KEEP CURRENT

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TO THE WIRE

Control Freqs down Warhawks in OT

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

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FORT RUCKER ★ ALABAMA

OCTOBER 26, 2017

ONE-OF-A-KIND AIRC

Fixed-wing vertical lift experiment on display at museum

By Nathan Pfau Army Flier Staff Writer

Before the Osprey, the Harrier and F-35 brought vertical lift to fixed-wing flight, one experimental aircraft was taking its licks to try and perfect this form of flight.

The Ryan XV-5 Vertifan was an aircraft that was ahead of its time, and although the aircraft was deemed a failure, technology from its propulsion system later went on to power the flying behemoths of today, according to Bob Barlow, U.S. Army Aviation Museum volunteer and former Aviator.

The XV-5 was borne out of a need for an aircraft that had the versatility of vertical takeoff combined with the speeds of fixed-wing flight, said Barlow,

and thus a program was developed by General Electric in the early 1960s to fit that need, and in 1961 GE won a contract with the U.S. Army to develop its fan-in-wing concept design.

The Vertifan would be powered by two GE J-85 turbojet engines, which functioned as normal engines while in level flight, but while in hover flight, the exhaust gasses from the engines were redirected through a series of ducts to provide power to lift fans that were located in the wings and nose of the aircraft – one on each wing and one in the nose.

"The system would use bleed air from the engines that were mounted in the back, and would duct the gasses to the fans to spin the fan blades," said Barlow. "This provided advantages



PHOTOS BY NATHAN PFAU

The XV-5B sits on the west lawn of the U.S. Army Aviation Museum and is the only one of its kind in the world.

in that you didn't have gear boxes or drive shafts or all of the necessary plumbing and lube systems that go with (having engines in the wings), which reduce weight."

Two aircraft were built in the early 1960s and by May of 1964 they were ready for their first test flight, which consisted of only a hover, said Barlow. The first transition from hover flight to forward flight didn't take place until November of that year, and it didn't go as smooth-

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A closer look at the XV-5B's vertical lift system.



Sgt. Toni Green, 1st Battalion, 145th Aviation Regiment, speaks with school representatives during the Fall Education Fair Friday.

Education fair reaches out to Soldiers, spouses

By Nathan Pfau Army Flier Staff Writer

Continuing education isn't only important for people who are trying to transition out of military life, but vital for those who want to advance within the Army's ranks or are associated with Army life.

That's why the Fort Rucker Education Center held its Fall Education Fair Friday as a way to connect with not only the Soldier population on post, but family members, as well, said Randy McNally, education center supervisory education specialist.

"We really pushed it to the community because these education fairs are just for that – to support the community and getting more of a mindset into education goals and furthering that, and to find out what's available to them," said McNally. "The goal was to bring in more programs, so that people see what's offered out there, see the opportunities for them, and see the programs that might fit them better than just what schools we have specifically here on post."

The fair had institutions from across the U.S. that people could inquire about and get information on, including schools from Florida and Alabama, as well as Virginia and California.

With a unique population on the installation, Mc-Nally said it was vital to be able to provide a myriad of options for those who are seeking to further their education.

"The Army Continuing Education System is set up to find the best quality schools and the best programs that fit the specific community that they're working

SEE EDUCATION, PAGE A7

Aviation Branch CSM shares love of reading with post children

By Nathan Pfau Army Flier Staff Writer

Reading is fundamental when it comes to education, and an Army program wants to promote an early start

in literacy to give children a leg up when it comes to education. The Military Child Education Coalition Parent to Parent program hosted a Tell Me A Story event Sunday at the U.S. Army Aviation Center of Excellence Headquarters where families were treated to a book reading

by Command Sgt. Maj. Gregory M.

Chambers, command sergeant major of the Aviation Branch. "This event emphasizes the importance of early literacy for all families and all children," said Heather Dunton, Parent to Parent team lead. "Our motto is 'From birth to third grade, you're learning to read; from third grade on up, you're reading to learn.' Literacy is the foundation of educa-

tion, so this just emphasizes the im-

portance for families to read every day

to their children." The book chosen for this event was "Verdi," by Janell Cannon, and tells the story of a snake that doesn't want to grow up and change its colors. Dunton said the story resonates with military children because their lives are constantly changing through moves and deployment situations, so this is a way for children to relate and cope with change.

"[Verdi] wants to stay the same color, so he kind of resists the change, but eventually, after doing many things to try to avoid the changes, he finds out that he can't avoid the change, so then later learns to embrace that change," she said. "We figured that really applies to military children because sometimes they resist changes in their lives that they still have to deal with, but they hopefully they learn how to embrace those changes eventually."

Chambers said the book, which is a story his family is familiar with, teaches a great lesson about life and learning to be comfortable in one's own skin. He also shared personal accounts and stories about how reading helped him through many challenges



Command Sgt. Maj. Gregory M. Chambers, command sergeant major of the Aviation Branch, reads the story, 'Verdi,' by Janell Cannon, to families during the Tell Me A Story event at the U.S. Army Aviation Center of Excellence Headquarters Sunday.

throughout life to help him become the leader he is today.

"Growing up as a kid, I was dyslexic, so one of the best ways to try to combat my dyslexia is to read," he said during the story time. "If you know anything about dyslexia, you see things backwards, letters and what not, so it really slows your reading down, and the best way to get better at it is to read more.

"I really didn't start reading more until I got into the Army and I started reading a lot of books while I was in the field, and it really made me a lot better at literacy, so I love to read," he continued. "I think reading is very important for our young kids because it

does help their vocabulary and helps with their literacy, and helps in all kinds of ways." Following the reading, families were divided into groups to discuss the lessons learned throughout the book, as well as take part in activities

and crafts, such as creating their own

snakes out of paper and different col-

For Jennifer Hale, military spouse who came out with her three children, the event was a fun, interactive way for her to be able to share a love of reading with her children.

"We love reading books and we love anything that promotes reading, and especially drawing in our command to get involved and make an impression on the kids – it was really nice," she said. "I think this was very well organized and I love the inspiration that these ladies (with Parent to Parent) are showing, and the organization is just fantastic. It's just fantastic to have this kind of support and this kind of opportunity for these kids."

Building those opportunities and making sure children are first is what Dunton said the organization is aiming

"We just want to show that reading is fun and it's the foundation of education, so we want to make it fun," she said. "We want (the children) to take these stories to heart and apply them to their lives, and maybe it might help them with challenges in their life."

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ored pasta.

ON POST • C2

PERSPECTIVE

Arm yourself with awareness, education to prevent domestic violence

By Mieke VanderBorght U.S. Army Garrison Italy Family Advocacy Program

VICENZA, Italy — Domestic Violence Awareness Month reminds us all of the importance of feeling safe in intimate relationships.

