. **\$4**
Kid's breakfast sandwich... half of the above sandwich. **\$6**

MIMOSA

A balanced blend of sparkling wine and fresh orange juice. Choose between regular and peach.
Glass **\$5** Carafe **\$22**

SANGRIA PRESS

Signature sangria, infused with fresh berries, orange, lemon, and lime.
Glass **\$5** Carafe **\$22**

BUILD A BEAST

Absolut Citron, house made Bloody Mary mix, with a beef straw & our signature chipotle spiced salt rim. **\$9**

Top it with your choice of:

Cocktail shrimp... **\$1** per shrimp
Chicken wing... **\$3** for both sections
Cheddar cheese strips... **\$1**

Pickled asparagus • Pickled okra • Lime
Cocktail crab claws... **\$1** for 5 claws
Slice of smoked bacon... **\$1** per slice

Celery stalk • Kalamata olives • Green olives • Black olives

PUB FAVORITES

WOAH's FABULOUS BURGER

WOAH's delicious burger on a pretzel bun, topped with an egg over medium, red ale cream cheese, tomato jam, pickled red onion & spinach, served with seasoned potato wedges. **\$13**

REGULAR JOE BURGER SLIDERS

WOAH's delicious burger made the old fashioned way in two sliders... no crazy toppings, just lettuce, onion, tomato & pickle slices, served with seasoned potato wedges. **\$13**
Add bacon & cheese for... **\$2** Add beer cheese for... **\$75**

PULLED PORK SLIDERS

Three tender & juicy "Austin Blues" smoked pork shoulder sliders, smothered with "Kyle's Sweet Heat" BBQ sauce, red ale cream cheese, tomato jam & pickled red onion, served with mango coleslaw & seasoned potato wedges. **\$12**

CRAB CAKE SLIDERS

Two blue lump crab sliders, topped with hollandaise sauce, avocado & our house made tomato jam, served with seasoned potato wedges. **\$12**

BEER BRAT

Bratwurst infused with Guinness, served on a brat bun, topped with sautéed peppers & onions, served with our IPA mustard & seasoned potato wedges. **\$9**
Feeling brat-ty? Add a second brat for... **\$6**
Substitute beer cheese for... **\$75**

BEER BATTERED FISH AND CHIPS

A 6 oz portion of beer battered fish, served on top of our seasoned potato wedges, Served with tartar sauce, malt vinegar or our house malt mayo. **\$9**
Add beer cheese for **\$75**

Feeling like you could eat a whale? Double the fish for just... **\$5**

WOAH WINGS

Six jumbo wings with your choice of Bourbon BBQ, Garlic Parmesan or Mild, Medium or Hot Buffalo sauce. Served with seasoned potato wedges & celery with your choice of bleu cheese or ranch **\$10** Add beer cheese for... **\$75**
NOTICE!!! All of our wings, even the mild, are a bit spicy!

CHICKEN AND BACON WRAP

Hearty chicken breast, fried or grilled, wrapped with lettuce, tomato, bacon & cheddar jack cheese, served with seasoned potato wedges. **\$12**

BUFFALO CHICKEN WRAP

Hearty chicken breast, fried or grilled, tossed in Buffalo mild sauce, wrapped with cheddar jack, lettuce & tomato, served with fries. **\$12**

CAPRESE (Mozzarella and Tomatoes)

Layered tomatoes, fresh mozzarella & basil, drizzled with extra-virgin olive oil & balsamic. **\$8**

ENTREES

LEMON DILL SALMON

Succulent salmon filet, grilled to perfection & topped with, house made, lemon dill Beurre blanc sauce, served with broccoli & cheese casserole. **\$25**

BALSAMIC GLAZED CHICKEN

Chicken breast grilled with sautéed mushrooms & spices, glazed with honey, balsamic & goat cheese reduction, served with a veggie medley. **\$16**

CHICKEN PARMESAN

Breaded chicken breast, fried then topped with fresh melted mozzarella, over penne pasta & our house made sauce. **\$16**

PASTA FRA DIAVLO

Penne pasta smothered in FraDiavlo, with bits of prosciutto & a white wine sauce. **\$14**

TWO TACOS

Fish, fried or sautéed, topped with cheese, tomato & red onion, served on a bed of spring mix in soft or hard tacos, served with a side of mango slaw & tomato salsa. **\$14**

