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# ARMYFLIER

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

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FORT RUCKER ★ ALABAMA

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## NO SHAME SEEKING HELP



PHOTOS BY NATHAN PFau

Participants sprint off the line of the Fort Rucker Ribbon Run in front of Fortenberry-Colton Physical Fitness Center Saturday to show their support for the prevention of sexual assault, child abuse and domestic violence.

### Post uses car wash, run to raise awareness

By Nathan Pfau  
Army Flier Staff Writer

April is both Child Abuse Prevention Month and Sexual Assault Awareness Month, and Fort Rucker wants to make sure its population knows that people are here to help.

That's why Fort Rucker Sexual Harassment/Assault Response and Prevention program team members did their part to bring awareness to child abuse, domestic violence and sexual assault prevention through the SHARP Car Wash in conjunction with 1st Warrant Officer Company Class 17-10, as well as the Fort Rucker Ribbon 5K Run Saturday.

"For the military and our community, we need to make sure that we're protecting our Soldiers, our families and children," said Twanna Johnson, garrison sexual assault response coordinator. "This is important because we cannot tolerate domestic violence, child abuse or sexual assault. It takes away from the mission and takes away from

morale, so for us to be able to get this out here and bring recognition to the issues and make people aware of what's going on is important."

During the run, participants donned ribbons to bring awareness to each of the issues: teal for sexual assault, blue for child abuse and purple for domestic violence.

The warrant officer candidates of Class 17-10 adopted teal as their class color in recognition of sexual assault prevention to help bring awareness to the cause, which Johnson said is an important part of the fight against sexual assault.

Johnson said that for some it can be difficult for them to seek help because they feel that they've already been victimized by the assault, but it's important for those people to stand up and seek that help.

"There are people out there that will help them," she said. "We are trying to get out here in the community to let those people know that there is no shame to this at all.



Warrant officer candidates of Class 17-10 wash cars Saturday to raise awareness for sexual assault prevention.

It's difficult, but there is no shame.

"If you feel like you need to talk to someone, we are here with dedicated victim advocates and helping professionals," she continued. "That's the entire point of these events – to get that awareness out there. Having these runs, having training sessions and working with the WOCs – this is partnering with everyone in our community to let them know that when they come to us, we're going to help you."

For many who participated in the events, like Riley Turner, military spouse, the significance of get-

ting information out to the public can't be understated.

"This is always something that needs to be at the forefront of people's minds, I think," she said. "It's not an easy subject to talk about for a lot of people, but if people are afraid to talk about it, I think people will be afraid to come forward to look for help.

"Some people might see these events as small or even insignificant, but for someone who has been through that kind of trauma, this level of support is tremendous," she continued. "Just being able to

see that this many people can come out to support them could mean the difference between whether someone seeks help or not. I think bringing awareness to these issues truly saves lives, and I want to be able to help out in any way that I can."

Johnson agreed, and added that if people need the help, they should seek it any way they can.

For issues with child abuse or domestic violence, people should call the family advocacy program at 255-3898. For sexual assault, people can call the 24-hour SHARP hotline at 334-470-6629.

## 911

Dispatchers deem 'where' most important information

By Nathan Pfau  
Army Flier Staff Writer

Emergency dispatchers serve as a lifeline for people who find themselves in an emergency situation where seconds can mean the difference between life and death.

The Fort Rucker Directorate of Public Safety employs eight dispatchers, with two dedicated dispatchers at the helm at all times to be able to serve the installation and provide that line of communication when people are in need. And with the enhanced-911 system in place, the dispatchers are able to better serve the community, according to

Justin Weaver, lead dispatcher and training officer.

**"We do our job, we try to get people there as quickly as we can and try to save lives."**

— JUSTIN WEAVER, FORT RUCKER LEAD DISPATCHER AND TRAINING OFFICER

"We're set up as an enhanced-911 system, and there is a big difference between the E-911 system and the traditional 911 system," said Weaver. "[Before] when someone called 911, it would just give us a phone number and no additional information. Now when people

SEE 911, PAGE A5

## MAKING DEALS

Event helps families, provides 'international shopping'

By Nathan Pfau  
Army Flier Staff Writer

Saturday was April Fool's day, but the deals were no joke as hundreds flocked to the Fort Rucker Festival Fields for a chance to get their hands on deals that can't be found in any store.

The Fort Rucker Spring Outdoor Yard Sale and Flea Market returned to give people the opportunity to not only purchase gently used goods, but give military families a chance to get rid of unneeded items to earn a bit of extra cash, according to Katie Oskey, Fort Rucker special events coordinator.

"This event is fun and beneficial for both the sellers and the shoppers," she said. "The sellers have the opportunity to do some spring cleaning of their household goods by displaying and selling them in a controlled environment with a built-in customer base. And thanks to their spring cleaning efforts, the shoppers get their pick of gently used household goods, clothing and much more at a fraction of department store prices."

For Catherine Davis, military spouse, the yard sale was an oppor-



PHOTO BY NATHAN PFau

Erin Yew, retired military family member, browses through various clothing during the Fort Rucker Spring Outdoor Yard Sale and Flea Market at the festival fields Saturday.

tunity for just that.

"It's been so great to be able to come together with all of these other families, families that I know, and just have a community-type yard sale," she said. "We've been holding on to so much stuff that we've accumulated over the years, and even though we aren't moving soon, I know that the time will come before we know it, so we need to be able to get rid of a lot of things that we don't use anymore.

"That's why I think this event is

so great," she continued. "As a military family, you kind of never know when you're going to be told you have to move, so being able to not only unload a lot of this stuff, but make some money in the process helps us out so much."

The benefit isn't only for military families, though, since the surrounding communities get a chance to browse wares from all over at prices that can't be found in any store.

SEE SHOPPING, PAGE A5



# PERSPECTIVE

## Congress makes changes to the Military Justice System

By **Capt. Daniel Hancock**  
*Fort Rucker Office of the Staff Judge Advocate  
Special Victims' Counsel*

In December, Congress passed and then-President Barack Obama signed the Military Justice Act of 2016. This law made several important changes to our military justice system that will begin to take effect over the next two years, and it laid the groundwork for future adjustments to the system.

The act updated many of the crimes recognized by the Uniform Code of Military Justice. Together with an executive order issued in 2016, the act streamlined the UCMJ provisions relating to sexual crimes. In response to other recent trends, it also added offenses dealing with theft accomplished via credit and debit cards (Article 121a), stalking and cyber-stalking (Article 130), and acts of retaliation against victims, witnesses and reporters of crimes (Article 132).

Because Fort Rucker is a training installation, all service members should be aware of the new Article 93a that prohibits sexual relations, regardless of consent, between service members serving in training/accessions roles (drill sergeants, recruiters, etc.) and their trainees/recruits.

Another important change was increasing the statute of limitations for crimes involving child victims to 10 years and restarting the statute of limitations calculation when DNA evidence first implicates an offender for a serious crime.

For courts-martial, the act established uniform sizes for courts-martial panels (or juries, to borrow the civilian term). All death penalty trials will consist of 12-member panels, other general courts-martial will

have eight-member panels and special courts-martial will have four-member panels. As opposed to the current two-thirds requirement, three-fourths of the panel members will have to agree on the guilt and sentence for the accused, except in capital trials where unanimity is still required.

Additionally, in cases where an enlisted service member elects to have enlisted service members on the panel, those enlisted panel members may now be from the same unit as the accused service member.

The act also changed the procedures available for determining the sentence for a service member convicted of a crime. Now, even in a trial where a panel decides whether the service member is guilty, a convicted service member may elect to have the military judge determine the sentence in a manner similar to many civilian jurisdictions. Once the law is implemented, sentences that require the forfeiture of pay or reduce an enlisted service member in rank will take effect immediately.

Convicted service members' rights to appeal their convictions were also changed. In the past, all cases where the sentence involved the death penalty, a punitive discharge, and/or confinement for six months or more were subject to mandatory appellate review. Now, only cases where the sentence includes the death penalty, a punitive discharge, or more than two years of confinement will be subject to mandatory appellate review. However, convicted service members sentenced to more than six months of confinement may still appeal their convictions to the Army Court of Criminal Appeals.

Military judges also gained an important new authority under the new law. Military judges may now issue subpoenas and warrants earlier in a case than under prior law. The act also makes it easier to enforce these subpoe-

nas and warrants with civilian organizations by allowing for federal criminal prosecutions of civilians who refuse to comply with a subpoena issued by a military judge.

For those interested in the long-term trajectory of the military justice system, the new law created a permanent Military Justice Review Panel that consists of 13 members, including the secretary of defense, the attorney general, the chief justice of the Supreme Court, the chief judge of the Court of Appeals for the Armed Forces, and other officials to study the military justice system and make appropriate recommendations to Congress and the president.

Additionally, the law directed the judge advocates general of each armed service to develop five-year pilot programs to assess the feasibility of training a limited number of their judge advocates as experts in complex military justice trials.

Two other changes directed in the law will impact the routine practice of military justice. First, the act allows for military magistrates (who are generally captains and majors) to serve as judges in special courts-martial empowered to sentence any convicted enlisted service member to six months of confinement or less, but not to adjudge a punitive discharge.

Second, all defense counsel must request interviews with represented sexual assault victims through their special victims' counsel, and the victim has the right to request that the trial counsel (prosecutor) and victim advocate be present at that interview.

Finally, the Military Justice Act banned a once-popular punishment for Navy commanders to use at Captain's Mast (Article 15) proceedings when aboard deployed ships: restricting a guilty Sailor to a diet of bread and water.

## Rotor Wash

“April is Child Abuse Prevention Month and Sexual Assault Prevention Month. Why do you feel it’s important to bring awareness to these issues?”



**Johnnetta Baskin,**  
retired military

“Even if you suspect a child is in trouble, you should report it. You could end up saving a life. And for victims of sexual assault, bringing awareness makes a person more apt to come forward.”



**Lakeshia Gaines,**  
civilian

“For those who aren’t really aware of the information, this gives them the information they need to help others out.”



**Billy Brough,** retired  
military

“We have to support [our children’s] future. We are their leaders, their mentors and their teachers. What they learn from us they will carry on to their generation, so it’s up to us to be that leadership model for them – we have to put that message out.”



**Gregorio Knight,** Army  
veteran

“We need to have people aware to help in the fight against it.”



**Sgt. 1st Class  
Travis Eidson,**  
173rd Airborne,  
Auburn, Alabama

“When people are aware of it, then it’s not such a taboo subject that people are afraid to talk about. When we create an open dialogue about it, it encourages victims to come forward, and helps identify the [perpetrators].”

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**Maj. Gen. William K. Gayler**  
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**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 Ruttlen**  
DISPLAY ADVERTISING..... 393-9713  
mruttlen@eprisenow.com

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

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## ACE suicide intervention

### Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, “Are you thinking of killing yourself?”

### Care for your buddy

- Remove any means that could be used for self-injury.

- Calmly control the situation, do not use force.
- Actively listen to produce relief.

### Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.



# READINESS

## Changes coming to Family and MWR programs to support readiness

By Devon Suits  
Army News Service

WASHINGTON — The Family and Morale, Welfare and Recreation Directorate is making Army-wide changes to all programs to better align with the readiness and resiliency initiatives set by Army senior leaders.

During a March 23 Association of the U.S. Army Hot Topic forum about installation management, Stephanie L. Hoehne, the director for F&MWR, Installation Management Command, outlined some of the changes.

“If the program does not directly support readiness or resiliency, [the chief of staff of the Army] is not making that program a priority – therefore it should not be one of our priorities,” Hoehne said.

Soldiers can argue that all services tie into a Soldier’s readiness, but Hoehne said the problem is there are no available metrics to prove potential impact. In the end, “We have to stop assuming what we know about our customer bases, and do the analysis and research to find out what their needs are,” she said.

“The Army is like a team,” said Command Sgt. Maj. Melissa A. Judkins of IMCOM as she paraphrased a previous statement about readiness from Sgt. Maj. of the Army Daniel A. Dailey. “We get on the bus and play away games. If you can’t get on the bus, then you probably don’t need to be on the team.”

In the end, the Army should gear all installations and their services to help better prepare Soldiers, with the goal of getting them on that bus, Judkins said.

Furthermore, the chief of staff of the Army would like to see changes at installation fitness centers to better help prepare units for deployment, Hoehne said. Studies have shown that the physical demands of being a Soldier are the cause of a lot of injuries. She added that preparing Soldiers for a deployment starts at their home installation. To help, F&MWR would like to review the requirements needed at all fitness centers, such as exercise equipment and facilities, and refocus it in a way that emphasizes



PHOTO BY TIM HIPPS

Soldiers work the muscular endurance and power of their quadriceps during a train-the-trainer clinic at Fort Bragg, N.C., June 11, 2008.

readiness.

“A gym should be looked at as a platform for building readiness, just like we do individually. The gym should be used all day, like a range,” Judkins said.

Unfortunately, readiness comes at a cost and the lack of funding has had a significant impact on all installations, Hoehne said. Currently, IMCOM is operating at 95 percent of its required budget.

“When you have a \$3 billion-dollar budget of critical requirements and you lose 5 percent, that’s a \$200 million shot. That is a lot of change to be spread around 78 installations,” she said.

Ultimately, it was the maintenance of housing and barracks at installations that has assumed the risk to help pay for other pressing priorities. “We can’t afford to do that anymore,” Hoehne said.

To make improvements, F&MWR did an Army-wide reorganization, moving away from regional grouping and focusing more on the function of each installation. The

primary purpose of the realignment was to eliminate wasteful spending by identifying a baseline of services for all facilities.

As both a key spouse and advocate for military families, Holly Dailey, wife to the sergeant major of the Army, said she helps up-channel the needs of military families to Army senior leaders.

“Military spouses bring wonderful skills to the table,” Dailey said “They are educated and loyal. They have diversity and resiliency, and we are going to tap into that, and we love having them as part of the team.”

One critical need that Dailey identified stems from the changes in the Army family dynamic. Many spouses now marry later in life and already have their career and education in place, she said. This is a strong contrast from when she got married. During that time, spouses grew to the level of their Soldier’s career and were groomed by the Army culture, she said.

To help all families that are coming into a Soldier’s career later on in life, Dailey

would like to see some form of formal training for all military spouses. This training could include a source of consolidated information that provides all the resources spouses would need to be successful in providing support to their Soldier, and embedding with the Army culture.

In addition to spousal support, one growing concern Dailey faces is the issue of spousal employment.

“Yes they have a unique lifestyle, but they are looking for more of a mobilized or transferable job,” she said.

Currently, there are a lot of resources out there in support of employment for military spouses. Unfortunately, due to the overabundance of resources, a lot of spouses have communicated that they are overwhelmed and don’t know who to trust, she said. In turn, this leads to discouragement, which prevents them from finding a job. Dailey would like to fix that problem and find new ways of educating spouses about employment opportunities.

## Installation heads link thoughtful BRAC round to cost savings

By David Vergun  
Army News Service

WASHINGTON — About 22 percent of installation facilities across the Army are excess, according to J. Randall Robinson, acting assistant secretary of the Army for Installations, Energy and Environment.

That means they’re not needed, yet by law they must be maintained to the tune of \$500 million a year, he said.