The need to feel safe applies as much to adults as it does to children. Children don't need to be the direct targets of violence to suffer from its consequences. In fact, children who witness domestic violence can be severely impacted, sometimes more so than if they were the victims of violence themselves. Awareness and education are among the first steps towards preventing violence in families.

The Army Community Service Family Advocacy Program provides services that promote positive family interactions, educates the community on issues related to violence, and provides help and support for anyone in a difficult or violent situation.

Domestic violence, also known as intimate partner violence, is physical or sexual violence, stalking or psychological aggression by a current or former intimate partner such as a spouse, boyfriend or girlfriend, dating partner, or ongoing sexual partner. This violence can take place in person or in a digital space. Intimate partner violence affects millions of Americans each year.

For example, one in four women and one in seven men will experience severe physical intimate partner abuse at some point in their lifetime. Intimate partner violence is nothing new, but we are increas-



ingly becoming more aware of how often it occurs, what the early warning signs are, and how to educate and support potential perpetrators and victims.

Beyond the dangers faced by the direct victim of intimate partner violence, there is the negative impact such violence has on children.

Children form their ideas about people and the world as they grow. Those who witness domestic violence learn that violence and fear are a normal and expected part of life. Children can feel traumatized, scared, confused and may feel as though the abuse is their fault.

Many people may believe that young children are in some way immune to the negative impacts of violence because they are too young to understand what's going on. Unfortunately, the opposite is true.

In infancy and early childhood, children need to learn to feel secure and safe, and they need to learn to

trust the people around them.

Young children are also extremely aware of the emotions of others around them. If they are surrounded by fear and anxiety, that's what they'll learn and those are the pathways that will develop in their

Brain development in children of all ages that witness violence will start to wire differently. These children will learn to expect danger, and their fight or flight mechanism will be in a constant state of high alert.

In fact, trauma triggers the amygdala, which is the part of the brain that regulates the fight or flight response to danger and helps a person decide whether to stay and fight a threat or flee from it.

This response can make children hypersensitive to anything that happens to them. They may perceive regular social interactions or challenges as threatening and react with fear, aggression, or withdrawal.

Continued exposure to violence can truly change the brain's chemistry, which can have devastating effects on a child's development.

This exposure to violence in childhood is associated with a large range of long-term consequences. Young children may have difficulty forming trusting relationships, school age children may develop serious behavior problems, and adolescents may run away or engage in behaviors that deposit them in the juvenile justice system.

Children who witness violence develop unhealthy coping behaviors and are more likely to be fearful, are twice as likely to develop depression, are three times as likely to develop an anxiety disorder, and may be more likely to attempt suicide. Finally, children who witness violence in the home grow up to repeat what they experienced growing up. They are more likely to become victims or perpetrators of intimate partner violence in their own relationships.

Domestic violence often starts early as teenagers are experimenting in their first romantic relationships. Early abuse can set teens up for continued abuse throughout their lifetime.

Give teens some extra help and guidance in defining the characteristics of a healthy relationship and identifying the signs of a relationship heading towards abuse, and then keep the lines of communication open. And, importantly, set a good example in your own relationship with your partner and your teenage children.

There are also some good online resources such as www.loveisrespect.org that can help teens figure out what is healthy and what is not, and what to do if they find themselves in an abusive or potentially abusive relationship.

Anyone in a violent relationship or who knows a child who may be witness to violence in the family is highly encouraged to seek help.

FAP can provide many different levels of assistance from safety planning to legal help and relocation. For many people, there is also an option to receive help without having to file a report with the authorities.

In addition to this local help, there is a wealth of information and resources online, including Military OneSource and the National Domestic Violence Hotline.

Take this simple message to heart by being aware, and educating yourself and others. And if necessary, be an advocate for children who may have trouble advocating for themselves.

For more information, call 255-3246 or 255-3898.





Sgt. Kenneth Valre, **Fort Rucker DENTAC**

"It's something that can kill you, so it's something that you should get checked regularly. I had a friend who survived breast cancer, so it's important."



Staff Sgt. **Demetrius Morrow,** 6th MP Det.

"My mom is in remission from breast cancer. She was diagnosed in 2007 and it came back four years later. She is a survivor and we always go out to do the walks, and I put money toward contributions every year.

The 1st Warrant Officer Company is hosting a breast cancer awareness run Friday at 6:15 a.m. in front of the 1st WOC headquarters. Why do you feel it's important to bring awareness to things like breast cancer?"



Jamika Morrow, military spouse

"Everybody knows somebody who struggles with it, so just to bring awareness to it and let people know that it's a real issue is something we need to fund



Jerry Hamilton, retired military

"There are many people who are affected by it and there are a lot of people that it's just not in their mindset, so it's good to have at least some time of the year when it brings it to the front of someone's mind."



W01 Terrence Eley, 1st Bn., 145th Avn. Regt.

"When people are aware of it, there are more people who can try to make a difference.'

COMMAND

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Soldiers with dependents reminded to update records

By Devon L. Suits Army News Service

FORT GEORGE G. MEADE, Md. — Soldiers who receive a basic allowance for housing and have dependents are reminded to keep their records up to date to prevent any disruptions in their Basic Allowance for Housing entitlements, according to experts within the Army's Office of the Deputy Chief of Staff, G-1.

To help ensure the overall readiness of the force, the Army G-1 has notified 65,000 Soldiers that they needed to provide proof of dependency to justify their housing rates, according to J.D. Riley, deputy chief of the compensation and entitlements division, G-1.

According to Riley, examples of dependent documents include a marriage license, birth certificate, a court-ordered child support agreement, divorce decrees, and secondary dependency approval from the Defense Finance and Accounting Service.

An All Army Activities" message about the recertification of



Soldiers that receive a basic allowance for housing and have dependents are reminded to keep their records up to date to prevent any disruptions in their BAH entitlements.

BAH entitlements is scheduled for release in November, Riley added. At that point, Soldiers will have 60 days to meet the

Identified Soldiers will need to bring their dependent documents to their unit's human resources

specialist – not their local finance office – to update their iPERMS record. Submitted paperwork should be identified with the

word "audit" to guarantee that it receives a high priority, Riley

Deployed Soldiers are exempt from this requirement; however, they will have 60 days upon return from post-deployment leave to update records.

After 60 days, Soldiers who do not provide the proper paperwork will see a reduction in BAH. At that point, they will need to start the process over by filling out a new BAH certification form and submitting their dependent documentation.

Riley said actions would be taken against any Soldiers who willfully take advantage of the system. Those Soldiers will be held liable for any additional entitlements they have received.

In the end, the proactive approach taken by Army G-1 is about protecting a Soldier's entitlements, Riley emphasized.