Grilled chicken breast, topped with cheese, tomato & red onion, all served on a bed of spring mix in soft or hard tacos, served with a side of mango slaw & tomato salsa **\$14**

Fresh jumbo shrimp, sautéed in homemade tequila-lime sauce, served on a bed of spring mix in soft or hard tacos, served with a side of mango slaw & tomato salsa. **\$14**

YOUNGERS MENU

CHICKEN TENDERS

Lightly breaded chicken strips served with seasoned potato wedges. **\$7**

KID'S MAC-N-CHEESE

A sumptuous blend of cheeses combined with a creamy ale sauce, with crumbled bacon bits, over shell pasta. **\$4**

JUNIOR PULLED PORK SLIDER

Our tender & juicy "Austin Blues" smoked pork shoulder slider, smothered with "Kyle's Sweet Heat" BBQ sauce, tomato jam & pickles, served with seasoned potato wedges. **\$6**

JUNIOR JOE'S BURGER SLIDER

WOAH's delicious burger slider, made the old fashioned way, with lettuce, tomato & pickles. **\$7**

FRIED SHRIMP

Junior portion of large fried shrimp, served with seasoned potato wedges. **\$8**

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Add Egg 69¢		Add Cheese 49¢

Combo Served with Bo-tato Rounds® and Drink

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Scrambled Eggs & Biscuit with Bo-tato Rounds® or Grits	\$3.29
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Small	\$1.49 ★ Medium \$1.99 ★ Large \$2.89
Large Grits	\$1.49

KID'S MEALS

★KID'S MEALS SERVED WITH BISCUIT, FIXIN' AND KID'S DRINK★

Chicken Leg	\$4.49	★ Macaroni 'n Cheese	\$4.49
2 Homestyle Tenders™	\$4.49		

FAMOUS CHICKEN

★DINNERS★

	Includes biscuit & 1 FIXIN'	Includes biscuit & 2 FIXIN'S
2pc. (leg & thigh)	\$4.29	\$5.39
2pc. (breast & wing)	\$5.49	\$6.59
3pc. (leg & thigh)	\$4.99	\$6.09
1 Breast	\$4.59	\$5.69
2 Breast	\$6.99	\$8.09
3 Wing	\$5.19	\$6.29
4pc. (breast, wing, leg, thigh)	\$7.19	\$8.29

BOXES & FAMILY MEALS

★BOXES INCLUDE CHICKEN & BISCUITS★

8pc. Mixed and 4 Biscuits	\$14.99
12pc. Mixed and 6 Biscuits	\$21.99
20pc. Mixed and 10 Biscuits	\$31.99

Substitute breast for leg/wing/thigh for \$1.49 per substitution

★TAILGATES INCLUDE CHICKEN, BISCUITS, FIXIN'S & TEA★

8pc. Tailgate (serves 3-4)	\$21.99
12pc. Tailgate (serves 5-6)	\$29.99
with 4 biscuits, 2 picnic fixin's and 1/2 gallon iced tea	
20pc. Tailgate (serves 8-10)	\$39.99
with 10 biscuits, 4 picnic fixin's and 1 gallon iced tea	
Family Variety Feast	\$31.99
with 8 biscuits, 3 picnic fixin's and 1/2 gallon iced tea	

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★FIXIN'S AS FAMOUS AS OUR CHICKEN & BISCUITS★

	★ Dirty Rice™	★ Cajun Pintos™	★ Cole Slaw	
	★ Macaroni 'n Cheese	★ Corn on the Cob		
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	Individual \$1.79	Picnic \$3.59		
	★ SEASONED FRIES ★			
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Grilled Chicken Salad	\$5.99	Chicken Supremes™ Salad	\$5.99
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4pc. Chicken Supremes™ Combo
Our original whole breast tenderloin strips

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12pc Supremes™ or Tenders™ Box

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★RICE BOWLS INCLUDE DIRTY RICE, CAJUN PINTOS & CHEESE

Jambolaya™ or Chicken Rice Bowl

\$5.39

Snacks

★SNACKS INCLUDE CHICKEN AND A BISCUIT★

2pc. (leg & thigh)	\$2.99	3 Wing	\$3.99
2pc. (breast & wing)	\$4.49	3 Supremes™ or Tenders™	\$4.09
1 Breast	\$3.69	Roasted Chicken Bites®	\$4.99