Robinson and others spoke March 23 at the Association of the United States Army Institute of Land Warfare-sponsored Army Installation Management Hot Topic.

Lt. Gen. Gwen Bingham, assistant chief of staff for Installation Management, said that about 33,000 facilities across the Army are in poor or failing conditions and that it would take about \$10.8 billion to get them up to good or adequate condition – money the Army doesn’t have.

She added that the 22 percent



PHOTO BY DAVID VERGUN

World War I-era unused structures dot a portion of Fort Meade, Md. Other installations have buildings dating to World War II that are falling apart.

excess facilities cited by Robinson total 161 million square feet of excess capacity in facilities across the Army.

The solution, she said, is to shut these facilities down. But to do that would require a new round of base realignment and closure, something she and other Army senior leaders favor.

Robinson added that a new

BRAC round would allow the Army to consolidate units, functions and activities in a more logical fashion “like defragging a hard drive.”

Each past round of BRAC, he said, has reduced excess capacity 4 to 5 percent across the board. Total Army-wide savings from BRAC rounds amounts to some \$2 billion a year.

Bingham said dollars saved from BRAC could be invested in facilities needed in the future as missions change or grow. She cited as examples cyber facilities recently built or being built on Fort Meade, Maryland; Fort Gordon, Georgia; Fort Belvoir, Virginia; and the U.S. Military Academy at West Point, New York.

Fred Meurer, a consultant, Booz Allen Hamilton, said he didn’t disagree about a new BRAC round, but cautioned that a lot of thought should be put into what is thought to be excess.

When he was the manager of the city of Monterey, California, he said, the city had a district called Cannery Row, which was filled with defunct sardine factories. He said the city got creative and developed the facilities into restaurants, hotels and tourist attractions.

Fort Ord, adjacent to Monterey, had excess too, including an underutilized child care center and a parade field that needed to be rebuilt, but the Army didn’t have

money. On the other hand, he said Monterey had the money but no land, so the post and the city formed a partnership.

The city refurbished the child care center, opening it up to civilian kids as well as military children and the city upgraded the parade field and added three ballparks, with the understanding that kids from the community could use the ballparks, along with the military kids.

It was a win-win for the post and the community, he said.

So before consigning space and facilities as excess or liabilities, consider that they might be assets, he advised. It takes some creative out-of-the-box thinking to do that, he added.

Also, before shuttering installations and facilities, keep in mind that 15 years from now, the Army could add 15 more combat brigades. “You’d better have a place for them to live if that happens.”

In sum, he recommended a BRAC “based on analysis and not opinion.”

## 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.

### AER golf tourney

The 27th annual Golf Tournament Benefiting Fort Rucker Army Emergency Relief is scheduled for Friday 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 Saturday 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.

### Fit Fest

The Fort Rucker Fit Fest Health Fair is scheduled for April 21 from 9 a.m. to 4

p.m. at the festival fields. The free event will be open to the Fort Rucker community. The fair will feature fitness demonstrations, nutrition information, on-site health information, booth exhibits, safety information, door prizes and more.

For more information, call 255-2292 or visit rucker.armymwr.com.

### Lost and found

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





PHOTO BY STAFF SGT. ADORA GONZALEZ

The Army is looking to have an Expert Action Badge, similar to the Expert Infantryman Badge and Expert Field Medical Badge, that would allow Soldiers to validate their skills and boost readiness across the force.

# New badge to honor, motivate Soldiers

By David Vergun  
Army News Service

FORT MEADE, Md. — While tackling concerns about the Expert Action Badge, senior enlisted leaders stressed March 30 in a virtual town hall that the goal of the badge is to enhance readiness, not discount the efforts of infantrymen or medics with similar skill badges.

If approved, Soldiers would compete in 30-plus warrior tasks and battle drills, as well as up to five mental tasks, for a chance to wear the badge on their uniforms, like the Expert Infantryman Badge or Expert Field Medical Badge.

"It's not an 'everybody action badge' or 'everybody gets it," said Command Sgt. Maj. Michael Gragg, with the Center for Initial Military Training. "You're going to have to work your butt off to get this badge and when you get it you'll be proud of it because you've had demonstrated exceptional performance."

While infantrymen have had a badge to validate their skills since 1945 and medics started theirs in 1965, Gragg said, the EAB would give the other 75 percent of Soldiers the opportunity to earn one.

Today's Soldiers have also been lagging behind in their basic skills, which could affect mission readiness, he said.

"The reason behind it is that right now our Soldiers aren't necessarily proficient at warrior tasks and battle drills," he said during the town hall, hosted by the Army Training and Doctrine Command.

He added the Soldier's Creed starts off saying that those in the Army are "trained and proficient" in those skills.

"All I'm asking you to do is to show it," he said. "That's all it is."

Still in the conceptual phase, more than 50 Soldiers are taking part in testing the EAB idea at Joint Base Lewis-McChord, Washington.

Some of the requirements for Soldiers may include a 12-mile foot march to be finished under three hours while carrying a load of 35 pounds; a physical fitness test with 80 percent in each category in their respective age group; and being able to locate three out of four land navigation points within two hours.

Shotgun and AK-47 rifle skills could also be part of the challenge. If a Soldier were to receive two "no-gos" on an event, their testing would end.

"As you can see this is not a given, you'll have to earn it," said Command Sgt. Maj. David S. Davenport, the top enlisted adviser for TRA-DOC.

Davenport previously told reporters that if signed off on, Soldiers could start seeing the EAB by October 2019.

But some Soldiers, particularly those in the infantry, have expressed dismay in rolling out such a badge.

Gragg asked them to look at the logic of the Army having this type of badge. "We're not trying to cheapen anything," he said of the EIB and EFMB. "What we're trying to do is enhance the Army. We're trying to increase Soldier readiness."

Davenport added: "It's not a competition — it's not to say that one has more value than the other."

Enlisted leaders hope the badge will lead NCOs to rediscovering a culture of training their Soldiers. The assumption, Gragg said, is that the competition would cause Soldiers to do more training at their home station as they prepare for it.

"You don't go to the marathon not understanding how to run a marathon," he said. "You do some training before you get to the marathon."

Another badge is also under consideration, this time for platoon sergeants who frequently lead up to 150 Soldiers going through advanced individual training.

In 2008, the Army removed drill sergeants in AIT environments, and with that came the loss of a drill sergeant badge and special pay for those in charge of troops.

"We have a challenge in meeting and maintaining AIT platoon sergeants in the force with the numbers that we need," Gragg said.

"Often times, it's because individuals have no desire to come out and do it because there's nothing in it for them."

That could all change if the Army goes back to AIT drill sergeants, which is expected to occur October 2019. "The goal is to get them back," he said. "It's a matter of us getting the money in place and making it happen."

**MEANS STOP!**

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Sat-Sun: 1:30, 4:10, 7:00 & 9:25

**IV LIFE - R**  
Mon-Fri: 7:00 & 9:10  
Sat-Sun: 2:00, 4:10, 7:00 & 9:10

**COLLEGE CINEMA • ENTERPRISE**

**I GHOST IN THE SHELL - PG-13**  
Mon-Thurs: 7:00 — **3D** 9:10  
Sat-Sun: 1:30, 4:00 & 7:00 — **3D** 9:10

**II SMURFS: THE LOST VILLAGE - PG**  
Mon-Fri: 7:00 & 9:10  
Sat-Sun: 2:00, 7:00 & 9:10 — **3D** 4:10

**III KONG: SKULL ISLAND - PG-13**  
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**NO INTEREST FOR 90 DAYS W.A.C**



Frigidaire Upright Freezer, 14 Cu. Ft., Was \$495. Sale \$338

New Mattresses Starting at \$54.95

Frigidaire Front Load Washer, Super Capacity, Heavy duty. Was \$699. Sale \$398  
Matching Dryer. Sale \$285

New In Factory Carton Frigidaire 30", 2 Big Burners, 2 Small Burners, Storage Drawer. Was \$449. Sale \$295<sup>98</sup>

Roper Washer 6 Cycle Extra Large Capacity, 4 Water Levels, 4 Temps, Was \$449. Sale \$295

All Recliners Sale Priced To Move! Frigidaire 26 Cu. Ft. Side By Side Ice & Water In Door. Stainless Steel Was \$948. Sale \$699<sup>99</sup>

New In Carton Frigidaire 2 Door No Frost, 18 Cu. Ft. Ice Maker Ready, Refrigerator Freezer. Was \$429. Sale \$559

New 2 Piece Living Room Suite Sofa & Love Seat Was \$1098. Sale \$398<sup>98</sup>

Frigidaire New in Carton, Built-In Dishwashers. Was \$345. Sale \$218<sup>99</sup>

New In Carton Over Range Microwave. Prices Start At \$159

New 4 Piece Bedroom Suites. Was \$498. Sale \$295

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# Shopping

Continued from Page A1

“This is something that I come to check out every time they have it here [on Fort Rucker],” said Camillia Parker, civilian from Enterprise. “You really never know what you’re going to find because these military families come from all over the world. They’re coming here from Europe and Asia, and a lot of times they bring with them

some really exotic things, so it’s almost like you’re doing a little bit of international shopping.”

Parker said some of the most interesting items she’s found have been at yard sales, but it’s not just the treasures that make her feel happy, but the fact that she’s able to help out families, as well.

“This is something that really helps out military families, I think,” she said. “I know they have to move around

a lot and that can get really stressful for them – I can’t imagine having to relocate as much as they do.

“With all of that moving I can imagine that there are lots of things they can’t take with them, and then again a lot of things they’ll need to buy when they get to their new home,” she said. “So, it makes me feel good knowing that I can help them a little bit in return for everything they are sacrificing for us.”

## 911

Continued from Page A1

dial 911, when the dispatcher picks up, they receive the phone number and physical address,” including building numbers for calls coming from locations on post.

For cell phone calls, the system provides latitude and longitude coordinates that can be put into the system to determine the location of the caller within about a 5-mile radius, added Weaver. The system uses information provided using triangulation from cell phone towers to try and determine the location of the caller.

This additional information can be the difference between life and death in some situations, especially in the event that a call is dropped or contact is cut off between the caller and dispatcher, said the lead dispatcher.

“[The most important thing we need to know is] is where the emergency is,” he said. “In a worst-case scenario, if we lose [the call] and we cannot get back in touch, we’re going to send everybody to that location. It doesn’t matter if it’s something very minute or something very serious,” adding that it’s better to err on the side of caution.

Another reason that location is such an important factor is that since the majority of calls come from cell phones, the caller’s location will determine which agency the call is sent to.

Oftentimes, when a person on Fort Rucker dials 911 from a cell phone, they are connected to outside agencies in the neighboring communities, said Carol Penn, Fort Rucker emergency services dispatcher.

The reason for this is because people are connected to certain

agencies depending on the cell phone tower they are closest to, so if a call is picked up from a tower close to Ozark, the call will be directed to the Ozark dispatchers, which is why letting the dispatcher know their location immediately is extremely important.

“People need to know that if they get Daleville or Ozark, they need to let them know and ask them to transfer them to us if they are on Fort Rucker,” she said. “A lot of times people get confused when they get someone from one of the neighboring cities and they get transferred to us, and they don’t understand why they’re being transferred,” but it’s for their benefit.

In order to be able to get help in the quickest fashion to them, they must be transferred to the agency nearest to their location, she added.

“That’s why when we answer, we answer with ‘911, where is your emergency,’” said Weaver. “It can get frustrating to some when they get transferred because to the person on the other side, we are everything.

“At that moment, it could be the worst moment of their life and because of that, it gets frustrating because now they have to wait,” he added. “That wait might just be 30 seconds, but it seems like a lifetime to them – that’s why the most important thing we need is to know where they are located.”

Time is one of the most important factors when handling an emergency call, especially with a medical emergency, and that’s why the dispatchers are trained to help in any way they can in the minutes before emergency response personnel can arrive, and that includes providing emergency medical dispatch information,

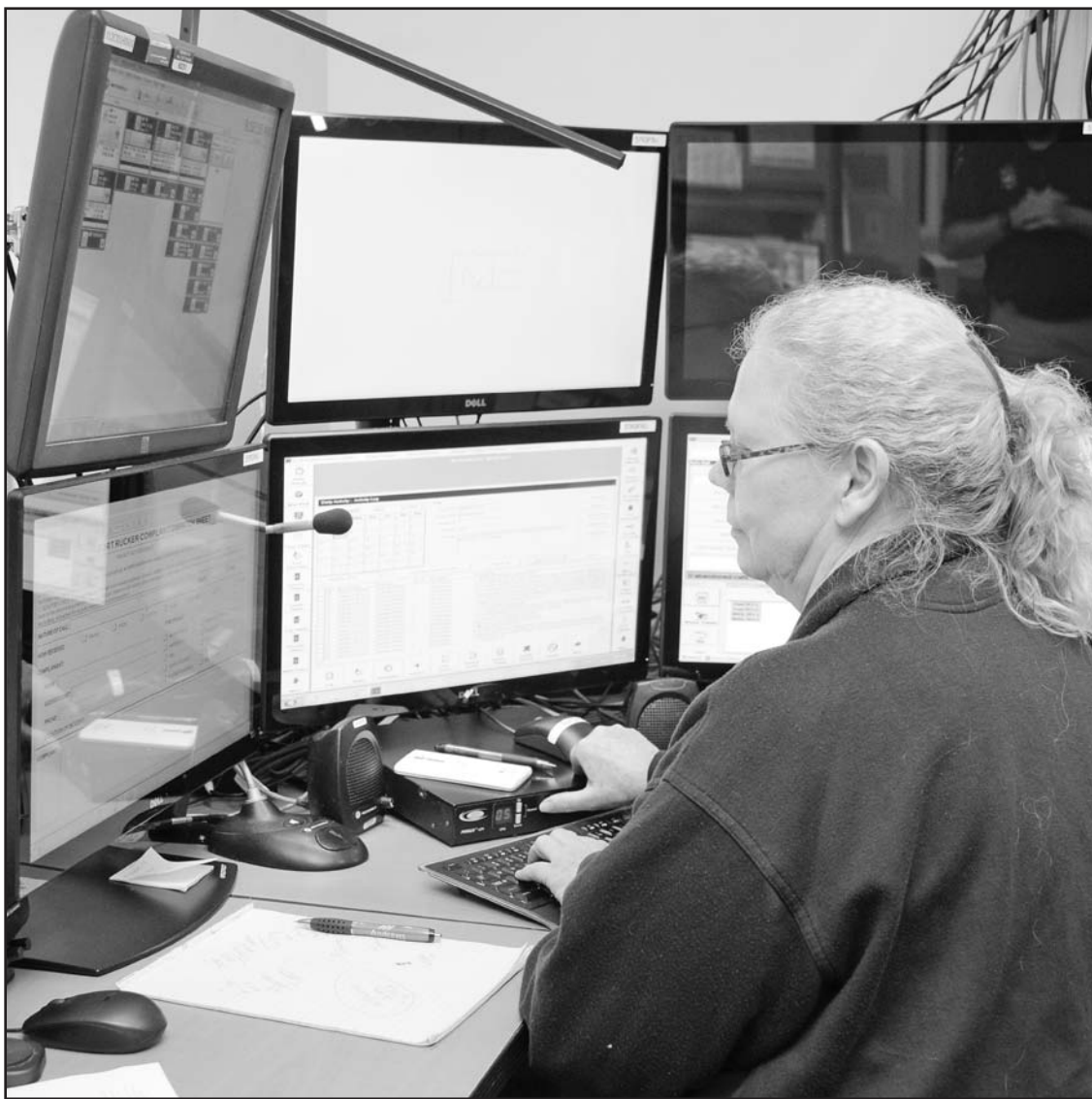


PHOTO BY NATHAN PFAU

Carol Penn, Fort Rucker emergency services dispatcher, monitors calls from the dispatch office at the Fort Rucker Directorate of Public Safety Tuesday. April is 9-1-1 Education Month.

said Penn.