"When life events happen: divorce, marriage, the birth of children, it is so important for a Soldier to review their records," he said.

New uniform provides lighter weight without breaking sweat

By C. Todd Lopez Army News Service

WASHINGTON — The current Army Combat Uniform top weighs in at about 650 grams, or about 1.4 pounds. It's got a lot of pockets and multiple layers of fabric. When it gets wet, it tends to stay wet. And when it's hot out, it tends to keep Soldiers hot.

The Army has a solution for that: the Improved Hot Weather Army Combat Uniform that has a whole lot fewer pockets, layers of fabric and Velcro, as well as a new fabric that is actually lighter than the current ACU.

"You can hold that uniform up with one finger," said Brig. Gen. Brian P. Cummings, who serves as Program Executive Officer Soldier out of Fort Belvoir, Virginia. The organization is responsible for managing those Army programs that provide most of the things Soldiers carry or wear. That includes, among other things, individual and crew-served weapons, protective gear, weapons sights and sensors, and uniform items.

Cummings said the current Army uniform has a lot of good feedback from Soldiers. But those uniforms have "all this stuff on it." He was talking about shoulder pockets, and pen pockets and leg pockets and Velcro swatches to hold flags and unit patches. Each one of those pockets requires multiple layers of fabric and fastening material, and buttons.

"And they all hold water," Cummings said. "And they cost money."

A new uniform on display at PEO Soldier changes all that. While only the top was available for viewing, it has a lot fewer pockets on it, and less extraneous fabric. And the fabric it's made from is lighter than the fabric the current ACU is made from.

The Army wants to bring that uniform first to Soldiers in jungle environments, the 25th Infantry Division in Hawaii, in particular, where it's both hot and wet. But Cummings said the Army also hopes to bring the uniform to all Soldiers – to make it available for purchase in military clothing stores.

Cummings said he hopes to have a lightweight uniform available within a year, saying that because it is based on an existing uniform that has already been extensively tested, getting this light-weight uniform to the field will take less time.

"We've tested the heck out of these," Cummings said.

One issue with the light-weight uniform's new fabric is that it might prove itself more susceptible to wrinkling after washing. That could be fixed, Cummings said, with the application of an anti-wrinkle treatment. But that would only happen if it didn't interfere with the uniform's ability to wick away water. Also for consideration, he said, is flameresistant capability.

...AND A LIGHTER BOOT, TO BOOT

Already the Army is looking at a new jungle boot, something requested by senior Army leadership. Thirty thousand pairs were provided to Soldiers in the 25th



Soldiers with the 25th Infantry Division in Hawaii tackle obstacles in February while evaluating a new, lighter-weight uniform.

Infantry Division in Hawaii last month for

Initial feedback on those jungle boots has been positive, Cummings said, but he did say Soldiers are asking for something that is more comfortable even if it means the boots are less durable.

"It's over-designed," Cummings said.

Cummings said Soldiers want the new jungle boot to be lighter and softer. And they have asked also that the soles of those jungle boots be thinner than what they are

Cumming said that's going to happen.

The next iteration of samples, he said. are "a lot more pliable. And able to serve the Soldier well. But instead of lasting five years, they last two years."

Those newer boots, he said, will also go through evaluation with Soldiers, and will have the same capabilities as the jungle boot Soldiers are currently testing. Among other things, those abilities include puncture resistance, more drainage holes, the ability to wick away water, the ability to push water and mud off the soles, speed laces, and lower profile heels so as not to catch on vines on the jungle floor.

News Briefs

Retiree health fair

The 43rd annual Fort Rucker Retiree Health Fair is scheduled for Friday from 8 a.m. to noon at Yano Hall, Bldg. 6005, Shamrock Street. Lyster Army Health Clinic, along with other outside agencies, will have tables set up along with interactive areas to educate retirees on numerous health topics, including disease management, chiropractic care, digestive health, physical therapy, nutrition and more. Retirees can also receive their 2017-2018 flu vaccination. Those unable to attend the health fair can receive their vaccination at the clinic starting Monday from 7:30 a.m. to 3:30 p.m. in the Preventive Medicine Department at

For more information, call 255-7930.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor the post's latest retirees for their service to the nation.

Trick or treat

Fort Rucker will host its trick or treating from 6-8 p.m. Tuesday.

Change of responsibility The 1st Battalion, 13th Aviation

Regiment will host a change of responsibility ceremony Nov. 7 at 8:30 a.m. on Howze Field (in the U.S. Army Aviation Museum in case of inclement weather). Command Sgt. Maj. Devon M. Weber will assume responsibility from Command Sgt. Maj. George S. Webster.

Retiree council meetings

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

For more information, call 255-9124.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

Breast cancer awareness run

The 1st Warrant Officer Company will host a breast cancer awareness 5K run and 1-mile walk Friday at 6 a.m. at the 1st WOC building, Bldg. 5804, at Shamrock Street and Ruf Avenue. People are welcome to take part and wear pink in support of the effort. The event is free and no registration is required. Parking is available at the Soldier Service Center and the 1st WOC dining facility. Ruf Avenue will be closed from 5:15-7:30 a.m.

Fall clean up

The Fort Rucker Fall Post-wide Clean has been rescheduled to Nov. 14-17. All garrison, mission and tenant units are required to participate.

For more information, call 255-

ID card section closure

The Fort Rucker ID Card Section will close from 2:15-4:15 p.m. for training the second Wednesday of every month.

Lyster update

People are welcome to check out the Lyster Army Health Clinic Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times.

The Lyster Twitter feed is at @ LysterAHC.

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 2553239 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.

Healthy cooking demo

Lyster Army Health Clinic hosts its monthly healthy cooking demonstrations the second Friday of each month at 10 a.m. To reserve a spot, call 255-7986.

PTSD group

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

For more information, call 255-3903.

Alcoholics Anonymous meets

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

Army developing lasers that pierce fog, dust to destroy targets

By David Vergun Army News Service

WASHINGTON — A lot of people think that high-energy lasers can't penetrate fog, rain and dust, said Thomas Webber. That's just plain wrong.

Webber, director of the Directed Energy Division's Technical Center, U.S. Army Space and Missile Defense Command, spoke at the Association of the United States Army's Annual Meeting and Exposition Oct. 9.

The key to making HELs work in poor atmospheric conditions is something called "adaptive optics," he said, adding that the Army is continuing to make more and more improvements on its adaptive optics system to give a greater range of compensation for degraded conditions.

Besides the optics, an effective beam control system is used, which forms one beam from multiple lasers to pinpoint exactly where the peak energy should be focused, he said, adding that it operates in conjunction with the optics system.

ADVANTAGES OF LASERS

Webber outlined some advantages HELs have over conventional weapons. HELs are low-cost, the main expense being the diesel used to power the generators, he said.