SANDWICHES & WRAPS

★COMBOS INCLUDE 1 FIXIN' AND A DRINK★

Cajun Filet	\$3.89	Southern Filet Club	\$4.69
Cajun Filet Club	\$4.69	Grilled Chicken	\$4.19
Southern Filet	\$3.89	Grilled Chicken Club	\$4.99

★MAKE IT A COMBO FOR ONLY \$2 MORE★

DRINKS



Small	\$1.39	★ Medium	\$1.69	★ Large	\$1.99
Orange Juice	\$1.59	★ Milk or Chocolate Milk	\$1.19		

★LEGENDARY ICED TEA★

Small	\$1.39	★ Medium	\$1.69	★ Large	\$1.99	★ 1/2 Gallon	\$2.99
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★FRESH-BREWED PREMIUM BLEND COFFEE★

Medium	\$1.29	★ Large	\$1.59
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Breakfast served ALL DAY! ★ Making sweet tea is an art form!

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COCKPIT DIGITIZATION



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In rapidly changing times, the determination to meet any challenge head-on means everything. That's why Northrop Grumman's commitment to the UH-60V Black Hawk is unwavering, with the first successful test flight recently completed to the Army's prescribed timeline. Our advanced digital avionics cockpit means reduced lifecycle cost, reliable performance and capability expansion now and tomorrow, no matter what the need. *That's why we're a leader in proven, forward-thinking, modular solutions.*

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MARCH 30, 2017

JOINING THE FIGHT

Youth health fair seeks to combat childhood obesity

By Nathan Pfau
Army Flier Staff Writer

As childhood obesity continues to be a problem in the country, Fort Rucker is doing its part to take the fight against the problem to its source.

The Fort Rucker Child and Youth Services Sports and Fitness Program is hosting its annual health and nutrition fair April 6 from 4-7 p.m. at the youth football fields as a means to help promote healthy living, according to Randy Tolison, Fort Rucker Youth Sports director.

"We want to make sure parents and youth are aware of the many different healthy, therapeutic and safety programs that are offered here on Fort Rucker to them," he said. "This event allows young people to see what resources are available to them for making healthy choices throughout life."

Throughout the event, children will have the opportunity to get various health screenings, including vision and hearing screenings; blood pressure checks; height and weight measurements; and meet with a registered dietician, physical therapist, dental clinic repre-



PHOTO BY NATHAN PFAU

Volanda Eddis, dental Brown Dental Clinic dental hygienist, talks to children about the importance of dental health at a previous health fair.

sentatives, preventive medicine representatives, a nutritionist and more.

Children will learn about proper dental health and how to practice good dental hygiene, as well as the importance of healthy eating habits, said the youth sports director.

The event will also feature games, music and healthy snacks, and also a way for parents to introduce their children to youth sports as Fort Rucker T-ball and baseball team players will be introduced at the event.

A pitch, hit and run event will

also be held during this time for those who wish to participate.

During last year's event, Naomi Small, military spouse, attended the fair with her two children, David and Dillion, and said that teaching her children about the importance of healthy living was

part of her responsibility as a parent.

"It's really hard to talk to your kids about being healthier because usually they're not going to listen to what you have to say," she said. "I think the fair really helps out a lot because there are people here that they're used to seeing and talking to, and their friends are here, too, so they might be more inclined to listen."

Small said that although she controls most of what her children eat, she wants to make sure they can make the right decisions for themselves when they get older, and the health fair was able to help in that aspect.

"I try not to be too strict on them with their diet and I expose them to every type of food, even junk food because I want them to know what options are out there," she said. "I make sure to let them know that [junk food] is not always the best option for them and too much of it isn't healthy. I just hope that they're able to take the lessons they learn here from actual professionals and take them to heart."

For more information, call 255-0950 or 255-2257.

Army researcher: Sleep, readiness go hand in hand

By David Vergun
Army News Service

WASHINGTON — The quality of Soldiers' sleep has a direct bearing on readiness, according to Col. Vincent Mysliwiec.

Despite the medically proven linkage between sleep and readiness, all too often sleep is viewed as a luxury by some in the Army, he said.