“When we receive a 911 call for a heart attack or child birth or any medical emergency, we can provide pre-arrival instructions to the caller to help sustain the health or life of the victim while the [emergency medical technicians] or paramedics are responding,” she said. “We’ve helped give instructions on performing CPR, and just last week we had

someone help give instruction on delivering a baby.”

Since many of the emergencies can be time sensitive, it’s imperative that the lines not be tied up with non-emergency calls, said Weaver, who wants to remind the public that 911 is for emergency calls only.

“[Non-emergency calls] that come into the system can tie up the lines, and we only have so many

lines,” he said, adding that DPS has a non-emergency number that people can contact in those instances. For non-emergency calls, people can call 255-0248.

“We want everyone to understand that we have the capability to assist in a lot of different situations,” said the lead dispatcher. “We do our job, we try to get people there as quickly as we can and try to save lives.”

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*Order Includes Toast & Jelly, Grits or Substitute Hashbrowns for 69¢*

- 2 Eggs Breakfast (Eggs, Toast, Small Bowl of Grits) .....\$3.99
- 2 Eggs (with 3 Bacon, 2 Sausage, Sliced Ham or Corned Beef Hash) .....\$5.99
- 2 Eggs Meat
  - 1 Country Fried Steak & White Pepper Gravy .....\$6.99
  - 1 Seasoned & Grilled Center Cut Pork Chop or Chicken Breast .....\$7.99
- 2 Eggs Ribeye (Fresh Cut, Aged Beef, 8 oz) .....\$11.99  
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**OMELETS**  
*Order Includes Toast & Jelly, Grits or Substitute Hashbrowns for 69¢*

- Cheese (American or Swiss) .....\$6.49
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- Ham & Cheese (Diced Ham & Cheddar Cheese) .....\$7.49
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- 3 Pancakes, 3 French Toast or 6" Belgian Waffle .....\$4.99
- with 3 Bacon, 2 Sausage, Sliced Ham or Corned Beef Hash .....\$6.99  
*(Top with Blueberries, Pecans or Strawberries and Whipped Cream \$2.15 extra)*

**BREAKFAST SANDWICHES**

- 1 Egg Biscuit/Toast .....\$1.59 *(2 Eggs - \$2.49)*
- 1 Sausage Gravy Biscuit .....\$2.79 *(2 Biscuits - \$4.19)*
- 1 Biscuit (1 Sausage or 1 Bacon or ½ Ham or ½ Country Fried Steak) .....\$2.99

**BREAKFAST SANDWICH** (Biscuit or Toast, Bacon, Ham or Sausage & 1 Egg) .....\$3.99

**BREAKFAST ADD-ONS**

- Egg .....99¢
- Grits or Oatmeal .....\$1.49
- Cheese (Cheddar, American or Swiss) .....89¢
- Gravy - 4 oz (Brown or White) .....\$1.49
- Hashbrowns (Ring or Scattered) .....\$2.09
- 1 Pancake/French Toast .....\$1.69
- 3 Bacon, 2 Sausage, 1 Sliced Ham or Corned Beef Hash .....\$2.69
- Biscuit or Toast .....99¢
- \*NEW\* Home Fries .....\$2.99  
*Toppings: Peppers - 99¢ • Mushrooms - 99¢ • Onions - 99¢ • Ham - \$1.49 • Chili - \$1.29 • Tomatoes - \$1.49 • Jalapeños - \$1.49*
- Seasoned Hash Browns (topped with 3 of your choice below) .....\$5.99  
*Cheese • Peppers • Tomatoes • Onions • Ham • Chili • Mushrooms • Brown Gravy • Jalapeños*
- Old Time Gobbys (Cheese • Peppers • Tomatoes • Onions • Ham • Chili • Jalapeños) .....\$6.99

**JERRY'S SPECIAL** - No Toast or Grits - LOW CARBS!  
3 Eggs • Diced Ham • Diced Onion • Cheese • Garlic  
All Scrambled Together .....\$6.29

**BREAKFAST BURRITO** - 3 Eggs, Shredded Cheddar, Peppers, Onions, Tomatoes, Hashbrowns with Your Choice of Diced Ham, Sausage or Bacon Wrapped in a Flour Tortilla & Covered with Chili & More Cheese .....\$9.99  
*Salsa & Sour Cream Available*

**DINNER SPECIAL** - Includes Grits or Toast  
2 Eggs • 3 Cakes, 1 Waffle or 3 French Toast • Sausage, Bacon, Ham or Corned Beef Hash .....\$5.99  
*Substitute Hashbrowns for 69¢*

### LUNCH ~ SERVED ANY TIME

**ALL AMERICAN BURGERS** - Wrap It for 50¢ More!  
*All Burgers are made with FRESH 100% Ground Beef - Lettuce, Tomato, Onions served upon request!*

**COMBO VALUE** - Soda, Iced Tea, or Coffee & Fries (BURGERS & DAWGS ONLY) ..... add \$1.99

- Classic Hamburger ..... ¼ LB \$4.39 ½ LB \$5.59
- Classic Cheeseburger (American or Swiss) .....\$4.49 \$5.79
- Cheesy Cheeseburger (Both American & Swiss) .....\$4.69 \$6.69
- Bacon Cheeseburger (Crispy Bacon, American or Swiss) .....\$4.69 \$6.69
- Alpine Burger (Grilled Mushrooms, Swiss Cheese) .....\$5.29 \$7.29

**These Burgers Available Only at the Diner**

- Chinook Burger** (2 x¼ Lbs Fresh Beef Cheeseburger Patties, Our Own Chinook Sauce & Garden) .....\$6.89
- Apache Burger** (1 Beef Patty, Sweet/Spicy Hot Sauce, Grilled Onions, Jalapeños, Lettuce, Tomato, Swiss) .....\$5.79 \$7.79
- Blackhawk Burger** (½lb Fresh Beef Stuffed with Select Cheeses, Grilled with Blackening Spice & Garden) .....\$6.69
- Kiowa Burger** (½lb Mesquite Seasoned Patty, Melted Cheddar, 2 Fried Onion Rings, Special BBQ Sauce) .....\$6.19
- Kiowa Hellfire Loaded** - Jalapeños & Hot Pepper Jack Cheese .....\$6.69
- Lakota Burger** (½lb Chorizo & Hamburger Mix, Swiss Cheese, 1 Egg, & Special Lakota Sauce) .....\$5.09

**MELTS** - Served with Fries or Hashbrowns & a Pickle Spear

- Patty Melt (Grilled Onions & American Cheese, Grilled Whole Wheat) ..... ¼ LB \$4.69 ½ LB \$5.69
- Turkey (Grilled Onions & American Cheese, Grilled Whole Wheat) .....\$5.89
- Roast Beef (Grilled Onions, Swiss Cheese, Grilled Whole Wheat) .....\$5.89
- Chicken Breast (1 Seasoned Breast, Grilled Onions & American Cheese, Grilled Whole Wheat) .....\$5.89

**SUBS** - Wrap It for 50¢ More! - Served with Fries or Hashbrowns & a Pickle Spear

- Club Sub (Sliced Ham, Turkey, Bacon, Lettuce, Tomato, American & Swiss, Grilled Soft Hoagie Bun) .....\$7.49
- Philly Steak (Direct from "Philly" Steak, Grilled Onions & Peppers, Swiss, Grilled Soft Hoagie Bun) .....\$7.49

**THE DAWG HOUSE**

- Diner Dawg (Both Dawg & Bun are Grilled) .....\$2.69
- Messy Dawg (Chili & Cheese or Fresh Cole Slaw) .....\$3.99

**SALADS** - (Sizes House or Large...THE LARGE IS HUGE! No Sharing Please!)

All Salads Include Fresh Diced: Mushrooms, Peppers, Onions, Tomatoes, Swiss, American & Cheddar Cheeses, Grilled Smoked Bacon Bits & One Grilled Dinner Bread

House	Large	
Garden Salad (Everything is fresh! No Meat)	\$4.99	\$5.99
Chef Salad (Lots of Ham & Turkey)	\$5.99	\$6.99
Chicken Finger Salad (Golden Breaded Fingers - House=1, Large=2)	\$5.99	\$6.99
Grilled Chicken Salad (Grilled Chicken Breast - House=½, Large=1)	\$5.99	\$6.99

**Dressings: House=2, Large=3**

Thousand Island, Blue Cheese, Original Ranch, Jalapeño Ranch, French Honey, Italian Lite, Honey Mustard, Raspberry Vinaigrette, Fat-Free Ranch  
Order More Dressing for 79¢ Each

**DRINKS**

- Coffee\* (Regular or Unleaded) .....\$1.49
- Iced Tea\* (Sweet or Unsweet) .....\$1.49
- Fountain Soda\* .....\$1.49
- Milk 16 oz .....\$1.69
- Chocolate Milk 16 oz .....\$1.99
- \*QJ the Real Deal, Special Ordered, Fresh Squeezed, NO PULP! NOT from Concentrate! 10 oz .....\$1.99
- \* 2 Refills w/o Meal Order (2 Lemon Slices with Iced Tea, each Additional 5¢)
- Hot Tea .....\$1.49
- Hot Chocolate .....\$1.79

### DINNER ~ SERVED ANY TIME

*All Dinners are Served with Grilled Bread & Your Choice of 2 Dinner Side Dishes.*

- Chicken Fingers (3 Deep Fried Golden Fingers) .....\$6.99
- ½ Lb Ground Chuck Steak (Topped with Onion Brown Gravy) .....\$6.99
- Country Fried Steak (2 Steaks topped with Our Delicious White Pepper Gravy) .....\$7.99
- Grilled Chicken Breast (2 Grilled & Seasoned Chicken Breasts) .....\$6.99
- Roast Beef .....\$7.99  
*(Tender Roast Beef, Grilled & Topped with our Onion Brown Gravy, All on a Grilled Dinner Bread)*
- Grilled Seasoned Pork Chops (2 Large, Center Cut Chops - Grilled & Seasoned) .....\$8.99
- Dale's Garlic Chicken (OUR BEST SELLER - FIND OUT WHY!) .....\$8.99  
*(2 Large Seasoned Chicken Breasts, Grilled & Covered with Sautéed Mushrooms with a Hint of Garlic, Bacon Bits & Melted Cheddar)*
- Ribeye (+8 oz. Choice Cut, Lightly Seasoned, Grilled to Your Liking) .....\$12.99
- Meat Burrito (Beef or Chicken, Sorry, no sides with this one) .....\$7.99  
*(Tender Beef or Chicken, Sautéed Onions, Peppers, Tomatoes & Shredded Cheddar Cheese, Wrapped in a 10" Flour Tortilla & Covered in Our Chili & MORE Cheese!)*

**DINNER SIDE DISHES**

Sliced Tomatoes .....\$1.49	Fresh Cole Slaw .....\$1.69
Grilled Dinner Bread .....\$1.29	Golden Hashbrowns .....\$2.09
Fresh Mashed Potatoes .....\$1.69	Brown/White Gravy .....\$2.09
Tossed Salad (Small Bowl) .....\$2.09	Southern Fried Okra .....\$2.09
Veggie of the Day .....\$1.65	Diner Chili (Meat & Beans) .....\$2.29
French Fries** .....\$1.79	Sautéed Mushrooms* .....\$2.59
Potato Wedges**/Sweet Potato Fries** .....\$2.29	Beer Battered Onion Rings** .....\$2.29
Home Fries (with Grilled Onions, Delicious!) .....\$2.99	Mac-N-Cheese .....\$2.49

\*Lightly Flavored with Garlic      \*\*Top 'em with Melted Cheddar Cheese = \$1.69  
\*\*Top 'em with Chili = \$1.59      \*\*Top 'em with Chili & Cheese (\$ SAVE \$) = \$2.99

**SANDWICHES** - Wrap It for 50¢ more  
*Served with Fries or Hashbrowns & a Pickle Spear*

- Grilled Cheese (Quick & Easy! American Cheese, Grilled White Bread) .....\$4.29
- BLT (Bacon, Lettuce, Tomato, Tossed White Bread) .....\$4.69
- Hot Ham & Cheese (Grilled Ham, served with Lettuce, Tomato & American Cheese, Grilled Whole Wheat) .....\$5.49
- Country Fried Steak (1 Deep Fried Steak with Lettuce & Tomato, Burger Bun) .....\$5.49
- Turkey or Roast Beef (Lettuce & Tomato, Grilled Whole Wheat) .....\$5.39
- Smothered Smoked Turkey (Grilled Onions & Peppers, Tomatoes, Cheddar, Grilled Whole Wheat) .....\$5.89
- Grilled Chicken (A Favorite! 1 Seasoned Fillet, American Cheese, Bacon, Lettuce & Tomato, Burger Bun) .....\$6.49
- NEW: Pulled Pork BBQ Sandwich  
*Order Sauce on the side to dip! 79¢ (Ranch, Fat Free Ranch, Jalapeño Ranch, Chinook, Apache, BBQ, Honey Mustard, etc)*

**DESSERTS**

- Ice Cream (Vanilla, Chocolate or Strawberry) .....Scoop - Each \$1.29
- Old Fashioned Floats (Root Beer, Coke, Dr Pepper or your choice & Vanilla Ice Cream) .....\$2.29
- French Silk Pie (Chocolate Mousse, Whip Cream & Shaved Chocolate) .....\$3.89
- Baked Apple Pie .....\$2.99
- Georgia Southern Pecan Pie (Seasonal) .....\$2.99
- Pumpkin Pie (Seasonal) .....\$2.99
- Key Lime Pie (Seasonal) Made with Real Key Limes .....\$3.99
- Diet Buster Brownie .....\$3.99  
*(Vanilla Ice Cream, Hot Brownie, Drizzled Chocolate Syrup, Whip Cream, Nuts, Maraschino Cherry)*
- Old Fashioned Shakes - 2 Big Scoops Hand-Dipped Ice Cream (Vanilla, Chocolate or Strawberry, includes whip cream & a Cherry!) .....\$2.99
- Old Fashioned Sundae (Chocolate or Vanilla Ice Cream, Whip Cream, Chocolate, Caramel or Strawberry Syrup, Nuts & a Maraschino Cherry) .....\$3.99

**SUBSTITUTE FRIES ON SANDWICHES FOR ONION RINGS, WEDGES OR HOME FRIES...\$1.50**  
**SUBSTITUTE FRIES ON SANDWICHES FOR A SIDE SALAD .....\$1.29 EXTRA**  
**No Fries? No Problem! 75¢ Less**