They're also faster than conventional weapons, he pointed

The HELs have rapid engagement, which means that once the target is acquired and engaged "it's not getting away from you because the instant fired, it will make contact with it at the speed of light. It doesn't get any faster than that."

Precision of the energy is another key component, he said, meaning HEL can be focused at the most vulnerable point of the target where it will do the most damage thanks to the advanced



PHOTO BY C. TODD LOPEZ

This Mobile High-Energy Laser-equipped Stryker was evaluated April 12 during the 2017 Maneuver Fires Integrated Experiment at Fort Sill. Okla. The MEHEL can shoot a drone out of the sky using a 5kW laser.

optics and speed at which a laser travels.

In fact, the optics on the HEL are so advanced that a battlefield commander can use them for multiple applications with regards to intelligence, surveillance and reconnaissance. "It's the best ISR capability they'll ever have access to," Webber

HEL has "a deep magazine," he said, implying that it doesn't run out of bullets or jam like conventional weapons sometimes do.

Another advantage is that HELs don't broadcast a visible signature because the laser beam is invisible to the human eye, despite artist renderings of lasers firing brightly colored beams, he said.

Finally, he said HELs give commanders graduated degrees of engagement. What that means is the HELs can be dialed up to destroy rockets, mortar and artillery fire, as well as unmanned systems, or the power can be dialed down low enough to disable targets as "soft" as an AK-47 rifle.

The effectiveness of lasers was demonstrated during the Joint Improvised Threat Defeat Organization's Hard Kill Challenge exercise conducted at White Sands Missile Range, New Mexico, from Feb. 27 to March 3, Webber said.

During that challenge, the Mobile Expeditionary High Energy Laser 2.0, using a relatively small 5-kilowatt HEL, demonstrated its counter-UAS capability, winning the challenge by shooting down more UAS than any other type of weapon, he noted.

DEVELOPMENTAL TIMELINE

Getting to this point in time required about 10 years of development, testing, and lots of trial and error, Webber said.

The reason development has seemed like a long time coming, is that although "we want to get this capability to the field as quickly as we can, we also want to work this in an engineering mindset. We want to get it right and demonstrate the capability and be informed as we move forward," he said.

When the Army was looking for a laser, instead of inventing one, it turned to the private sector, which had been using them for some time in the welding industry.

The next step was to develop a thermal management system to address all of the radiant heat that HELs give off, then develop a beam control system that could point at and track moving objects, he said. Also, a power management system was developed that provided HEL with a refresh rate that allowed power to recycle fast enough to fire multiple bursts.

All of that, along with generators, batteries and laser components was pretty massive, he said, so the Army decided to place it all on one of its bigger

trucks, the Heavy Expanded Mobility Tactical Truck, or HEMTT, which allowed the team to demonstrate capabilities with a 10-kW HEL three years ago.

This fiscal year, a 60-kW HEL-on-a-HEMTT will inform milestone decisions and in FY19, another demonstration will lead to proof of concept.

The next step, Webber said, is to put a 100-kW HEL on a Family of Medium Tactical Vehicles, with the goal of making it a program of record.

Although HELs are not yet in the brigade combat teams, some Soldiers at Fort Sill and other places have gotten the opportunity to experiment with them, he said.

Those experiments involved a 5-kW HEL mounted on a Stryker. The main focus wasn't power - it was about learning what tactics, techniques and procedures Soldiers might employ, he said. "They'd come up with some pretty crazy and creative ways they could use the laser. That's good. The user testing was so valuable."

Eventually, the team plans to mount a 50-kW HEL on a Stryker, he said. "This will be our mobile mission high-energy laser ... with enough power for short-range air defense capability for the maneuver force. That's key. Moving with the force."

Although Webber's team is the Army's lead for HEL science and technology, he said the Army is working collaboratively within its own laboratories and centers of excellence, as well as across the services, with allies, as well as industry partners.

"High energy lasers can be used in a variety of mission sets that address existing and future capability gaps," Webber said. "...These invisible killers are going to be game changers."





Breast Cancer Awareness Month

Have you had your mammogram?

Life is busy and a lot of people depend on you. So, please find time to care for yourself. Scheduling your annual mammogram today brings you-and those who love you-peace of mind. In one hour or less, our expert staff will perform your annual screening mammogram using advanced digital equipment. Each guest is provided a plush

terry robe for comfort and privacy. Results are available within 24 hours by text, email or phone.

Call 334-793-8006 and schedule your mammogram today. For more information, visit us at *samc.org*.



Comprehensive Breast Center

1108 Ross Clark Circle

Dothan, Alabama 36301

334-793-8006

SAMC.ORG

'WE ALL EARNED IT'

Medal of Honor awarded to veteran for actions in Laos

By C. Todd Lopez *Army News Service*

WASHINGTON – More than 47 years after his heroic actions in the nation of Laos during the Vietnam War, Capt. Gary Michael Rose was recognized with the Medal of Honor.

"This will enshrine him into the history of our nation," said President Donald J. Trump, during the Medal of Honor ceremony at the White House Monday.

During the Vietnam War, Rose served as a combat medic with the Military Assistance Command Studies and Observations Group, part of Special Forces. He was recognized for actions during a fourday period that spanned Sept. 11 through 14, 1970, in Laos. The mission he was part of, called Operation Tailwind, had for many years been classified.

Trump said Operation Tailwind was meant to prevent the North Vietnamese Army from funneling weapons to their own forces through Laos, along the Ho Chi Minh trail. The operation involved about 136 men, including 16 American Soldiers and 120 Montagnard fighters, who were Vietnamese indigenous people from the Central Highlands.

The operation put those involved deep inside Laos. The men had been inserted by helicopter.

"Once they landed in the clearing, they rushed to the jungle for much needed cover," Trump said. "Soon, another man was shot outside their defensive perimeter. Mike immediately rushed to his injured comrade, firing at the enemy as he ran. In the middle of the clearing, under the machine gun fire, Mike treated the wounded Soldier. He shielded the man with his own body and carried him back to safety."

That was just the start of the four-day mission, Trump said. There was much more to come.

"Mike and his unit slashed through the dense jungle, dodged bullets, dodged explosives, dodged everything that you can dodge because they threw it all at him, and continuously returned fire as they moved deeper and deeper and deeper into enemy territory," Trump said.

"Throughout the engagement, Mike rescued those in distress without any thought for his own safety," Trump said. "I will tell you, the people with him could not believe what they were witnessing. He crawled from one Soldier to the next, offering words of encouragement as he tended to their wounds."

Rose would repeat those selfless actions throughout the four-day Operation Tailwind mission.