The Army doctor and sleep researcher provided some tips on getting a good night's sleep, which he said will result in increased productivity at work, as well as a reduction in injuries errors and accidents.

TIMING IS EVERYTHING

Many Soldiers already know they should be getting at least seven to eight hours of sleep each night. Yet probably more than half of them get six or less, he said. And many are unaware that the time they go to sleep can be just as important as how long they sleep for.

Soldiers on weekends tend to shift their sleep patterns, going to bed much later and waking up much later than on weekdays because of their military requirements.

That shifting of sleep times throws off the circadian rhythm, the body's biological clock, he said. If the circadian rhythm is askew, fitful sleep or even a sleep disorder could result.

A shift of one hour probably won't throw off the circadian rhythm — say going to bed at 10 p.m. and waking at 6 a.m. on weekdays, and 11 p.m. to 7 a.m. on weekends. But a shift more dramatic than that could cause problems.

A note of interest: Travelers flying from the west coast to the east coast often report difficulties sleeping because of the three hours lost during the time zone shift, he added. Flying the other way has less of an impact.

FIRE WATCH DUTY

Soldiers are often called upon to stand fire watch duty, which may be for one-hour-a-night shift rotations. Mysliwiec said that type of schedule can lead to fitful sleep, depriving Soldiers of the quality sleep they need.

It's much healthier to let a Soldier go without sleep for one night and stand fire watch, allowing him or



PHOTO BY DAVID VERGUN

Paratroopers ride in a C-17 from Alaska to their jump site in Australia, a duration of 17 hours that left many trying to get some pre-jump rest on the aircraft.

her to catch up on sleep the next day, he said.

SUSTAINED OPERATIONS

If conducting a long-duration operation that's known ahead of time, it is beneficial for Soldiers to get some sleep, even if it's just an hour or two, before it starts, so the sleep debt doesn't accrue quite as fast. Mysliwiec termed this "prophylactic napping."

Once the mission is completed, Soldiers should be allowed time for recovery sleep, he said.

SLEEP DISORDERS

The two most common sleep disorders in the Army are insomnia and obstructive sleep apnea, Mysliwiec said. Narcolepsy — a tendency to fall asleep on duty — doesn't appear to be a common sleep disorder among Soldiers.

Daniel Taylor, a sleep researcher, found that about 20 percent of the 4,000 Soldiers he studied at Fort Hood, Texas, had insomnia, according to Mysliwiec. The study also showed that insomnia was linked to a greater severity of post-traumatic stress disorder, depression, fatigue, stress, headaches, anxiety, mental health, alcohol use and pain.

Obstructive sleep apnea is also linked to a greater severity of post-traumatic stress disorder, anxiety, depression, chronic pain and traumatic brain injury, though Mysliwiec noted that a linkage does not necessarily point to the cause of that ailment or disorder, but instead indicates a possible contributor.

Studies have shown that, if left untreated, people with obstructive sleep apnea are cognitively impaired and twice as likely to be involved in a motor vehicle accident, he said.

From 1998 to 2013, the diagnostic rate for obstructive sleep apnea

for Soldiers increased about 600 percent, most likely because the disorder was under-recognized in the past, he said.

Likewise, the diagnosis for insomnia is much higher today than when Mysliwiec entered the Army in 1988. From about the time operations in Iraq and Afghanistan started, there was a greater awareness of these sleep disorders.

TREATMENT

The preferred treatment for sleep apnea is continuous positive airway pressure device, he said. CPAP is a mask that fits over the nose and mouth and gently blows air into the airway to help keep it open during sleep.

In order to improve readiness, Army sleep physicians and dentists are also working together to treat obstructive sleep apnea with oral appliances. For some Soldiers, oral appliances can be as effective as CPAP.

For insomnia, the preferred treatment is cognitive behavioral therapy for insomnia, Mysliwiec said. There are two key tenets of cognitive behavioral therapy for insomnia. The first is called "sleep restriction." That means limiting your time in bed if not sleeping.

If a person is in bed for eight hours but sleeps in it for just six, his or her sleep efficiency is 75 percent, which is not good. Their sleep quality would improve if they spent just 6 1/2 hours in bed, but slept six hours.