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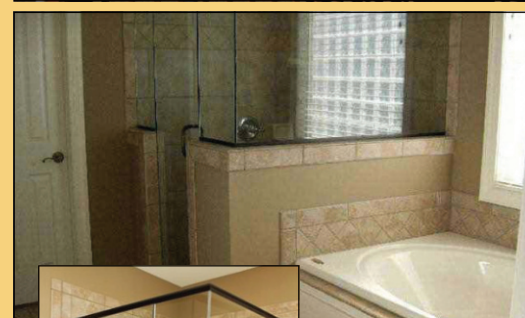
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**110 FERNWAY:** Beautifully maintained home with a new roof in 2013, HVAC in 2011, updated kitchen with granite countertops, new refrigerator in 2015 & oven in 2013. Absolutely move-in ready & a great location convenient to Faulkner Gate, Holly Hill, 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. **JAN SAWYER 406-2393**

**\$221,900**

**205 WEST SOMMER OAK:** 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 406-1286**

**\$254,000**

**103 PLANTERS COURT - COTTON CREEK:** Classy, spacious, immaculate...don't miss!! Extra-large bonus room or 4<sup>th</sup> bedroom. **FRAN & DON KALTENBAUGH 790-5973**

**\$189,000**

**617 WILDWOOD:** If you are looking for a 4 bedroom home to raise your large family, then this is it. Original owner has updated the HVAC-2016, windows-2015, roof-2012, & the dishwasher within the last 3 mos. Enter through the foyer & you will have a formal living room & the grandroom with fireplace straight ahead. The kitchen is situated between the formal dining room & the breakfast area, so you have a good flow if you want to entertain. Laundry room with sink & 1/2 bath as you come in from garage. **EVELYN HITCH 406-3436**

**\$163,900**

**105 GAIL:** Beautiful huge home with lots of updates to include tile baths, updated kitchen with convection oven & cooktop, island in kitchen, updated colors & storm shelter in the backyard. Sprinkler system in front yard plus a patio & much, much more. Lots of room & storage. **PAT LEGGETT 406-7653**

View more pictures of these homes at [www.c21regencyrealty.com](http://www.c21regencyrealty.com)

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**\$176,000**

**541 AVERETT:** Excellent price on this beautiful home. It features an open floor plan with a gorgeous kitchen, granite countertops, stainless appliances, wood floors, 3BR/2BA. All sitting on a big, leveled, fenced lot. Wonderful location, very close to Ft Rucker & to Enterprise, VA. Foreclosure to be sold as is. Alabama Right of Redemption will apply. **BOB KUYKENDALL 369-8534**

**\$169,500**

**628 JOE BRUER:** Nestled in the background, this 3 bedroom home has the charm & detail to be your dream. Built in 2012, you will be just minutes from Ft Rucker, Enterprise & Daleville. Don't let this opportunity pass you by. **CHRIS ROGERS 406-0726**

**NEW LISTING ~ \$155,000**

**2801 QUAIL COVE:** This 3BR/2BA brick home sits on a large corner lot with a couple of pecan trees. Enter the foyer into the grandroom with tray ceiling, hardwood floors & wood-burning fireplace. Master suite features a cathedral ceiling, walk-in closet & a small office/library or nursery, with the bath having his & her vanities, Jacuzzi tub & walk-in shower. Great location & so many extras, come take a look. **EVELYN HITCH 334-406-3436**

**\$50,000**

**102 MCCORMICK:** Located in walking distance of Coppenville Jr High & close to shopping & restaurants, home has abundant potential & is being sold "AS IS". With its charm & character, a good fit for handymen, investors or families. New roof, 2012; new heat pump, 2012; new cooktop range, 2012; new refrigerator, 2016. Ample counter space in kitchen for large family meals or entertaining. Nice level parcel behind home for garden, family cookouts, ball games or relaxing. Make this one yours & get the party started. **MARGE SIMMONS 477-1962**

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**138 SOUTH CARROLL:** This is a great little starter home or for rental investments. Has had a very good rental history. The present owners have replaced the water heater & installed new vinyl siding & soffits Chain link fence. **DEBBIE SUNBROCK 477-1962**

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**MAGGIE HAAS 334-389-0011**

**DIRECTIONS:** Valley Hills: Take Shell Field Road to Beam Road & take a right on Beam. The house is on the corner of Beam & Kramer.



APRIL 6, 2017

# TRAILBLAZING

*Aviator recalls her career – ‘wouldn’t change a thing’*



PHOTO BY SPC. MORGAN MCAFFEE

CW5 Cathy Jarrell, former fixed-wing pilot with Task Force Condor, an Aviation unit attached to 10th Combat Aviation Brigade, 10th Mountain Division, Task Force Falcon, poses next to a C-12 aircraft in 2011.

By Melony Bagwell  
INSCOM

FORT BELVOIR, Va. — Inspired by some of history’s great female Aviators like Amelia Earhart and World War II Women Air Force Service Pilots, CW5 Cathy Jarrell, command chief warrant officer and brigade standardization officer for the 116th Military Intelligence Brigade, Fort Gordon, Georgia, always knew she wanted to fly.

As a young girl, Jarrell lived near Seymour Johnson Air Force Base in North Carolina and loved watching B-52 aircraft flying over her home. The daughter of a former Air Force civil engineer, she enjoyed being around the base and the planes, and often told her dad that she would like to fly one day.

“My dad was always supportive of my desire to become a pilot,” Jarrell recalled. “He encouraged me and always told me I could be anything I wanted to be.”

Jarrell joined the U.S. Army in 1989

and was selected to attend the Warrant Officer Flight Training Program. She was appointed an Army warrant officer in May 1991 and is a graduate of the Initial Entry Rotary Wing Course at Fort Rucker.

“Flight school was the hardest school I’ve attended. It was such a long period of time and they were constantly watching you,” Jarrell said. “Flight school could last anywhere between nine months and one year depending on the aircraft you are assigned to fly.”

Upon graduation, Jarrell was assigned to pilot the UH-1H Huey.

“The Huey is a great aircraft – very forgiving and basic, and it was a great workhorse in Vietnam,” she said.

Although Jarrell enjoyed flying the Huey, she wanted to try another airframe. So she volunteered for AH-64 Apache training and was selected.

In the summer of 1993, Jarrell and two other female Army pilots made history

SEE TRAILBLAZING, PAGE B4

## EFFICIENT

*AH-64 Apache production contract saves \$300 million-plus*

By Paul J. Stevenson  
Program Executive Office Aviation

MESA, Ariz. — Representatives from the Army and Boeing have signed a five-year multibillion-dollar contract to acquire 244 remanufactured Apache helicopters along with 24 new ones for an international customer through the foreign military sales program.

A signing ceremony took place March 22 at the Boeing production facility in Mesa to highlight the first of its kind deal for the Apache E model.

More than 200 people attended the signing which took place in the shadow of a recently produced AH-64E. Along with local government and community representatives, many in the audience were directly involved with the AH-64E program.

The five-year, \$3.4 billion base contract calls for a minimum of 244 aircraft. The total number of Apaches purchased for both the U.S. and for foreign military sales under the contract could be as many as 450 aircraft.

The efficiencies of the multiyear contract result in direct savings to the Army and to taxpayers of more than 10 percent of the contract, and potentially more of the Army procures additional AH-64Es under the contract option.

“This multiyear contract truly is a great thing for our Army, our Soldiers, the American taxpayer and the entire Apache team,” Col. Joe Hoecherl, Apache project manager, said. “It demonstrates the Army’s commitment to this program and provides stability of planning and jobs for the heroes that contribute to producing the best attack helicopter in the world.”

Much of the savings is attributed to industry having stable and known requirements over the five-year period versus the instability of individual year contract planning. Team members responsible for the success in the negotiations process included representatives from the Defense Contract Management Agency, Defense Contract Audit Agency, Apache Project Office and the Army Contracting Command-Redstone.

The Army plans to procure at least 690 AH-64Es, with the potential for that number to increase.

The AH-64E provides a wide range of enhancements over the already capable AH-640 including Composite Main Rotor Blades, Manned Unmanned Teaming, which allows communication with, and control of Unmanned Aircraft Systems, improved targeting and night vision systems along with greater speed and range.

“The award of this contract is the culmination of thousands of hours of hard work on the part of both the U.S. government and Boeing, including numerous members of Team Apache, ACC-Redstone and hundreds of subcontractors,” Hoecherl said.

“But even more than that, it is a recognition of the great capability that this aircraft provides to our country, our Soldiers and warfighting commanders. The aircraft does keep heroes alive, but it couldn’t do that without the incredible work done behind the scenes by many of you here, and thousands of hardworking individuals who couldn’t be here today.”



COURTESY OF BOEING COMPANY

Five AH-64E Apaches fly over the Boeing site in Mesa, Ariz., en route to Fort Hood, Texas.

## DYNAMIC FRONT



PHOTO BY GERTRUD ZACH

Soldiers assigned to Cobra Battery, Field Artillery Squadron, 2nd Cavalry Regiment, conduct sling load operations with support from the 12th Combat Aviation Brigade during Exercise Dynamic Front II at the 7th Army Training Command's Grafenwoehr Training Area, Germany, March 9. Dynamic Front is an artillery operability exercise and focuses on developing solutions within the theater-level fires system by executing multi-echelon fires and testing interoperability at the tactical level. It includes nearly 1,400 participants from nine NATO nations.

## 10th CAB demonstrates MedEvac capabilities with German army

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

BRÜCK, GERMANY — UH-60 Black Hawk crews from C Company, 3-10th General Support Aviation Battalion, 10th Combat Aviation Brigade, 10th Mountain Division (LI), assisted the German army with a demonstration of combined MedEvac capabilities at Lehnin Training Area in Brück March 29.

The multi-stage demonstration, shown to members of NATO allied forces and German parliament, detailed the process of casualty care from the battlefield to the hospital and, in doing so, showcased the high-level of medical capability offered by the partnership.

“This demonstration shows the capacity and capabilities of the German Medical Service,” said German army Lt. Col. Andreas Walter, the medical demonstration’s director and head of the medical school in Bavaria. “We



PHOTOS BY SPC. THOMAS SCAGGS

A German army boxer MedEvac vehicle awaits the loading of casualties being treated outside during a demonstration of MedEvac capabilities.

like to use helicopters, especially American helicopters, because it is really important to train on cooperation and procedures, for transporting casualties into a helicopter, on a multi-national level.”

The demonstration had four different stages, sometimes with stadium seating and live-action camera footage projected on a theater-sized

SEE MEDEVAC, PAGE B4



German army medics rush a casualty toward a UH-60 Black Hawk MedEvac helicopter during a demonstration at Lehnin Training Area, Germany, March 29.



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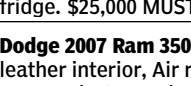
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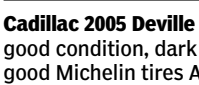
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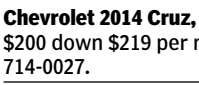
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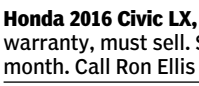
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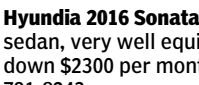
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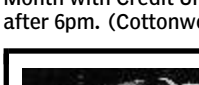
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# Trailblazing

Continued from Page B1

when they graduated from flight school and were qualified to fly a combat airframe. Earlier that year, then Secretary of Defense Les Aspin lifted restrictions, allowing females to fly combat missions.

Her first assignment on the Apache was with the 101st Airborne Division in 1993.

“The guys in the unit were like big brothers who will pick on you, but wouldn’t let anyone else [do the same],” Jarrell said of her male counterparts.

Jarrell’s desire to fly did not wane. She also got qualified on the AH-64D, C-12U, C-12J, C-12J1, and RC-12N, RC-12K, RC-12X and later became an instructor pilot on several of those aircraft.

“I believe women have always had a

lot of opportunities in the military and especially now that many of the military occupational series are open to them,” she said.

During her time flying combat aircraft, Jarrell flew in a number of combat situations while supporting NATO-led Operation Joint Endeavor, NATO-led Stabilization Forces, Operation Iraqi Freedom, Operation Enduring Freedom-Philippines, and Operation Enduring Freedom-Afghanistan.

“All of my deployments have held an element of excitement and mystery,” Jarrell said. “The ‘Mad Max’ drive to Baghdad was among the most exhilarating.”

In her current position at 116th MI, Jarrell oversees the brigade’s warrant officers and ensures the standardization of the brigade’s Aviation operations.

Her leadership considers her a pioneer

for women in Army Aviation.

“Cathy has had an outstanding career as an Army Aviator and a leader,” said Col. Daniel Mettling, commander, 116th MI Brigade. “I am fortunate to have such a trailblazer on my team.”

Along with her incredible career, Jarrell considers her 27-year marriage to her husband, Van, a retired lieutenant colonel, and her daughter, Megan, among her biggest accomplishments. She credits her success in the military to her husband.

“He has always been there, gives me guidance, been supportive of me and a great person to talk to,” Jarrell said. “He had to give a lot to allow me to stay in.”

Megan is in her second year at the U.S. Military Academy West Point and following in her mom’s footsteps. She hopes to become either an Aviator or military

intelligence officer when she graduates. Her goal is to carry on the Army tradition set by both her mom and dad.

“I am so proud of Megan,” Jarrell said. “I encourage her to be positive and always show enthusiasm for what she is doing – no matter what the task.”

Jarrell believes she has succeeded in her career because of the support she received from leadership, fellow warrant officers and good NCOs.

“I tell Megan to find the best warrants and NCOs around and get under their wings,” she said. “They will keep you grounded and on track.”

Asked what the one thing she would change about her career so far, Jarrell said, “In these 27 years, I have been treated so well and been given so many opportunities to succeed. I honestly would not change one thing.”

# MedEvac

Continued from Page B1

screen.

The first stage saw mock live fire from tanks and infantry, setting the stage for a battle in the distance. Mock casualties, complete with fake blood, were transported before the seats and triaged before being loaded into a massive German boxer medical vehicle.

At the second stage, the vehicle arrived and unloaded its casualties into the care of skilled staff who tended to wounds inside tents while the screen outside projects all the action.

The wounded, now stable enough for long-range transport, were moved by vehicle to the next stage where a green smoke grenade had been tossed in a field to signal the incoming MedEvac helicopter. A thunderous rumble echoed through the trees as C Co.’s UH-60 Black Hawk approached the landing zone. A crew chief threw the helicopter’s door open and rushed to meet the medical staff transporting a patient on a stretcher to the helicopter. The two patients were secured and the helicopter departed



PHOTO BY SPC. THOMAS SCAGGS

Aircrew members power down their MedEvac helicopter.

over the field’s treeline as the assembled crowd applauded.

The final stage showcased the drop-off of casualties and the care they would receive in a German hospital setting, a highly regarded place among many ser-

vice members to receive medical care.

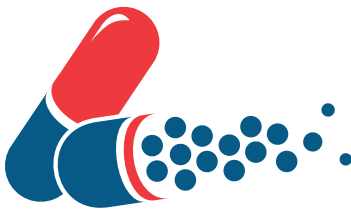
The members of the 3-10th GSAB who were assisting with the demonstration, which ran for nearly a week just an hour outside of Berlin, said it was an excellent

opportunity to learn about each other’s capabilities and practice procedures that may one day save someone’s life.