Rose was himself injured, Trump said. On the second day, Rose was hit with a rocket-propelled grenade, which left shrapnel in his back, and a hole in his foot.

"For the next 48 excruciating hours, he used a branch as a crutch and went on rescuing the wounded," Trump said. "Mike did not stop to eat, to sleep, or even to care for his own serious injury as he saved the lives of his fellow Soldiers."

On the fourth day in Laos, Rose and others boarded the third of four helicopters that had been sent in to evacuate participants of Operation Tailwind. So many had boarded those first three helicopters that the fourth remained empty. It would seem to be the end of his mission and a



PHOTO BY C. TODD LOPEZ

President Donald Trump places the Medal of Honor around the neck of Capt. Mike Rose during a ceremony Monday at the White House in Washington, D.C.

return to safety. But it was not.

That third helicopter was already damaged by enemy fire when it picked up Rose and the remainder of the fighters, and it took off with only one engine operational. Shortly after lifting off, its remaining engine failed, meaning the aircraft would have to be auto-rotated to the ground.

On board that aircraft was an injured Marine door gunner who had been shot through the neck and was bleeding profusely. As the helicopter pilots attempted to bring a helicopter with no power safely to the ground, Rose tended to that young Marine's neck – saving his life.

Ultimately, that helicopter crashed to the ground, and the resulting wreckage would provide yet another opportunity for Rose to prove his valor.

"Mike was thrown off the aircraft before it hit the ground, but he raced back to the crash site and pulled one man after another out of the smoking and smoldering helicopter as it spewed jet fuel from its ruptured tanks," Trump said.

At the conclusion of Operation Tailwind, thanks to the efforts of Mike Rose, all 16 American Soldiers were able to return home. All of them had been injured. All but three of the Montagnard fighters returned, as well.

During those four days in Laos, "Mike treated an astounding 60 to 70 men," Trump said. And of the mission, which proved to be a success, "their company disrupted the enemy's continual resupply of weapons, saving countless of additional American lives."

At the White House for the event were members of Rose's family, including his wife, Margaret, his three children, and two grand-children, and nine previous Medal of Honor recipients.

Also in attendance were 10 service members who fought alongside Rose during the operation. They included Sgt. Maj. Morris Adair, Sgt. Don Boudreau, 1st Sgt. Bernie Bright, Capt. Pete Landon, Sgt. Jim Lucas, Lt. Col. Gene McCarley, 1st Sgt. Denver Minton, Sgt. Keith Plancich, Spc. 5 Craig Schmidt, and Staff Sgt. Dave Young.

"To Mike and all the service members who fought in the battle: You've earned the eternal gratitude of the entire American nation," Trump said. "You faced down the evils of communism, you defended our flag, and you showed the world the unbreakable resolve of the American armed forces. Thank you. And thank you very much."

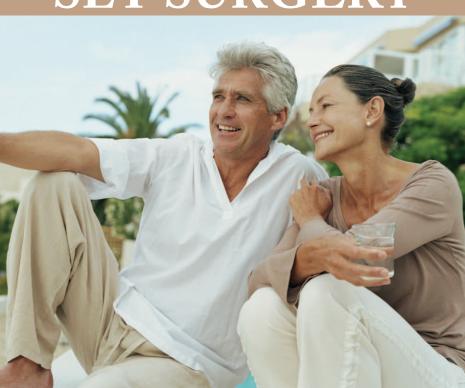
After speaking, Trump placed the Medal of Honor around Rose's neck.

Following the Medal of Honor ceremony, Rose said he believed the medal he'd been awarded was not only for him, but for all those who served – especially those who had fought in combat but who had not been able to be recognized due to the classified nature of their operations.

"This award, which I consider a collective medal, is for all of the men, to include the Air Force and the Marines who helped us," Rose said. "This is our medal. We all earned it. And to a great extent, it is for all the men who fought for those seven years in MACSOG, and even further than that, for all the Special Forces groups who fought and died in that war.

"In honor of all those individuals that went for so many years, when the military didn't recognize the fact that MACSOG even existed, and all of those men that fought – this kind of brings it home. And now our story has been told and now with this award I am convinced that they have been recognized for the great service they provided to this country. Thank you and God bless the republic of the United States."





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G-I highlights service's efforts to achieve end-strength goals

By Joe Lacdan Army News Service

WASHINGTON — Recruiting efforts to grow the Army, preparing veteran Soldiers for life as civilians and manning the Army's new security force assistance brigades, are top priorities for the Army's G-1.

During the 2017 Association of the U.S. Army Annual Meeting and Exposition Oct. 11, Lt. Gen. Thomas Seamands discussed an array of issues and new initiatives that surround management of Army personnel.

For instance, Seamands said the Army plans to offer financial incentives to retain more of its non-commissioned officer corps, and to also increase the number of candidates for officer school from 500 to 1.000. Gender integration efforts continue as well, as 550 female Soldiers await assignments in combat and armor career fields.

The service also expects a greater focus on recruiting. Seamands said that the Regular Army should increase its number to 540,000, citing a goal announced earlier by Chief of Staff of the Army Gen. Mark A. Milley.

Those new efforts demonstrate the Army's push to boost its numbers and retain more of its talent pool.

"They show that we're growing so that we'll have additional capability," Seamands said. "I think it talks about our talent management, because with gender integration, anybody – male or female – has the ability to have any specialty to train and contribute in that way. And the last thing is leveraging technology to make sure we take care of Soldiers and their families."

One example of leveraging technology is the Integrated Personnel and Pay System-Army, or



Lt. Gen. Thomas Seamands, the Army's deputy chief of staff, G-1, hosts a media roundtable to discuss the service's new initiatives at the AUSA Annual Meeting and Exposition in Washington, D.C.

IPPS-A, which merges multiple existing pay and talent management systems from the Regular Army, Army National Guard and Army Reserve.

The National Guard's 54 pay networks, for instance, will be merged into IPPS-A, said Col. Gregory Johnson, with the Army's G-1. He said the new system will save time and help Soldiers receive their pay more promptly.

"Once you have everybody in the same system, there's a direct readiness in that." Johnson said. "Now you can start to see the strength very easily and the readiness very easily ... direct readiness impact for our commanders is what they really care about."

Johnson said that IPPS-A also tracks specific skill sets of Soldiers to help commanders better assess talent in their units.

"They'll see their talent much better in their formations," Johnson said. "So for instance, it's not just I have an infantryman at the grade of E-6. What does that infantryman really bring with him? Has he travelled around the world? We're going to track all that.

"From our perspective it's really revolutionary - really transformational. It's really drawing the Army to the 21st century."

One goal for recruiting command, Seamands said, is closing the gap of Soldiers who finish their first enlistment and those who don't.