Rather than lie awake in bed, the person should get out of bed, and do something relaxing and sedentary like reading a book, knitting or doing a puzzle. "The more boring the better," he said. Don't watch TV



PHOTO BY STAFF SGT. KATHERINE SPESSA

During the wars in Iraq and Afghanistan, scattered reports surfaced regarding an unusual sleep disorder in some combat veterans. Shown here, a Soldier monitors his team's security sector in Kandahar Airfield, Afghanistan, Nov. 5.

Army doctor discovers new sleep disorder

By David Vergun
Army News Service

WASHINGTON — During the wars in Iraq and Afghanistan, scattered reports surfaced regarding an unusual sleep disorder among some combat veterans.

Col. Vincent Mysliwiec, a sleep researcher, said that upon returning home from combat duty, some veterans were having nightmares with "dream-enactment behaviors."

These behaviors were troubling, he said. "They'd strike out, scream, yell at their spous, and even run around their bed and, at times, hurt themselves or others."

In 2013, Mysliwiec was working at Madigan Army Medical Center at Joint Base Lewis, McChord, Washington. It was then, he said, when he came across such an instance at the center's sleep laboratory.

"We found the first documented case in probably 30 years at Madigan," he said.

What he saw, he said, was not only troubling, but puzzling, as there was no category for the sleep disorder in the International Classification of Sleep Disorders 3 and Diagnostic and Statistical Manual of Mental Disorders 5. ICD-3 is the diagnostic manual for sleep disorders and DSM 5 is used by psychiatrists and psychologists.

So, Mysliwiec and colleagues labeled what they saw as "trauma associated sleep disorder."

Regarding the 2013 finding, Mysliwiec said, "[A] friend and colleague at Madigan called it the 'Rosetta Stone' moment because we heard similar reports beginning in 2007 with Soldiers returning from combat. They'd be telling us these things and we didn't know what this disorder was. We've also seen it described a handful of times in articles and journals."

While it's rare to see cases of TSD in sleep labs, Mysliwiec said a colleague of his witnessed just such a case in March in the sleep lab at Madigan. While it was an unfortunate experience for the Soldier, he said, it was an exciting moment for him and other sleep researchers because the diagnosis

SEE DISORDER, PAGE D3

SEE READINESS, PAGE D3

DOWN TIME

OUR STORY SO FAR...



Flash Gordon

BY JIM KEEFE 3-26



Flash Gordon comic strip panels 7-9

Flash Gordon comic strip panels 10-12

Just Like Cats & Dogs by Dave T. Phipps



Trivia test by Fifi Rodriguez

T R I V I A

1. MEASUREMENTS: How much Champagne does a Jeroboam-size container hold?
2. MEDICAL: What is the common name for the condition called onychophagia?
3. LANGUAGE: What does the Greek prefix "pyro" mean?
4. TELEVISION: How many crew members were on the USS Enterprise in the original "Star Trek" series?
5. GENERAL KNOWLEDGE: What country has an airport called Ninoy Aquino International?
6. STATE CAPITALS: Which U.S. state capital is named after an explorer who popularized the use of tobacco in England?
7. FAMOUS SAYINGS: What is the end of the following idiom? "Take it with a grain of ..."
8. ANIMAL KINGDOM: What is a male turkey called?
9. CHEMISTRY: What is another name for a mineral known as "fool's gold"?
10. GEOGRAPHY: What is the largest peninsula in the world?

See Page D3 for this week's answers.

Super Crossword IT TAKES TWO

- ACROSS**

1 Sighing word

5 Humiliate

10 Sugar-name suffix

13 Stretch (out)

19 Billiards item

20 Drive rudely (out)

21 Flanders of "The Simpsons"

22 Mambo music's Tito

23 Bicycle add-ons for tykes

26 Make a new blueprint for

27 Cut and Paste setting

28 Give relief to

29 Protein formed during blood clotting

30 Sue Grafton's "— for Ricochet"

31 Sterile hand wear

35 Three, in 6-Down

38 PIN-taking dispenser

39 "Hands off!"