“We always talk about NATO partners and partnering up, and we’re actually getting to do that

here,” said CW2 Joseph Torres, UH-60 Black Hawk pilot with C Co., 3-10th GSAB. “I think we need to get together more often, like we’re doing now, to get to know each other and learn what our capabilities are.”

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APRIL 6, 2017



Anglers compete in a previous fishing tournament.



FILE PHOTO

Lucas Gangler, military family member, took first place in the youth fishing tournament at Parcours Lake in a previous year's youth fishing tournament. This year's tournament is scheduled for April 15.



## Post lakes offer angler's paradise

**Army Flier**  
*Staff Reports*

Spring is in the air and Fort Rucker's Outdoor Recreation staff invites area youth to break out their fishing poles for the Youth Fishing Tournament April 15 from 7 a.m. to noon at Parcours Lake.

Entry fee is \$15 per angler. Live bait is permitted with the exception of minnows.

Prizes will be awarded to first, second and third place winners.

Bait, snacks and a few fishing gear items will be available for purchase the morning of the event.

"(This tournament) will get the children out of the house and away from gaming," John Clancy, ODR manager, said. "It is a sport that youths are curious about and it is one of the easiest to teach your children. Children like to do it and, when they get bored, you can take a boat ride or maybe pull them in a tube, have a picnic and then try fishing again."

There are a total of five different lakes on Fort Rucker covering more than 670 acres that house a variety of different fish, ranging from largemouth bass, hybrid bass, catfish, crappie and bream, that people can test their skills against as they cast their lines, according to Clancy.

The first and most well-known of all the lakes is Lake Tholocco, which offers two different fishing piers, one on East Beach and one on West Beach, and shoreline fishing is also permitted.

People can catch largemouth bass, bream, catfish and crappie in Lake Tholocco's waters, and something many people don't know is that night fishing is allowed on the lake.

"Lake Tholocco is a 676.8-acre, well-stocked lake," Clancy said. "We sell bait, including worms, crickets, minnows; rods and reels; and all kinds of tackle."

"We also rent different types of boats that are geared up for fishing, cabins and campsites," he added. "It's guaranteed fun."

People operating the boats must first complete the boater's safety course before taking any boats out on the lake, he added.

Lake Tholocco is also the only lake on



PHOTO BY NATHAN PFAU

Mark Yoakum, outdoor recreation facilities manager, drives "The Warrior" on Lake Tholocco with Tony Vilardo, a wounded warrior, in 2013. This boat and others are available to take out on Lake Tholocco.

the installation that permits powerboats, according to Clancy. Any boats in the other lakes on Fort Rucker must be self-propelled.

Although the lakes are full of fish, there is a limit on how many fish people can take home. There is a limit of five largemouth bass for less than 14 inches in length and only one for more than 18 inches at Lake Tholocco. Any largemouth bass caught between the sizes of 14-18 inches must be thrown back, according to Clancy.

There is a limit of 30 for bream, 15 for catfish and 30 for crappie longer than nine inches.

Although the other lakes on the installation don't compare in size to Lake Tholocco, the fishing experience is just as rich and available from sunup to sundown, Clancy said.

Parcours Lake is another popular fishing spot on Fort Rucker, but this particular spot is reserved for the installation's youth anglers, he said.

"Because of the size of the lake - 4.1 acres - and its proximity to the housing areas, it's only permitted for those ages 15 and younger," he said, adding that parents are allowed to assist their children in fishing, but children must reel in their own fish.

The lake, located on Farrel Road be-

hind Lyster Army Health Clinic, is home to bream, catfish and largemouth bass.

Another hidden gem, more known for its trails than its fishing, is Beaver Lake.

This 7.7-acre lake is open to all ages for fishing from sun up to sun down and houses largemouth bass, bream, catfish and crappie. The fish limit at Beaver Lake is two largemouth bass larger than 16 inches, 10 bream of no size limit, unlimited catfish and up to 30 crappie with no size limit.

Beaver Lake is located just off Third Avenue across from the Fort Rucker Physical Fitness Center's football field.

There are also a few lakes that are relatively unknown to most on the installation, but the fishing they provide is just as enjoyable as their more well-known counterparts, said Clancy.

Eck Lake is a 7.7-acre lake open to all ages and filled with largemouth bass, bream, catfish and crappie. To get to this hidden gem, turn from Christian Road onto Johnston Road and take the first unpaved road on the left and follow the posted signs.

The limits for the lake are no more than two largemouth bass 16 inches or larger, 10 bream with no size limit, unlimited catfish and up to 30 crappie with no size limit.

Buckhorn Lake is another lake that

isn't very well known, but it's also one of the installation's most restricted lakes due to its location and proximity to training areas, said Clancy.

The lake is 13.2 acres and is home to largemouth bass, bream and crappie. Hours of operation vary from day to day.

Buckhorn Lake is located two miles past Silver Wings Golf Course on Hatch Road.

"The lake is only open about half the time, so people should call outdoor recreation before they head out to the lake to confirm the times," said the recreation assistant.

Beaver Pond is the smallest of all the lakes on Fort Rucker and is also the least developed, according to Clancy. Beaver Pond is open to all ages, and is located off of Andrews Avenue between Silver Wings Golf Course and the Ozark Gate.

People 16 and older must have a state fishing license and post fishing permit to fish on Fort Rucker, and everyone operating a boat, motorized or self-propelled, must complete the Fort Rucker Boating Safety Course. People can visit the outdoor recreation service center to obtain a license and permit.

For more information, call 255-4305, or visit <https://rucker.armymwr.com/us/rucker/programs/hunting-and-fishing/>.



FILE PHOTO

Families participate in a previous youth fishing tournament at Parcours Lake.



# ON POST

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

### 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 today 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.

### 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 is 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.

### Trivia Tuesday

Mother Rucker’s hosts its free Trivia Tuesday Tuesdays from 6:30-8:30 p.m. People are welcome to put teams together or play solo. Teams can be up to eight players and winners will be announced after each round. A \$20 Mother Rucker’s gift card is given out each round to the winning team. The team with the overall highest score at the end of the evening receives a \$25 gift card. Participants will have the chance to win door prizes throughout the evening. Trivia Tuesday is open to the public for those ages 18 and older.

For more information, call 503-0396.

### 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 Tuesday from 1-2 p.m. in Bldg. 5700, Rm. 284 Registration will end Friday.

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 Wednesday 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 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 Tuesday. 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>.

### Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session April 13. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about noon. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a



PHOTO BY NATHAN PFAU

## Children’s Festival

Fort Rucker’s 13th annual Children’s Festival is scheduled for Saturday 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. Pictured is a scene from last year’s event.

session is mandatory for participation in the program.

For more information, call 255-2594.

### Storytelling with Dolores Hydock

Center Library will host storyteller Dolores Hydock April 13 at 11 a.m. for “True Grits: Stories of Home Cooking and Southern Hospitality.” Turnip greens, tomato stakes, sauerkraut and strong Southern women – they’re all part of this funny, affectionate collection of stories about a Pennsylvania Yankee transplanted to the red clay of Alabama, according to organizers. The free event is open to authorized patrons and those who have access to Fort Rucker.

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

### Easter brunch

The Landing will host Easter brunch April 16 from 10 a.m. to 2 p.m. in the ballroom. The brunch will feature classic and seasonal dishes, traditional brunch favorites, an omelet bar, carving stations, deluxe dessert bar and more.

For more information or to make a reservation, call 255-0769

### Basics of vehicle maintenance class

The Fort Rucker Auto Skills Center will host its How To: The Basics of Vehicle Maintenance Class April 16 from noon to 2 p.m. The class will be open to the public. The fee for the class will be \$20 and will cover the cost of the inspection form and shop supplies, as well as a certificate of completion for those attending the class. Space is limited to six students.

For more information or to register, call 255-9725.

### Scream Free Parenting

Army Community Service will host its Scream Free Parenting workshop April 17 from 9-11 a.m. at The Commons. The workshop will be limited to 15 participants and the deadline to register will be April 14. The free workshop will be open to active-duty and retired military, Department of Defense employees and their family members.

For more information, call 255-3898.

### Earth Day awareness

The Center Library will host an Earth Day awareness education program April 19 at 3:30 p.m. at The Commons, Bldg. 8950. The program will feature different animals that live in the wild and attendees will discover ways people can protect them and the environment, according to library officials. The program will be limited to the first 40 people to register and open to authorized patrons. The program will be Exceptional Family Member Program friendly.

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

# DFMWR SPOTLIGHT

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Get your teams together! Matches will begin on Tuesday, April 18. Games will be held on Tuesdays and Thursdays with four person scramble format. Teams that accumulate the most points in the Tuesday and Thursday Division will play for overall championship. Registration deadline is Tuesday, April 11. Cost is a \$10 one time league fee per player (non-refundable). Cart and green fees are \$15 per person, per outing (\$10 for Silver Wings Members).

### Super Demo Day: Saturday, April 15

Join Silver Wings Golf Course from 9 am–3 pm at the Driving Range for Super Demo Day on Saturday, April 15. Come and experience the latest and greatest in golf club equipment. Golfers will be able to test out the performance of the latest golf equipment offerings from the major manufacturers.

**FOR MORE INFORMATION CALL SILVER WINGS GOLF COURSE, (334)255-0089. OPEN TO THE PUBLIC**

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childcare is available with registration.

For more information and to register, call 255- 3765 or 255-9631.

### Launching Hope

Launching Hope is a Scream Free program for parents with teenagers scheduled for April 19 from 9-11 a.m. at The Commons. The program will be limited to 15 participants. The deadline to register is April 14 at The Commons. Child care provided. The free workshop is open to active-duty and retired military, DOD employees and their family members.

For more information, call 255-3898.

### Retirement system Seminar

Army Community Service’s Financial Readiness Program will present a Blended Retirement System Seminar April 19 from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will discuss the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by April 18. Free

## FORT RUCKER MOVIE SCHEDULE FOR APRIL 6-9

### Thursday, April 6

**Resident Evil: The Final Chapter (R)** 7 p.m.

### Friday, April 7

**Smurfs: The Lost Village (PG)** 4 & 7 p.m.

### Saturday, April 8

**Smurfs: The Lost Village (PG)** 4 & 7 p.m.

### Sunday, April 9

**Smurfs: The Lost Village (PG)** 1 & 4 p.m.



# CLEANING UP FROM PAST

*Army Corps of Engineers making ‘significant progress’ on sites*

By David Vergun  
Army News Service

WASHINGTON — The Army Corps of Engineers has made “significant progress” in the cleanup of chemicals, toxins, radiation and other types of pollution at 5,357 sites across the United States, according to the corps’ commanding general and chief of engineers.

Of those total sites, 3,513 are now either closed or in a “monitoring status,” said Lt. General Todd T. Semonite while testifying March 29 at a Senate Committee on Environment and Public Works hearing titled, “Cleaning Up Our Nation’s Cold War Legacy Sites.”

Of those 5,357 sites, the corps has achieved response complete of about 65 percent of Formerly Used Defense Sites and about 20 percent of Formerly Utilized Sites Remedial Action Program, he said, noting that the highest risk areas are addressed on a priority basis.

Response complete means active cleanup actions are complete and only monitoring remains “to ensure no new issues arise,” he said.

Asked if additional funding would expedite even more cleanup, Semonite replied in the affirmative, adding that the corps continuously looks for ways to make its cleanup more efficient and cost-effective.

An example of greater cost-savings and efficiencies, he said, was in fielding the Advanced Geophysical Classification technology at multiple Military Munitions Response Program sites to allow improved discrimination between hazardous unexploded ordnance and harmless scrap metal, without the need to dig up every object.

**FUDS, FUSRAP EXPLAINED**

The corps is involved in four



ARMY PHOTO

U.S. Army Corps of Engineers participate in cleanup of the Formerly Utilized Sites Remedial Action Program Painesville site in Ohio.

cleanup programs. In his remarks, Semonite explained each of them.

First, as part of the Defense Environmental Restoration Program, the Department of Defense has delegated responsibility to the Army for the FUDS Program. These sites were used by the Defense Department for training, weapons manufacturing and weapons testing.

Some FUDS sites date back to the world wars, he said. For instance, there’s a beach in Hawaii that Marines once used to practice landings just prior to the landings on Iwo Jima. That beach is a FUDS site.

The second Corps-run program, FUSRAP, differs from FUDS in that it specifically addresses environmental remediation or control of sites where activities by the Manhattan Engineer District or Atomic Energy Commission were performed during the 1940s, 1950s and 1960s. In 1997, Congress transferred FUSRAP cleanup responsibilities from the Department of Energy to the corps.

Third, the Environmental Protection Agency has been partnering with the corps for environmental cleanup support at Superfund sites since 1982. The EPA relies on the corps for its en-

vironmental engineering expertise and the corps provides about \$300 million a year in remedial design and remedial construction support.

Fourth, the corps also supports the Army and Air Force in cleaning up sites on active installations and provides a wide variety of environmental remediation support and technical advice to a number of other federal partners at sites across the country.

**WELL-INTENTIONED**

People in the 1930s and 1940s were just as committed to making a better America as people are today, Semonite said. “But at

the time they didn’t understand second- and third-order ramifications of what they’d done environmentally.

“The Corps is dedicated to protecting human health and the environment by investigating and, if required, cleaning up contamination and munitions hazards that may remain on these properties,” he said.

The great progress made in cleaning up such sites can be attributed to the hard work of the Corps’ 3,400 engineers, he continued, adding that he would “pit his engineers up against any” in terms of their “technical expertise and compassion.”

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1 Corinthians 11:1

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# Public invited to Blue Angels practice



## Naval Aviation Museum Press Release

People can observe the Blue Angels, the U.S. Navy Flight Demonstration Squadron, practice most Tuesdays and Wednesdays until November at the National Naval Aviation Museum viewing area in Pensacola, Florida. Practices 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 prac-

tice session – a limited quantity of 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/>.

# WIREGRASS COMMUNITY CALENDAR

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## 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](http://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](http://www.andalusialegionpost80.org).

## DALEVILLE

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

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

## DOTHAN

**ONGOING** — American Legion Auxiliary Unit 12 hosts a pancake breakfast the third Saturday of each month. Pancakes will be served from 7-10:30 a.m. for \$6 for the general public, \$5 for military members and veterans and free to children 8 and under. Proceeds go toward helping veterans, military members and their families. The post is located at the intersection of S. Park Street and Hwy. 605 (Brannon Stand Road). For more information, call 334-400-5345.

**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](http://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 Enterprise Board of Education recently approved WinShape Camp to be held on the high school campus July 17-21. Children who have completed

first-sixth grades will have the opportunity to attend a one-week day camp designed to meet the needs of all types of children. WinShape also has a camp for seventh-ninth grade students. This camp will be held the same week as the children’s camp, but will be a separate camp. Registration begins online at [www.winshapecamps.org](http://www.winshapecamps.org) March 12, offering a \$100 scholarship to the first 200 campers to register. In an effort to raise scholarship dollars for WinShape, there will be a 5k and fun run April 8. People can register for the race at <http://www.active.com/enterprise-al/running/distance-running-races/mitchell-automotive-chick-fil-a-5k-and-1-mile-fun-run-2017>. For more information, call 334-347-9023, email [winshapecampsenterprise@gmail.com](mailto:winshapecampsenterprise@gmail.com) or visit [www.winshapecamps.org](http://www.winshapecamps.org).