To help achieve that goal, earlier this year the Army officially implemented the Occupational Physical Assessment Test. The OPAT, a physical fitness evaluation given to recruits, is meant to provide the Army with a good idea of what types of career fields those recruits are best suited to.

The goal of administering the OPAT is to ensure that when those recruits finally enter the Army, they have been placed in career fields where they are most likely to succeed.

The general also said he hopes Soldiers share the positive impact the Army makes on Soldiers' careers and that Soldiers share that impression of the Army with American communities.

"A Soldier who hangs up the uniform, whether it's after five, 10 or 30 years ... oftentimes they'll give back to the community as teachers, law enforcement, or first responders and make our communities better." Seamands said.

While the Army met its endstrength goals for Regular Army and National Guard Soldiers, it must continue those efforts, Seamands said. And to help retain skilled NCOs, retention will shift from offering extensions to encouraging Soldiers in valued career fields to re-enlist. Bonuses will also be offered.

Soldiers who transition to the civilian workforce often struggle to find meaningful work there in the career fields they excelled at while in uniform. One reason for that, Semands said, is difficulty getting civilian certifications for the skills Soldiers learned in the

Seamands said the Army is working to rectify that problem, where appropriate. For instance, the Army is working now to help combat medics get certified to become EMTs as civilians.

Recruiters face a stiff challenge as the Army tries to increase its end strength.

Seamands said one roadblock there is that only one in three young Americans are able to meet Army standards. Among those who can meet standards, Army recruiters must compete for that talent with college recruiters, civilian employers and other military branches.

In May, the Army announced the establishment of the first of six Security Force Assistance Brigades. The first of those SFABs is headquartered at Fort Benning, Georgia.

Five of those SFABs will reside in the Regular Army, and one will reside in the Army National Guard. Their mission will be to conduct training with the militaries of allied nations, such as in Iraq, Afghanistan, and Africa. The SFAB concept, for the first time, institutionalizes that advise and assist mission, which the Army has been conducting in the past in a more ad-hoc fash-

Each SFAB is expected to need about 500 Soldiers, and the Army hopes to fill those SFABs with Soldier volunteers that meet specific experience qualifications and have a rank of E-5 or higher.

To increase interest in volunteering for assignment to an SFAB, the Army has created signing bonuses, Seamands said. Additionally, he said, participation could potentially help Soldiers make rank faster.

"I think SFABs, when the history of the Army is written will be kind of a game-changer," Seamands said.

Despite challenges, Army won't lower enlistment standards

By David Vergun Army News Service

WASHINGTON — In an increasingly complex world in which higher demands will be placed on Soldiers, "we cannot afford to lower our standards" for enlistment, said Sgt. Maj. of the

Army Daniel A. Dailey. Dailey spoke at the Association of the U.S. Army's Annual Meeting and Exposition Oct. 11.

It would be easy to successfully make the recruiting mission by lowering physical or mental requirements, he added, "but it wouldn't bring us capability or readiness. We have no intention of dropping those accession standards in the future."

Sgt. Maj. Anthony C. Bowers, operations sergeant major for U.S. Army Recruiting Command, said that despite an increasingly tough recruiting environment, "there are a lot of highspeed non-commissioned officers out there every day beating the street, finding young men and women to join the Army."

He then outlined several reasons why it's getting tougher to recruit and why it will be even tougher in the

future. Military service is a family business. Most who serve have a family member who served and that's a big draw, he said, adding that 79 percent of recruits have a relative who served, including 28 percent who had a parent in the Army.

In 1995, 40 percent of all American youth between 16 and 24 had a family member who'd served in the Army. By 2014, it was down to 16 percent, Bowers said.

In the next 30 years, it's estimated that America's

Because of fewer and fewer veterans for youth to have a conversation with, there's also very little accurate information out there about the Army, Bowers said.

For instance, 49 percent of people between the ages of 17 and 35 were not able to name all four services of the Department of Defense, he said. About 36 percent of them didn't know the difference between officers and

Today's youth are also not inclined to leave their friends and family, he said. Those same family and friends often oppose them joining the military service, he added.

Another hurdle to joining the Army is that "we're competing against corporate America," Bowers said, meaning that companies often have fat pay and benefit packages that eclipse the

lege, he said. Parents and high school counselors think that if they join the Army, it means they won't get that education. As recruiters, "we try to show the benefits of joining and that they'll still have the ability to go to

It's sometimes an uphill fight just trying to get into the schools, he said, to administer the Armed Services Vocational Aptitude Battery, an aptitude test that helps students understand what careers, both civilian and military, are a good fit for their strengths and interests. Even when students take the AS-VAB, many don't score high enough to join, he added.

Congress requires that 90 percent of recruits have a high school diploma, Bowers said. Many potential recruits don't and over the next 30 years, projections are that even fewer will graduate.

Within the Army's acceptable age range of the U.S.

veteran population will de- Most high school students population is a pool of 33.4 cline by over 35 percent say they plan to go to col-million, but just 5.7 million are qualified and available to serve. Only 136,000 of those say they have a propensity to serve in the Army,

> There are myriad reasons they cannot serve, he said, listing some of the disqualifying factors: medical or physical, 30 percent; drug usage, 30 percent; misconduct, 10 percent; overweight, 31 percent; mental health, 15 percent; and, aptitude, 9 percent.

Those with two or more of these disqualifying factors total 39 percent, he added.

Finally, with the unemployment rate down from what it was several years ago, more jobs outside the Army are available, he said.

James Cox, Active Duty Brand manager, Army Marketing and Research Group, added to Bowers' list, noting that there's a widespread perception out there that people who join the Army do so because they have no other



Takiyah Carroll, 19, uses warmup weights before deadlifting, which is one of the requirements of the Occupational Physical Assessment Test required of all future Soldiers.

opportunities and nothing better to do in life.

Cox, who was a recruiter in the Army before retiring, said his group is trying to provide information to young people so that when they meet a recruiter, they will have a baseline understanding of the Army.

The group's marketing efforts are trying to use the language of youth in advertisements and including people from all ethnicities, cultures and genders.

Ads target people the Army needs to recruit such as those in cyber fields, he said. A recent recruiting video portrays Soldiers going after malicious hackers, depicting the Soldiers as having the ability to code and being cool.

The ads aim to funnel youth to recruiters or to get them to find more information on goarmy.com, he



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Panel showcases talent, provides glimpse into Army cyber operations

By Joe Lacdan *Army News Service*

WASHINGTON — The Army Cyber Command is recruiting a variety of cyber-security talent from industry, government and academia to bolster the service's cyber teams.

In an effort to showcase that talent and offer a glimpse into cyber operations, Lt. Gen. Paul Nakasone, ARCYBER commanding general, hosted a panel of specialists from cyber protection teams, the 780th Military Intelligence Brigade and the Cyber Protection Brigade Oct. 11 at the Association of the U.S. Army Annual Meeting and Exposition.