40 Microwaves, e.g.

41 Stalled-car clip-ons
- 45 Metalliferous rock

47 "The Neverending Story" author

48 Related to earthquakes

49 Hi— monitor

50 A little wet

52 Edberg of tennis fame

54 Horse rider's attachments

59 Dot in the sea, to José

63 Part of Gr. Britain

64 Entertainer Lollobrigida

66 The older Obama girl

67 Theme of this puzzle

73 Asocial sort

74 She had a show with Sonny

75 "It's — -brainer"

76 Rogen of "Superbad"

77 They look like footless socks

81 Gymnast Olga

84 "Ghost" co-star Demi
- 85 Stylist's goo

86 Coastal

91 In a crowd of

95 Pal, casually

96 Rink rentals

98 Ignited again

100 Commercial charge

102 Cozy lodging

103 Tacit assents

104 Part of some made-up faces

107 Teeny bit

109 Little leaves on flowers

110 Old jazz singer Anita

111 Collective software clients

116 Bela of old horror films

117 They often surround titles

119 Wiped from the board

120 A/C abbr.

121 Broadway prizes

122 Luau favors

123 Blank out

124 Jet to JFK, once

125 Garments for Gaius

126 Ineffectual
- DOWN**

1 Funny

2 Johnson

3 Hog fat

3 Antioxidant-rich berry

4 Many Aspen outings

5 Sky ram

6 Old German capital

7 City of golf's Masters

8 Albany-to-Baltimore dir.

9 Passé anesthetic

10 Toddlers' bodysuits

11 Opt for

12 Mag VIPs

13 Parsley part

14 Adobe dwelling

15 Scold gently

16 Pep up

17 Done

18 Lion's locale

24 Abbr. for people with only two names

25 Aerie nesters

29 Ornate

32 Dark area in an eclipse

33 Do — deed
- 34 Dir. 45 degrees from 8-Down

35 Dance club

36 Regret a lot

37 Big British record co.

38 Brogue

42 Middle of summer?

43 Solemn acts

44 Running times

46 Subj. for some immigrants

50 The "m" of "yes"m

51 Office sub

53 E-I linkup

54 Skin diver's tube

55 Flock noises

56 "It's —!" ("Untrue!")

57 Surrounded

58 Military band

59 "— turn up"

60 Brogue, e.g.

61 "What a ding-a- —!"

62 Freshly

65 Hard water

68 Mass unit

69 Realty unit

70 Corn unit

71 Congenital

72 Verb counterparts
- 78 Plunder, e.g.

79 Eel types

80 Rub down

82 North fired by Reagan

83 "Bad!" cluck

85 Charges

87 Off-the-wall sport?

88 An Amerind

89 Color of chili

90 Suffix with govern

91 Whelp yelp

92 Put a ruler to

93 Outlawed

94 Get rid (of)

96 Digital display

97 Subsequent

99 China shop ensemble

101 Defies openly

105 Skip, as a syllable

106 Hotel chain

107 Nail-biting

108 Una locale

112 Tofu bean, to Brits

113 Environs

114 Kind of milk

115 "To be," in Latin

116 Fronted

117 NFL VIPs

118 Also

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging


♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

CH12ES



A RASCALLY REBUS! The little frog in our picture is ready to jump. If you solve the above rebus, you'll know how far he went.

Answer: He went 3 feet (12 in CHES over two feet).

A REARRANGING CHALLENGE! The frame to the right contains the numbers 1 through 10. We challenge you to rearrange them so that the numbers along any of the four sides will add up to 18. Time limit: 90 seconds.

Our answer: Begin

DON'T GET STUCK ON THIS ONE! At the right is a Word Square grid. Can you find the four five-letter words that match the definitions below? All words used must read the same both across and down.

1. An adhesive (in place). 2. A mighty seed.

3. Substantial; hearty. 4. A social organization.

5. Brought to a conclusion.

Answers: 1. Paste 2. Acorn 3. Solid 4. Tribe 5. Ended.

Junior Whirl

by Charles Barry Townsend

GREAT INVENTORS OF THE PAST!

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

Hidden in the diagram above are the names of 17 great inventors who helped to make the modern world. They can be found by reading up or down, or side to side. You'll even find them diagonally going up or down. Letters can be used more than once. Listed below are the names you're looking for.

ARKWRIGHT	FORD	SIKORSKY
BESSEMER	FRANKLIN	SINGER
DEFOREST	HARGREAVES	TESLA
EASTMAN	MARCONI	WATT
EDISON	MCCORMICK	WRIGHT
FARNSWORTH	OTIS	

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

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.


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HOCUS-FOCUS

BY HENRY BOLTNOFF



Find at least six differences in details between panels.



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