**ONGOING** — The Weevil City Cruisers Car Club hosts its monthly Cruise IN downtown in front of Milky Moo’s the first Saturday of every month at 4:30 p.m. For more information on the club, send an email to [weevilcitycruisers@gmail.com](mailto:weevilcitycruisers@gmail.com), visit [www.facebook.com/Weevilcitycruisers](http://www.facebook.com/Weevilcitycruisers), or call 334-347-8680 or 334-477-6806.

**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.

## 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

**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

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

**ONGOING** — Every Thursday at 5:30 p.m., yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

**ONGOING** — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

## 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.

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

## Beyond Briefs

### Maxwell AFB air show

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 and the French demonstration team, Patrouille de France, and other air and ground demonstrations.

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

### Montgomery Biscuits baseball

The Montgomery Biscuits are a Double A affiliate of the Tampa Bay Rays and play in Riverwalk Stadium in downtown Montgomery. Various specials and promotions are offered throughout the season. For more information, visit <http://www.biscuitsbaseball.com>.

### Date Night Movie on the Green

A date night movie will be played on the big blow up screen at Montgomery’s

Riverfront Park starting at dark on the first Friday in April, May and June. People are welcome to bring chairs or blankets for seating. Food vendors will be available, or people may bring their own food. People must be at least 18 years or older. Pets are welcome. Tickets are \$5 per person and must be purchased online or at the gate.

The movie for April 7 is “The Wedding Singer,” May 5 is “Silver Linings Playbook,” and June 2 is “Dirty Dancing.”

For more information, call 334-625-2100 or visit [funinmontgomery.com/announcements/movies-on-the-green](http://funinmontgomery.com/announcements/movies-on-the-green).

### ‘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 Founda-

tion 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/](http://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>.

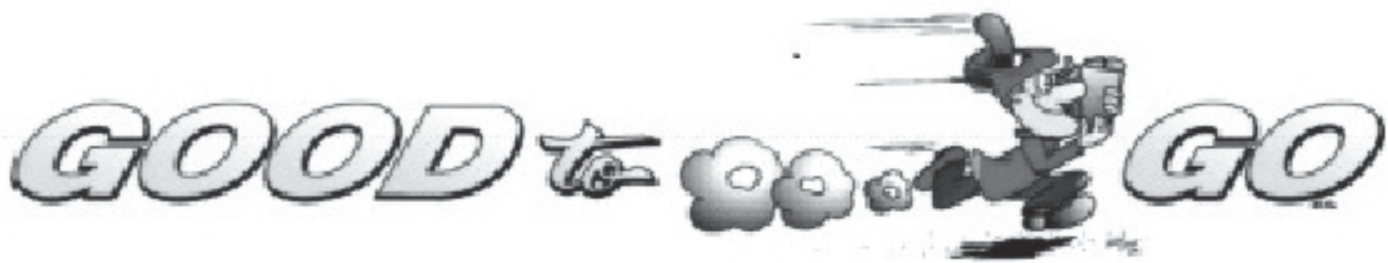
### ‘Sherlock Holmes’

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/](http://asf.net/project/sherlock-holmes/).



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Cole Slaw • Potato Salad • Old Fashioned Fried Corn Bread • Rolls • Assorted Cobblers, Pies & Cakes

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Baked Chicken Meat Loaf Spaghetti Red Skin Potatoes Broccoli & Cheese or Broccoli & Rice Casserole Turnips Fried Okra Creamed Corn Black Eyed Peas	Beef Tips & Gravy BBQ Chicken Mashed Potatoes Green Beans Stewed Squash or Squash Casserole Fried Squash Steamed Cabbage	Fried, Smothered & BBQ Pork Chops Chicken Dressing Giblet Gravy Collards Macaroni & Cheese Yams Zipper Peas Tomatoes/Rice	Baked Chicken Hamburger Steak & Gravy Dumplings Whole Kernel Corn or Corn Casserole Mashed Potatoes Butter Beans Green Bean Casserole or Rutabagas Turnips Fried Okra	Whole Fried Catfish Catfish Filet BBQ Pork Ribs French Fries Macaroni & Cheese Baked Beans Green Beans Corn Nuggets Cheese Grits Turnips Hush Puppies	BBQ & Baked Chicken BBQ Pork Ribs Grilled Chicken Tenders Baked Beans English Peas Red Skin Potatoes Turnips Fried Okra Corn on the Cob Fried Corn on the Cob	Baked Chicken Country Fried Steak & Cubed Steak White & Brown Gravy Chicken Dressing Butter Beans Turnips English Peas Mashed Potatoes Yams

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Served with dip bread	
Chicken Fingers	7.25
Breaded chicken strips served with blue cheese dressing or dressing of choice	
French Fries	5.00
Onion Rings	6.75

Salads

Choice of dressing: Ranch, Caesar, Regular Italian, Creamy Italian, Golden Italian, Blue Cheese, Honey Mustard, Raspberry Walnut Vinaigrette, Thousand Island		
Italian Salad	sm. 4.50	lg. 7.95
Romaine lettuce, tomato, onion, black olive, pepperoni, green pepper, mushroom, onion & mozzarella with creamy Italian dressing on the side		
Caesar Salad	sm. 4.50	lg. 7.45
Romaine lettuce, croutons & parmesan cheese tossed with Cafe Roma's caesar dressing		
Greek Salad	sm. 4.50	lg. 7.95
Romaine lettuce tomato, onion, feta, black olives & pepperoncini pepper		
Grilled Chicken Salad	lg. 8.99	
Romaine lettuce, mushroom, tomato, black olives and red onion, topped with boneless chicken breast & slice of garlic bread. Served with raspberry walnut vinaigrette or creamy Italian dressing on the side		
Grilled Chicken Caesar Salad	lg. 8.99	
Grilled boneless chicken breast served on top of our caesar salad with a slice of garlic bread.		

Gourmet Calzones - 10.75

<b>Chicken</b>
Chicken & mozzarella with marinara sauce
<b>Shrimp</b>
Shrimp, spinach & artichoke dip and mozzarella cheese with garlic sauce
<b>Meatball</b>
Homemade meatballs & mozzarella cheese with marinara
<b>Chicken Supreme</b>
Chicken, spinach & artichoke dip and mozzarella cheese with garlic sauce

Custom Pizzas & Calzones

	Small (10")	Large (14")	Calzone
Plain Cheese	6.95	9.25	7.25
Each Topping	.75	1.50	.75
Premium topping	1.25	2.50	2.00
Standard Toppings			
Pepperoni, Italian Sausage, Ground Beef, Black Olive, Red Onion, White Onion, Ham, Feta Cheese, Mushroom, Green Pepper, Tomato, Spinach, Bacon, Salami, Artichoke, Jalapeno			
Pepper, Fresh Garlic, Roasted Garlic, Extra Cheese			
Premium Topping			
Shrimp, Chicken, Pineapple			
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Gourmet Pizza

<b>Small (10")</b>	<b>10.75</b>
<b>Large (14")</b>	<b>15.95</b>
<b>Garlic Chicken</b>	
Sautéed chicken strips, roasted garlic, onion & sliced tomato with garlic sauce	
<b>Meatlover's</b>	
Pepperoni, Italian sausage, ground beef, ham, salami & bacon with tomato sauce	
<b>Combo</b>	
Pepperoni, Italian sausage, ground beef, onion, mushroom, green pepper & black olive with tomato sauce	
<b>Spinach &amp; Artichoke</b>	
Spinach, artichoke, mushroom, onion, sliced tomato & feta cheese with garlic sauce	
<b>Orleans Shrimp</b>	
Shrimp, onion, roasted garlic, & sliced tomato with garlic sauce	
<b>BBQ Chicken</b>	
Sautéed chicken strips, sliced tomato, red onion & green pepper with our tangy BBQ sauce	
<b>Pesto Chicken</b>	
Sautéed chicken strips, artichoke & sliced tomato with pesto sauce	
<b>Vegetarian</b>	
Mushroom, black & green olive, tomato, green pepper & onion with tomato sauce	
<b>Hawaiian</b>	
Pineapple, green pepper & ham with red sauce	

Beverages - 1.99

Iced Tea, Coke, Diet Coke, Sprite, Root Beer  
Lemonade, Dr Pepper, Coffee

Wraps - 8.95

All Wraps are Made with Mediterranean Flat bread

**Roasted Chicken**  
Marinated grilled chicken breast, red onion, feta & Mozzarella cheese with pesto sauce

**Grilled Chicken Caesar**  
Marinated grilled chicken breast, romaine lettuce, parmesan & mozzarella cheese with caesar dressing

**Spinach & Artichoke**  
Spinach, artichoke hearts, yellow onion, diced tomato, fresh mushroom, feta & mozzarella cheese

**Meatball**  
Homemade meatballs & mozzarella cheese with marinara sauce

**Shrimp**  
Shrimp, spinach & artichoke dip with mozzarella cheese

**Roma Special**  
Pepperoni, genoa salami, ham, black olive & yellow onion with mozzarella cheese

Pasta - 11.75

All pasta dishes are made to order and served with garlic cheese bread. Fettuccine, angel hair, or penne pasta may be substituted on certain dishes.

**Classic Lasagna**  
Layers of pasta, ground beef & our own mixture of cheese, smothered in our own marinara

**Chicken Pasta**  
Grilled chicken breast, feta cheese, artichoke, tomato, onion & mushroom with angel hair pasta

**Spaghetti & Meatballs**  
The classic served with homemade meatballs & marinara

**Fettuccine Alfredo**

**Cajun Chicken Alfredo**  
Sliced chicken breast, Jalapeno, red onion & penne pasta with our own alfredo sauce

**Shrimp Pasta**  
Shrimp & angel hair pasta with our own alfredo sauce

**Chicken Parmesan**  
Fried chicken and parmesan with angel hair pasta in our own marinara sauce & mozzarella cheese

Sandwiches - 8.45

All sandwiches are served on homemade bread *Dressed with lettuce, tomato & mayonnaise.	
*Turkey	Turkey & mozzarella cheese
*Roma Special	Pepperoni, ham, salami, black olive, onion & mozzarella cheese
*Ham & Cheese	Ham & mozzarella cheese
Pizza Sub	Pepperoni, onion, mushroom, green pepper, mozzarella cheese & tomato sauce
Meatball	Homemade meatballs with mozzarella cheese & marinara sauce
Spinach & Artichoke	Spinach, artichoke, mushroom, onion, tomato, feta & mozzarella cheese with our special garlic sauce
Chicken Caesar	Chicken breast, mozzarella & parmesan cheese with tomato sauce
Chicken Parmesan	Chicken breast, mozzarella & parmesan cheese with marinara sauce
Chicken Caesar	Grilled chicken breast & caesar salad topped with mozzarella cheese
Vegetarian	Mushroom, onion, green pepper, tomato, black & green olive & mozzarella cheese with our special sauce.
Pesto Chicken	Chicken, artichoke, tomato & mozzarella cheese with pesto sauce
Desserts	
New York Style Cheesecake	3.00
Fresh Daily - New Orleans-Style Beignets	3.00

cafe roma



# FOR THE BIRDS

*New prediction method sheds brighter light on flight*

**By Warren Duffie**  
*Office of Naval Research*

ARLINGTON, Va. — Resembling a feathered flying ace with his miniature protective goggles and chinstrap, a parrotlet named Obie stood ready to take off.

On signal, Obie propelled into the air, flapped through a laser field infused with microparticles and landed on another perch three feet away.

The journey only lasted three seconds, but it challenged the accuracy of three aerodynamics models long used to predict animal flight. It also might impact future designs of

bio-inspired drones, robots and unmanned aircraft systems, a topic of interest to the Navy and Marine Corps.

Sponsored by the Office of Naval Research, researchers at California's Stanford University found a new way to precisely measure the vortices — patterns of rotating air — created by birds' wings during flight. The results shed greater light on how these creatures produce enough lift to fly.

"One of the most exciting recent advances in understanding flying animals has been the use of new technologies like this to collect all kinds of data in free-flight conditions," said Marc Steinberg, the ONR program

manager overseeing the research. "We can learn what's really happening — the biology and physics — and apply it to create UAVs capable of navigating challenging environments like under a thick forest canopy or through urban canyons."

Led by David Lentink, an assistant professor of mechanical engineering, the Stanford team tested three models commonly used to estimate how much lift birds and other flying animals generate when flying.

#### PICTURING FLIGHT IN ACTION

First, they had Obie and other parrotlets fly several times through a laser field flashing 1,000 times per second, lighting up non-toxic aerosol particles about one micron in diameter.

As Obie flapped through the field, the particles moved around his wingtips and were photographed by super-high-speed cameras — creating a new picture of the vortices in the wake of a flying animal. The Stanford researchers took this data and combined it with measurements gathered from another instrument, an aerodynamic force platform, invented in Lentink's lab with support from ONR.

"The platform is basically an ultra-sensitive weight scale that measures the force generated when a bird takes off in a specially designed flight chamber," Lentink said.

The researchers then applied each of the three prevailing models to these new measurements multiple times. In each case, the existing models failed to forecast the actual lift of the parrotlets.

The problem is that longstanding models are based on historical measurements taken a few wingbeats behind a flying animal, resulting in predictions that wing vortices stay relatively frozen over time — like the puffy clouds that form and dissipate slowly in an airplane's wake. Lentink's research, however, demonstrates that birds' wing vortices actually break up suddenly and violently, within two to three beats.

"For a long time, engineers have looked to animal flight literature to see how robotic wings could be designed better," Lentink said. "But that knowledge was based on inaccurate models for lift. We now know we need new studies and methods to inform this design process better. I believe our method, which measures lift force directly, can contribute to such improvements."

Future stages of Lentink's research will involve applying his new lift model to studies of how winged drones and UAS can perform missions in environments that are difficult to navigate, such as dense woodland. His work is sponsored by an ONR Multidisciplinary University Research Initiative focusing on unmanned, autonomous flight.



COURTESY OF LENTINK LAB, STANFORD UNIVERSITY

A parrotlet named Obie is outfitted with protective goggles during Office of Naval Research-sponsored testing at California's Stanford University recently.

# Ozark

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APRIL 6, 2017

# CRUNCH TIME

## 164th TAOG advances in playoff tournament

By Nathan Pfau  
Army Flier Staff Writer

The 2017 Fort Rucker Intramural Basketball Post Championship Tournament kicked off this week and, for one team, the tourney got off to a good start.

The A Company, 1st Battalion, 145th Aviation Regiment's Heat Check took on the Headquarters, Headquarters Company, 164th Theater Airfield Operations Group Warhawks during the first championship game of the season at Fortenberry-Colton Physical Fitness Center Tuesday, but it was the Warhawks that would come out on top, edging out their opponents, 58-51, to advance in the tournament.