Army Cyber Commands' units include both Soldiers and civilians from diverse backgrounds in cybersecurity and intelligence. The panel featured 1st Lt. Alvaro Luna, a tactical offensive cyber ops planner; Staff Sgt. Scott Stappenbeck, tactical cyber ops team member; Capt. Sean Eyre, a network defense lead; Maj. Josh Rykowski, a cyber protection team lead; Vince Walker, a target analyst; and Nakasone.

Luna, a Fairfax County native, is part of an Army pilot program to integrate cyber into tactical fighting formations. Walker is a Department of the Army civilian who has worked in cybersecurity for three years. Rykowski and Eyre are members of the service's only defensive cyberspace unit at



PHOTO BY STEVEN STOVE

Daniel Yeager, a cyber support technician for the Muscatatuck Urban Training Center, briefs Col. John Branch, commander of the 780th Military Intelligence Brigade (Cyber), on the capabilities of the Cyber Operations Center, in support of tactical and cyber operations at MUTC, Butlerville, Ind., March 15.

Fort Gordon, Georgia.

Currently 41 of the Army's active cyber protection teams are operationally controlled by U.S. Cyber Command. The teams are generally 80 percent military and 20 percent civilian. Nakasone said an additional 11 cyber protection teams will be built from the Army National Guard and 10

from the Army Reserve.

The additional teams will bring additional capacity as Cyber Command continues to build its capabilities to combat online threats.

"When we built our teams, we knew that we wanted to have longevity in some positions," Nakasone said. "Having 20 percent of our force be from the Department of the Army civilian work core was important for us just because we knew there was a stability there and an experience there. That was an important piece of building our capabilities over time."

Nakasone said it was a priority to hire team members who could remain at the position for an extended period of time and handle the work hours required.

Team members discussed the importance of education and working closely with company commanders so they are aware of their options and capabilities.

"I would say the No. 1 challenge is the educational piece," Luna said. "Making (the commanders) understand what we can do so they have a plethora of choices to what they're doing on the battlefield. We're just adding one more tool."

In order to combat a threat, Luna said that cyber operations planners must carefully study their primary environment. He said situational awareness of a particular location – knowing the type of router, switcher or type of network infrastructure – is crucial to understanding a particular threat.

"There is no magic button that it takes to come on time and access and understand the environment that you're working in," Luna said. "So if you understand that environment, then we can tailor certain effects."

Museum

Continued from Page A1

ly as planned.

In order to transition from one flight mode to the other, the pilot had to shut down one mode of flight while simultaneously initiating the other, which is where problems arose.

"What the aircraft did was when you started the jet engines, which were in the back, in order to take off vertically, you had a system whereby you would duct the exhaust to the fans and the fans would provide lift," said Barlow. "Once you got to a hover, in order to translate to forward flight you had to start moving forward, and in order to transition, you had to change the system over from shutting off the fan to immediately ducting the exhaust out the back of the jets.

"In the Harrier, there are two nozzles on either side of the aircraft and they pivot gradually to keep the lift going, but this didn't do that," he said. "This was a bang-bang process and there were no automated systems or stability augmentation systems – the pilot had to do it all."

Because of the high level of skill required for the conversion process, transitioning from vertical flight to forward

flight, or vice-versa, was a troubled process, and on April 27, 1965, during a demonstration flight, it resulted in a fatal crash

"During a high-speed pass, the aircraft nosed over into a 30-degree dive and never recovered," said Barlow. "During the accident investigation, (it was discovered) that the pilot initiated the conversion process at way too high of a speed to be safe. There was a very narrow window of speed in which the pilot could begin the conversion process."

The surviving aircraft was retrofitted with a rescue hoist on the left side of the aircraft to test a possible application for the aircraft in combat situations as a rescue aircraft. The Army wanted an aircraft that could get to someone in need quickly, come to a slow flight hover, lower the cover and hoist up whoever was in need.

During a demonstration of this capability, however, as the pilot arrived and put the aircraft into a low-speed deep descent to get into position, the line from the hoist somehow made its way around the top of the wing, becoming lodged in the lifting fan, which caused the aircraft to lose lift on that side.

"The pilot elected to eject, but the aircraft had passed the safe parameters for an ejection and he was ejected horizontally, resulting in his death," and making this the second fatal mishap for the aircraft, said Barlow,

Remarkably, following the ejection, the aircraft eventually recovered and managed to settle itself onto the ground with minimal damage, he added.

The aircraft was subsequently rebuilt as the XV-5B, which featured a wider track main landing gear, improved cockpit visibility and functionality, and modified intake and control systems.

Although the program was deemed a failure, the XV-5 program did have some positive outcomes.

"Many lessons were learned about control procedure during conversion from one flight mod to another," said Barlow. "Also, the point was driven home that such conversion flight was only to prove practical if automated flight control and stability systems were used."

But the most significant outcome of the program was its role and development of the high-bypass turbofan engine, which led to the development of the TF-39 engine used in Lockheed's C-5 Galaxy aircraft.

The only remaining Vertifan aircraft left in the world now sits on the west lawn of the U.S. Army Aviation Museum.

"It's a pretty awesome aircraft and we're lucky to have it," Barlow said.

Education

Continued from Page A1

for," said the supervisory education specialist. "On Fort Rucker, we have a unique situation where we have a lot of flight school students and minimal permanent party, so we try to link up specific schools directly to that type of training, but also offer short-term programs for spouses that are here."

For one of those Soldiers, Sgt. Toni Green, 1st Battalion, 145th Aviation Regiment, the education fair was a perfect way to help her reach her goal of advancing her career.

Green, who has a bachelor's degree in health science, is looking to pursue her master's degree in hopes that it not only helps set her apart from other Soldiers, but sets her up for life outside the military, as

"I'm just looking to find a program that I can get into that's online that is military friendly because this helps you to go higher in rank faster and quicker than your peers (who don't have a degree)," she said. "That's not to say that you can't make rank without an education, but it just sets you apart from everybody and when you get to the ranks when they're no longer looking at promotion points but focusing on what makes you different from somebody else with the same set of skills, it just looks better."