"We just tried to play strategically and keep it slow," said Sgt. Eric Owens, Warhawks team captain. "We just wanted to keep our fundamentals – move the ball, pass the ball and simple scoring."

Both teams came into the tournament with a clean slate, and both started the game on the right foot as they appeared evenly matched throughout most of the game, but the 164th TAOG seemed to have the stamina to outpace their opponents to take the win.

Heat Check took possession first at the toss up, and although they didn't manage to score with their first possession, they would be the first to get on the scoreboard.

The 1-145th was off to a hot start, outpacing their opponents offensively while keeping a strong defense to take an early lead, keeping the Warhawks on their toes.

The TAOG team wasn't letting up so easily though, and they were able to come back from an 8-point deficit to tie the game, 12-12, as the first quarter wound down.

Both teams were showing promise as they went shot for shot for the remainder of the quarter, and neither had the clear advantage over the other.

Heat Check managed to pick up the pace, though, and break away from their opponents once again to retake a comfortable lead, 25-19, with minutes remaining

in the half.

The 164th TAOG again closed the scoring gap, and they managed to take the lead for the first time in the game with less than a minute remaining in the half.

Both teams fought hard to get ahead as they ping-ponged the lead back and forth, but it would be Heat Check to hold on to the lead at the end of the half, 29-28.

Although the 1-145th had the advantage going into the second half, it was the Warhawks who would be first to score to take the lead.

The 164th TAOG came back stronger than before, able to suppress the opposing offense to pull away and, for the first time, the game was tilting in the Warhawk's favor.

This didn't sit too well with Heat Check, though, as they stayed on their opponent's heels, determined not to fall too far behind.

They trailed the TAOG team for most of the third quarter and the Warhawks fought hard to hold on to their lead.

The Warhawks managed to keep a tight offensive game as they slowly pulled away from their opponents, but the game was still far from over as they led Heat Check, 50-43, going into the final quarter.

The 1-145th couldn't seem to keep up throughout the quarter as the 164th TAOG's defense didn't let up, but neither team was able to advance much in the final minutes.

Luck was on the Warhawk's side, though, since they held on to a nearly 10-point lead at the 2-minute mark.

Although Heat Check attempted a last-minute rally, they couldn't break the opposing defense, and the Warhawks took the win, 58-51, to advance in the playoffs.

The win boosted the team's morale and made them confident in their ability throughout the rest of the tournament, said Owens.

"The rest [of the tournament] will be a challenge, but we got it," said the team captain. "I think we've got the defense to stop the No. 1 offense, but we've just got to capitalize on our offense."



PHOTO BY NATHAN PFAU

Players go for the toss up to start the first game of the 2017 Fort Rucker Intramural Basketball Post Championship Tournament at Fortenberry-Colton Physical Fitness Center Tuesday.

## BOOSTER SHOT

### Army medicine expands care with virtual health, patient visits

By Sean Kimmons  
Army News Service

FORT MEADE, Md. — The Army has given its medical services a booster shot, allowing more Soldiers and family members to get care virtually and in-person, the Army's surgeon general said March 29.

"Over the last year we've launched aggressive efforts to expand access to improve quality for all who rely on us," Lt. Gen. (Dr.) Nadja West told the Senate appropriations subcommittee on defense.

Testifying in front of the same panel last year, she said she vowed to create nearly 380,000 additional primary and specialty care appointments in 2016. March 29, she said they had surpassed that number with over 830,000 more appointments.

"I'm very proud to share with you that we've exceeded that goal by more than 200 percent," she said.

The advent of virtual health care, an initiative West described as promising, is one of the reasons Army medicine has been so successful in expanding its services. She touted the Army as a leader in virtual health care, with services spanning 30 countries and territories covering 30 clinical specialties.

There are also dozens of pilots and programs currently in their virtual health care efforts, which include emergency, primary and secondary care, and pre- and post-surgical consultations.

Other potential uses of virtual health care, she noted, could help medics remotely monitor a patient's vital signs or even treat a combat casualty.

"We see virtual health as a means to revolutionize access whether in garrison facilities, at our patient's home or the point of injury," she told lawmakers.



PHOTO BY DAVID VERGUN

In a demonstration of the virtual health process, Lt. Col. Kevin A. Horde, a provider at Fort Gordon's Eisenhower Medical Center, Ga., offers remote consultation to a mock patient at Fort Campbell's Blanchfield Army Community Hospital, Ky.

The initiative has already seen encouraging results. In the Army's Regional Health Command-Europe last year, virtual health care saved over \$1.3 million in travel-related expenses and more than 2,000 work and school days for Soldiers and beneficiaries, according to her written testimony.

Troops downrange are also benefiting since deployed providers are able to use teleconsultation, known as "Ask-a-Doc," she added.

Another aspect of improving access to care has been a focus on mental health. The Army's Embedded Behavioral Health program continues to place specialists down to the unit level, making care more accessible to Soldiers at their workplace.

There are now over 60 behavioral health teams with 450 providers assisting more than 30 brigade combat teams, among many other units, according to her testimony.

Since the program started in 2012, she noted, 45 percent fewer Soldiers with post-traumatic stress disorder have received prescriptions for a po-

tentially addictive group of painkillers called benzodiazepines.

"When you have embedded behavioral health, it makes Soldiers more likely to want to see their behavioral health provider without having to go to a facility," she said. "They're right there in their units."

Specialists are also helping students, with plans to push them out to 100 on-post schools across 18 installations this year. Behavioral health screenings are even being implemented during primary care visits.

Such efforts that attempt to catch symptoms early on may be working. Last year, she noted, there were 67,000 fewer inpatient bed days for behavioral health conditions compared to 2012, about a 40 percent drop.

"Our service members, our family members are getting more care because we are putting those assets forward," she testified.

Furthering quality care in the Army,

SEE BOOSTER, PAGE D3



MARINE CORPS GRAPHIC

## Health experts: More to energy drinks than meets the eye

Military Health Systems  
Communications Office Staff Report

SILVER SPRING, Md. – Grabbing an energy drink or two may seem like a good idea when you're looking for a lift to get you through the day.

After all, these drinks are marketed to provide mental and physical stimulation. The energy boost can help temporarily, but Military Health System experts want you to know there's more to energy drinks than meets the eye.

Patricia Deuster, Ph.D., director of the Consortium for Health and Military Performance at Uniformed Services University of the Health Sciences in Bethesda, Maryland, said energy drinks can be beneficial when consumed properly, but people should understand how to dose caffeine.

"The amount of caffeine varies [between brands]," said Deuster, adding that information on the nutrition labels of energy drinks can be misleading. Other ingredients in energy drinks, such as guarana (Brazilian cocoa), can also contain caffeine, making the true caffeine content higher than the amount listed on the nutrition label.

Some people see performance benefits from caffeine, while others can be hypersensitive to it and have adverse reactions with even small amounts.

"People don't realize that drinking a couple of energy drinks in a fairly short amount of time, like in

SEE ENERGY DRINKS, PAGE D3



# DOWN TIME



## Trivia test

# TRIVIA

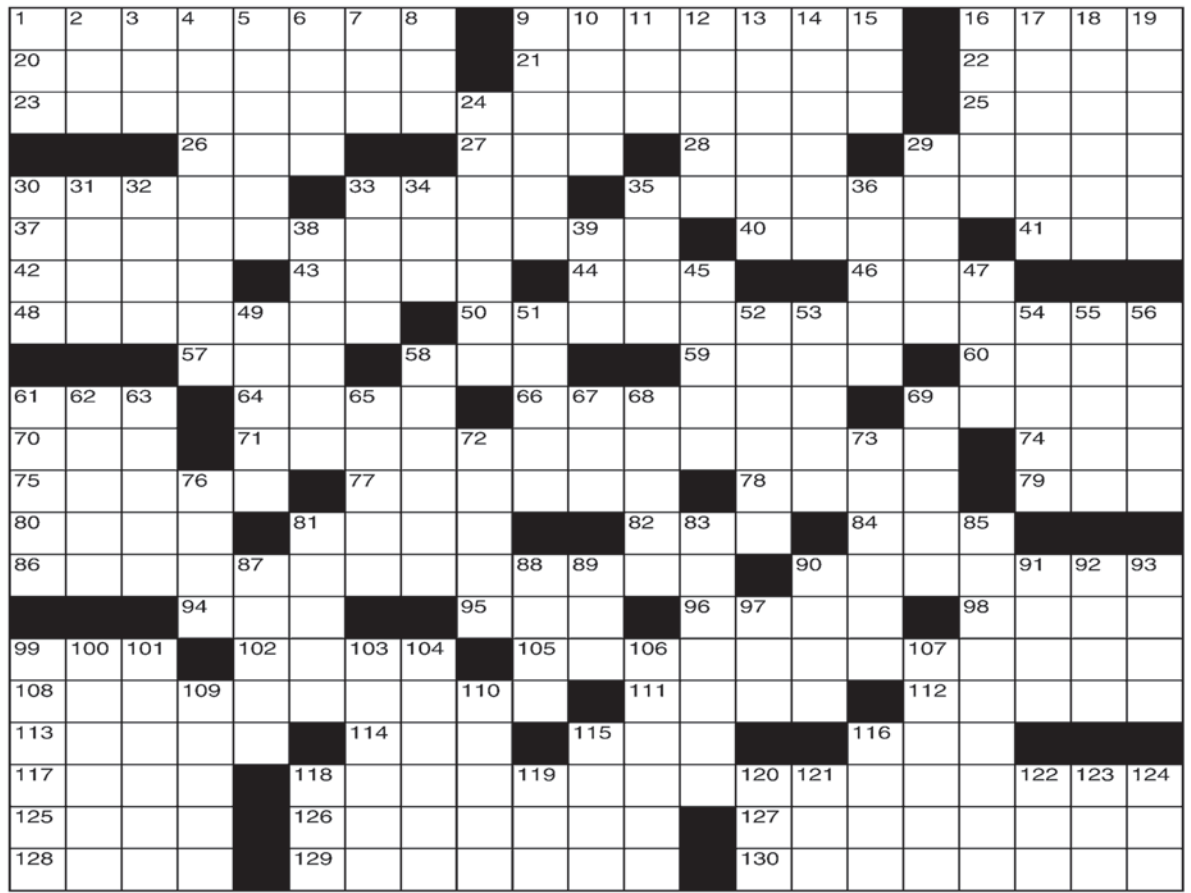
1. ASTRONOMY: What is the common name of the constellation Monoceros?
2. GEOGRAPHY: What is the westernmost territory of Canada?
3. MYTHOLOGY: Who was the Roman equivalent of the Greek hero Odysseus?
4. ARCHITECTURE: What are the blades of a windmill called?
5. GENERAL KNOWLEDGE: What natural attraction would you be viewing if you were on a boat called "Maid of the Mist"?
6. MUSIC: What rock band's debut album was titled "Kill 'Em All"?
7. TELEVISION: What are the names of Marge's sisters in "The Simpsons"?
8. HISTORY: What company owned the ill-fated Titanic?
9. GOVERNMENT: Which amendment to the U.S. Constitution forbids cruel and unusual punishment?
10. LITERATURE: What kind of creature is Bagheera in the "The Jungle Book"?

See Page D3 for this week's answers.

## Super Crossword

### SPLITTING THE LAND

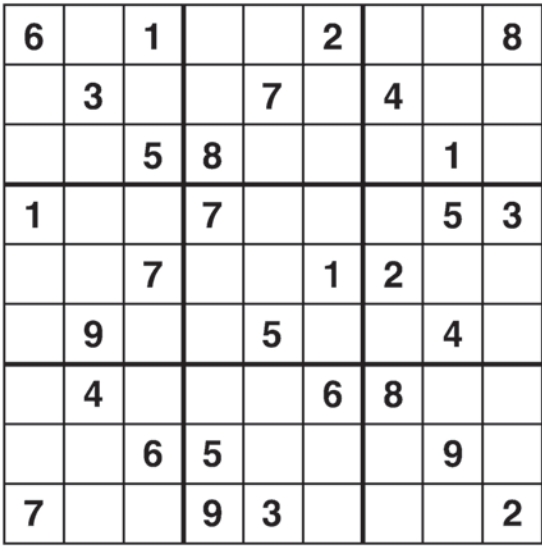
- ACROSS**
- 1 Bullfights
  - 9 Taft or Tell
  - 16 Artistic work
  - 20 Natural balm
  - 21 Pundit
  - 22 Huffington
  - 23 One of four on a diamond
  - 23 Lightning rod inventor
  - 25 Partly open
  - 26 Yoko who married John
  - 27 Chant syllables
  - 28 One paying dues: Abbr.
  - 29 Photo, e.g.
  - 30 Pop or jazz, in Germany
  - 33 Throw with force
  - 35 Biblical "verily"
  - 37 Like much deep-dish pizza
  - 40 Arctic slab
  - 41 Pretty — picture
  - 42 Roadwork marker
  - 43 Morales of "Rapa Nui"
  - 44 Name a price of
  - 46 Shaming cluck
  - 48 Gleeful laugh
  - 50 Remotely
  - 57 Old TV's "— Na Na"
  - 58 Zee preceder
  - 59 City just west of Sparks
  - 60 Former coin of Italy
  - 61 The norm
  - 64 Orem's place
  - 66 — Marcus (high-end retailer)
  - 69 Male and female
  - 70 Org. for cavity fixers
  - 71 Korea, e.g. (or any of eight lands split literally in this puzzle)
  - 74 Horace work
  - 75 Numbers on clothing tags
  - 77 Apprehend
  - 78 Sub in a deli
  - 79 Motion "yes"
  - 80 First-time driver, often
  - 81 SI mass unit
  - 82 Apt., e.g.
  - 84 Manet works
  - 86 Old Brooke Shields sitcom
  - 90 "Good goin', kid!"
  - 94 Egg opener?
  - 95 R-V link
  - 96 With 8-Down and 113-Across, big Baja resort
  - 98 City east of Wichita
  - 99 Peculiar
  - 102 AFB truant
  - 105 Earthworm
  - 108 Verdant spot in an urban area
  - 111 Hits hard
  - 112 An inert gas
  - 113 See 96-Across
  - 114 Archaic verb suffix
  - 115 Stifle legally
  - 116 Back-to-sch. day
  - 117 Kuwaiti VIP
  - 118 Social networks or video games
  - 125 Uncourteous
  - 126 Virgin Mary's mother: Abbr.
  - 127 Groups of spreadsheet figures
  - 128 Went hastily
  - 129 Kitchen scourers
  - 130 Kind of
  - 2 Cry at 1-Across
  - 3 Actor Palillo
  - 4 Ones crying "Hallelujah!"
  - 5 Daughter of Donald Trump
  - 6 Test version
  - 7 Onassis' nickname
  - 8 See 96-Across
  - 9 In a kind way
  - 10 Investments for later yrs.
  - 11 Hoopster Jeremy
  - 12 Léo Delibes opera
  - 13 Covered with foliage
  - 14 Creature
  - 15 Dude
  - 16 First lady Michelle
  - 17 — party (sleepover)
  - 18 Applications
  - 19 Tennis great Williams
  - 24 Beef up
  - 29 That is, to Livy
  - 30 Livy's 1,300
  - 31 "This looks very bad"
  - 32 Relating to China: Prefix
  - 33 Wash (down)
  - 34 Uncle Sam's land
  - 35 Rural assent to a lady
  - 36 "That's a lie"
  - 38 Italian ice creams
  - 39 China's — tzu
  - 45 Merited fate
  - 47 Frilly veggie
  - 49 Sounds upon impact
  - 51 Zellweger of the screen
  - 52 Video game losses
  - 53 Navel variety
  - 54 Watergate president
  - 55 Belief system
  - 56 Simplified
  - 58 Having rapid rotation
  - 61 Histories
  - 62 "Goodbye"
  - 63 Tore down
  - 65 Be of help to
  - 67 Pub. staffers
  - 68 IV part
  - 69 Sty noise
  - 72 Smeltery residue
  - 73 One elocuting
  - 76 Within: Prefix
  - 81 Is sure about
  - 83 Spellbind
  - 85 Like Keelung residents
  - 87 Dale riding Buttermilk
  - 88 — Reader (quarterly digest)
  - 89 Anna of fashion
  - 90 Basics
  - 91 Audacious
  - 92 Roll topping
  - 93 Knitter's ball
  - 97 It spits out moola
  - 99 Leering sorts
  - 100 Solicit, as business
  - 101 Opt
  - 103 Receptive regarding
  - 104 Café drinks
  - 106 Adorns
  - 107 Café lures
  - 109 Dog —
  - 110 Cut-rate
  - 115 Wedding ring
  - 116 Prefix with carpal
  - 118 Mag. edition
  - 119 Virusoid material
  - 120 Cruel Amin
  - 121 Atlas vehicle
  - 122 Wildcat's lair
  - 123 "FWIW" part
  - 124 Enzyme ending



See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

# KID's CORNER

**PUZZLE CARD**

PUT SIXTEEN COINS on the table and challenge your friends to arrange them in such a manner that they form 10 rows, with four coins in each row. Our solution is pictured above.

**A FISHY TALE!** The catch of the day was a fish whose head was 9 inches long, while its tail was as long as its head and half the length of its body, and its body was as long as its head and tail put together. What was the total length of the fish?

**LINK-UPS!** Here's a list of 12 short words, divided into two columns. Turn them into six longer words by linking them together. To do this, draw a line from one word in the left column to one word in the right.

**Answers:** Fairtest, gabbed, haster, misspelt, nicker, outdone.

**Junior Whirl**

by Charles Barry Townsend

**TREE TESTING TIME!**

Our friend is guarding a wonderful forest filled with many kinds of trees. Using the following hints, can you identify 15 of them?

1. What tree remains after a fire?
2. What trees are always well-dressed?
3. What tree is a part of a dress and a part of a door?
4. What tree is the straightest tree in the forest?
5. What trees are always sad?
6. What tree is like an old story?
7. What is the hero's tree?
8. What tree is a good-looking girl?
9. What tree grows at the seaside?
10. What tree is a deep breath and a printing machine?
11. What tree is an ocean inlet?
12. What tree do you carry around all the time?
13. What tree do we like stuffed?
14. What are the most important trees in history?
15. What tree is a good churchman?

**Answers:** 1. Ash, 2. Spruce, 3. Hemlock, 4. Palm (juniper), 5. Pine, 6. Cypress, 7. Laurel, 8. Peach, 9. Birch (beech), 10. Cypress, 11. Bay, 12. Palm, 13. Olive, 14. Dates, 15. Elder.

**Wishing Well®**

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

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.

**Answers:** 1. Ash, 2. Spruce, 3. Hemlock, 4. Palm (juniper), 5. Pine, 6. Cypress, 7. Laurel, 8. Peach, 9. Birch (beech), 10. Cypress, 11. Bay, 12. Palm, 13. Olive, 14. Dates, 15. Elder.

**HOCUS-FOCUS**

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

**Answers:** 1. The 1st difference is missing, 2. The 2nd difference is missing, 3. The 3rd difference is missing, 4. The 4th difference is missing, 5. The 5th difference is missing, 6. The 6th difference is missing.



# Booster

Continued from Page D1

she said, will depend on stable funding from Congress, which has yet to pass this fiscal year’s budget. The current continuing resolution nears its expiration on April 28.

# Energy drinks

Continued from Page D1

one hour, can potentially harm them,” said Deuster.

Drinking such high doses of caffeine and sugar in a short amount of time could overstimulate a person’s central nervous system, causing short-term effects like nervousness, shakiness, rapid heart rate, irritability, or sleep issues, said Deuster. More serious side effects include heart palpitations and an increase in blood pressure. Long-term effects of energy drinks are not yet known. Depending on a person’s caffeine tolerance, combining an energy drink with other caffeinated products like soda, tea, and

dietary supplements – including pre-workout and weight loss supplements – can also overstimulate the central nervous system.

Maj. Sean Spanbauer, a performance dietitian for U.S. Army Special Operations Command, recommends limiting energy drink consumption to one or two per day and no more than one in a four-hour period.

“A general rule of thumb is not consuming more than 400 milligrams of caffeine per day,” said Spanbauer, or 200 milligrams every three to four hours. According to OPSS, the most popular energy drinks contains about 80-120 milligrams of caffeine per eight ounce serving, and some contain more than one serving in a can.

West stressed that the Army’s strength is not in its weapons systems, but its people. But for her organization to be ready to provide a full spectrum of modern care in combat and at home, predictable and consistent funding is required.

“In a deployed environment,” Spanbauer added, “if somebody is sleep deprived and mission critical, there are benefits to caffeine, so I would start with 200 milligrams but do not exceed 600 milligrams in one day.”

A 2010 study by Walter Reed Army Institute of Research found that almost 45 percent of deployed service members drank at least one energy drink per day, and nearly 14 percent drank three or more a day. The long-term effects of consuming energy drinks regularly aren’t known, but in the short term, sleep quality can be impacted. Long-term sleep issues can negatively affect health and disease risks.

“If you consume caffeine habitually, the

“Readiness is foremost and we must maintain the ability to flex with our service to provide the right capability while continuing to meet or exceed national quality care standards in our garrison environments,” she said. “This is our sacred trust with our nation.”

cognitive boost or physical performance benefit becomes less effective just because your body gets used to it,” said Spanbauer.

Coffee and caffeine gum can provide a quick energy boost for those who aren’t keen on energy drinks. However, getting enough sleep, staying hydrated and eating a healthy diet are essential for maintaining good health and energy in the long run.

To learn more about supplements in dietary drinks, visit the Operation Supplement Safety website, a Department of Defense dietary supplement resource for the military community, leaders, health care providers and DOD civilians at <https://www.opss.org/>.

## SPORTS BRIEFS

### Fit Fest

Fort Rucker’s annual Fit Fest is scheduled for April 21 from 9 a.m. to 4 p.m. at the festival fields. The free event will be open to the Fort Rucker community. Activities will include: fitness exhibitions, nutrition information, on-site health information, games, food, safety information, door prizes and more.

### Scuba course

The Fort Rucker Aquarians Dive Club will sponsor a scuba certification course beginning April 26. The first class will meet at the Fort Rucker Physical Fitness Center Indoor Pool at 6:30 p.m. After the first week, the course will meet Monday and Wednesday nights for no less than six weeks and no more than seven weeks, depending on the weather. One weekend will be required at the end of the course to complete open water training in the Gulf of Mexico.

For information, call 334-803-1323 or 334-494-0847.

## PUZZLE ANSWERS

### Super Crossword

#### Answers

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

### Weekly SUDOKU

#### Answer

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

## TRIVIA ANSWERS

1. The Unicorn
2. Yukon
3. Ulysses
4. Sails
5. Niagara Falls, N.Y.
6. Metallica
7. Patty and Selma
8. The White Star Line
9. Eighth
10. Panther

# NEWSPAPER CARRIERS WANTED

Start earning cash immediately!!



Ask about our \$500 sign on bonus!  
For available routes in your neighborhood visit us at 227 N. Oates St, Dothan AL



# Pop's Oyster

## BAR & GRILL

### APPETIZERS:

(choice at \$4.99 each)

- Fried Pickle Spears, Cheese Sticks,
- Popcorn Shrimp or Clam Strips
- Chicken Tenders, Mushrooms
- Small Crab Claws ----- \$11.99
- Large Crab Claws ----- \$21.99

### OYSTERS:



- Raw on Half Shell:\*
- ½ Doz. Raw ----- \$5.99
- 1 Doz. Raw ----- \$9.99
- ½ Pint and Whole Pint (to go only)

### Steamed/ Baked: Dozen

- Plain or Butter ----- \$10.99
- Butter, Parm. or Cajun ----- \$11.99
- ADD CHEESE ----- \$12.99
- LOADED (Crab, Cheese, Parm, Spinach, Bacon, ETC) ----- \$14.99



### CHICKEN WINGS:

(Cannot Mix Flavors per order)

Tyler, XXX, Hot, Mild, Honey BBQ, Lemon Pepper. Breaded, Plain

- 5 pc ----- \$4.99
- 10 pc ----- \$9.99
- 15 pc ----- \$13.99
- 20 pc ----- \$18.99

\*Disclaimer: There is a risk associated with consuming raw or under cooked Seafood, Pork, Beef, and Poultry or any raw animal protein. If you have chronic illness of the liver, stomach, or blood or have immune disorders, you are at a greater risk of serious illness and should eat these foods fully cooked. If unsure, consult a physician.

### STEAKS:



- 14 oz. Ribeye or NY Strip w/2 sides ----- \$19.99
- Add to any Steak, Large Shrimp (fried or grilled) for \$1 each

### SANDWICHES:

Includes fries (Served with lettuce, tomatoes & purple onions)

- Shrimp or Oyster Po Boy -- \$9.99
- Philly Steak & Cheese ----- \$8.99
- Snapper, Catfish or Flounder ----- \$9.99
- Chili Dog \$2.50 or \$4.99 w/Fries
- Hot Dog or Corn Dog ----- \$1.69 or \$3.99 w/Fries



- Turkey or Beef Burger (1/3 lb) w/Fries ----- \$7.50
- Beef Burger 1/2 lb combo- \$8.99
- 1/3 lb Burger only----- \$4.99
- 1/2 lb Burger only----- \$5.99
- Pork Chop or Pulled Pork BBQ ----- \$4.99 each

### BEVERAGES:

- Fountain Drinks: Coke, Diet Coke, Sprite, Dr Pepper, Root Beer, Poppin' Pink Lemonade or Fruit Punch, Sweet Tea and Unsweet Tea ----- \$1.49
- Bottled Water ----- \$1.00
- 8oz. Glass Bottle: Sprite, Coke, Diet Coke----- \$1.50
- Energy Drink ----- \$3.00
- Can Sodas ----- \$1.00

### SEAFOOD:

(Fish Fried unless requested Grilled)  
Baskets served with one side; Meals with two sides)



- Catfish Filet or Whole Basket (2 pc) ----- \$7.99
- Meal (3 pc)----- \$10.99

- Flounder Filet Basket ----- \$8.99
- Meal ----- \$11.99

- Mahi Mahi Filet or Red Snapper (Grilled only) Basket ----- \$11.99
- Meal ----- \$16.99

- Mullet (Bone In) Basket (3 pcs)----- \$7.99
- Meal (5 pcs)----- \$9.99

- Whitefish or Perch Filet Basket ----- \$7.99
- Meal----- \$12.99

- Shrimp Basket (6 pc, 1 side)----- \$9.99
- Meal (12 pc, 2 sides)-- \$17.99

- Oysters (Fried Only) Basket (7 pc, 1 side)---- \$8.99
- Meal (12 pc, 2 sides)-- \$14.99



### SIDES:

- Corn on the Cob, Potato Salad, French Fries, Onion Rings, Cole Slaw, Baked Beans, Steamed Potatoes, Steamed Veggies, Fried Okra, Baked Potato, Tossed Green Salad, and Tater Tots \$1.99

### SEAFOOD PLATTER:

- 6 Shrimp, 6 Fried Oysters, Fish and 2 Sides----- \$19.99

### OTHER SEAFOOD:

- Steamed Shrimp (shell on) ½ lb. ----- \$8.99
- 1 lb.----- \$17.99

- Snow Crab Legs ½ lb. ----- \$8.99
- 1 lb.----- \$18.99



- Crawfish Etouffe (spicy) OR House Gumbo (spicy) (Chicken, Shrimp, Crab & Sausage) ----- \$9.99

### WE OFFER OTHER ITEMS

#### SOMETIMES:

- Such as the Seafood Or Crawfish Boils and Fried Crawfish Tails, BBQ Ribs, Hamburger Steak, etc.

### PASTA:

(Served With Toasted Bread)

- Fettuccini Alfredo Chicken----- \$9.99
- Shrimp----- \$10.99

### SALADS:

- Shrimp Salad----- \$9.99
- Chicken (Grilled or Fried) ----- \$8.99

### KIDS MEAL:

- \$4.99 (includes Small Drink) Chicken Tender & Side Popcorn Shrimp & Side Burger & Side Hotdog & Side 1 pc. Fish & Side

CASH VISA MasterCard Discover

### HOURS:

- Tue - Thu: 11am – 9pm
- Fri & Sat: 11am – 2am

### LUNCH ONLY

11:00AM – 1:30PM

Prices are for Dine-In Only.  
Lunchtime Special Take Out \$1 Extra

### Kids Meal ----- \$2.99

(Includes Small Drink):  
Chicken Tender & Side, Popcorn Shrimp & Side, Burger & Side, Hot Dog & Side, OR 1 pc. Fish & Side

### Steaks:

Ribeye Steak or NY Strip Steak (w/2 sides) ----- \$14.99  
(Add to any Steak 5 Large Shrimp Fried or grilled) for \$3 Extra

Sides: Corn on the Cob, Potato Salad, French Fries, Onion Rings, Cole Slaw, Baked Beans, Steamed Potatoes, Steamed Veggies, Fried Okra, Baked Potato, Tossed Green Salad, and Tater Tots. \$1.99

### Small Chicken Wings:

(Cannot Mix Flavors per order)  
Tyler, XXX, Hot, Mild, Honey BBQ, Lemon Pepper, Breaded, Plain 5 pc \$2.99 • 10 pc \$5.99

### Sandwiches:

(Served with lettuce, tomatoes and purple onions)

- Philly Steak & Cheese ----- \$6.99
- 1/3 lb. Turkey or Beef Burger \$5.99
- Pork Chop w/Fries----- \$5.99
- 1/3# Burger only ----- \$4.99
- Pork Chop only ----- \$3.99

### Fish Fried Baskets:

(Unless requested Grilled)

(served with one side; meals with two sides)

Seafood Platter: 3 Shrimp, 3 Fried Oysters, Fish and 1 Side----- \$12.99  
(Mullet, Catfish, Flounder or Whitefish)

- Fried Shrimp Basket (6 pc, 1 side) ----- \$6.99
- Mullet Basket ( 3pcs.) ----- \$5.99
- Whole Catfish or Fillet Basket (2 pc) ----- \$ 7.99
- Flounder Fillet Basket ----- \$7.99
- Whitefish or Perch Fillet Basket----- \$7.99
- Steamed Shrimp (shell on) ½ lb. \$6.99 • 1 lb. \$13.99

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