The fair isn't set up just for Soldiers, though, as one military spouse found out. Kacey Dowling, who arrived to Fort Rucker a week ago, said the education fair came at the perfect time while she and her family were transitioning into their life on the

nstallation

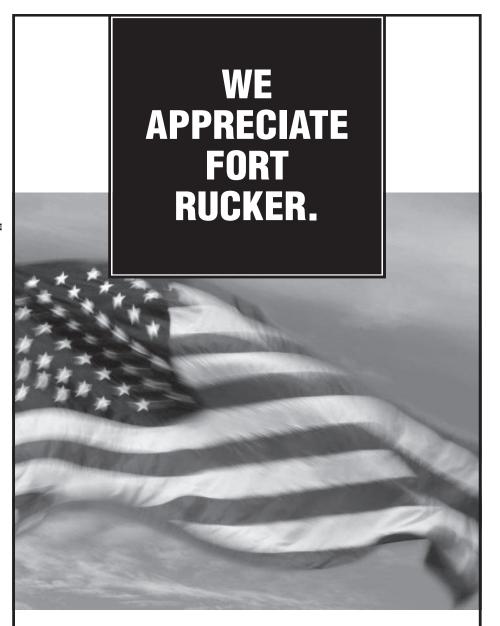
"We're brand new to Fort Rucker and, as a spouse, you have to find something for yourself to do, whether you're going to work or staying at home and taking care of your kids," she said. "But since my kids are both school age now, I figured it was a perfect opportunity for me to go back to school and get my master's degree."

Dowling already has a degree in history and her objective has always been to become a teacher, but her children inspired her to reach further and advance her education, so that she might be able to touch more lives.

"I happen to have two children who have special needs, so I'd like to change the area of teaching into the special education field, and that's why I want to pursue the master's degree," she said. "I taught special education in a preschool setting (during a long-term substitution position) and it was just the most amazing experience ever. I loved the kids and I loved the parents, so now I just need to go and get certified."

As a spouse, Dowling said it's important for family members to try to find their place in the Army, especially with the transient lifestyle that they come accustomed to. Education is just one of those ways that spouses and family members can keep one step ahead.

"When you move so often, you have to reinvent and recreate yourself," she said. "Going back to starting school when you move is just a great way to rebuild and reinvent yourself, and bring yourself up a



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OCTOBER 26, 2017

FIGHT AGAINST ISIS

29th CAB supports Soldiers at remote sites with MedEvac

By Capt. Stephen James 29th Combat Aviation Brigade Public Affairs

SOUTHWEST ASIA — The 29th Combat Aviation Brigade supports the fight against ISIS in the Middle East by providing Aviation assets to accomplish a wide array of missions, none of which are more critical than its aeromedical evacuation capability.

The 29th CAB's G Company, 1st Battalion, 189th Aviation Regiment supplies lifesaving care to coalition forces in the form of forward support medical platoons that come equipped with HH-60M Black Hawk aeromedical evacuation helicopters and often operate in remote locations, including Iraq and Syria.

"We are a force multiplier," said Staff Sgt. Dan Cleveland, a FSMP flight medic.

Having the MedEvac capability "increases the ground forces confidence. They know that when they are having a bad day, we will come and get them quickly," said Capt. Daniel Russell, FSMP leader from G Co.

Russell emphasized that the company's aerial evacuation capability and medical care are available to all members of the coalition against ISIS.

In order to provide the best medical care they can, the MedEvac Soldiers con-

SEE MEDEVAC, PAGE B4



Pilots and crew chiefs from the 29th CAB's G Co., 1-189th Avn. Regt. conduct pre-flight inspections Sept. 23 in Southwest Asia.



Army paratroopers assigned to the Special Operations Command Pacific jump from the back of a CH-47 Chinook attached to 25th Combat Aviation Brigade during airborne training operations in Hawaii Oct. 5. As a sub-unified command of U.S. Special Operations Command under the operational control of U.S. Pacific Command, SOCPAC serves as the functional component for all special operation missions deployed throughout the Indo-Asia-Pacific region.

Army looking into unmanned ledEvac, medical r

By C. Todd Lopez Army News Service

WASHINGTON — Although a fully-equipped medical evacuation aircraft with a trained crew and pilot will likely always be the best option to get a wounded Soldier off the battlefield, the Army is looking at unmanned aircraft systems as a possible Plan B for when that ideal isn't possible.

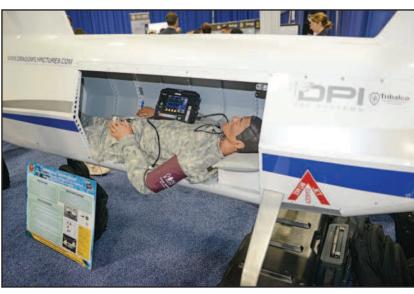
"There's really a lot of opportunity to be gained if we learn how to leverage these unmanned systems for medical missions, as a tool to augment our existing medical assets," said Nathan Fisher, an engineer with the Army's Telemedicine and Advanced Technology Research Center at Fort Detrick, Maryland.

Fisher was available Oct. 10 during the Association of the U.S. Army Annual Meeting and Exposition. On the display floor of the convention center, where hardware from hundreds of defense contractors was being showcased, he discussed research he and others are involved in that may one day make it possible to deliver medical supplies to the battlefield by UAS, and to also send that UAS back to base with a wounded Soldier tucked away safely inside.

FUTURE DEMAND AUTONOMY

During last year's AUSA exposition, Chief of Staff of the Army Gen. Mark A. Milley laid out a nearly apocalyptic vision of what Soldiers would face on battlefields of the fu-

Milley told Soldiers they should plan on being miserable, that access to supplies would be limited, and that they should expect lines of communication between themselves and those in the rear to be nearly non-existent. When those lines of communication open, a robotic supply convoy might end up being "the only acceptable method of supply that we can get to



Researchers at the Army's Telemedicine and Advanced Technology Research Center at Fort Detrick, Md., are using the DP-14 Heavy Fuel Tandem Helicopter as a test bed to develop the concepts that may one day be used to provide medical supply delivery and medical evacuation capabilities using a UAS.

forward troops."

It's that kind of environment that Fisher and fellow researchers at TA-TRC are developing solutions for

"In situations where we're up against a near-peer type adversary in a complex environment, like in a megacity for example - we're tasked to support these dispersed units from a medical perspective," Fisher said. "It boils down to a situation where air superiority is not something that we can assume – at least not for an extended period of time. So, how do we support these units from a medical perspective?"

Two types of support in particular are of concern to Fisher. First, how to get medical supplies out to the field if no aircraft or crew are available, or if the flying conditions won't permit it. Second, how to get wounded Soldiers from the field back to treatment facilities in the rear, without using manned aircraft.

To help the Army one day provide both of those kinds of support, TA-TRC is making use of a UAS called the DP-14 Heavy Fuel Tandem Heli-

copter as a platform to test concepts, and work out the issues associated with unmanned resupply and unmanned medical evacuation.

Fisher said the dual-rotor DP-14 was chosen as a test bed because, among other things, it can carry a 450-pound payload, it has a small footprint, and it can do vertical takeoff and landing. All make it ideal to deliver goods, or retrieve injured Solders from just about anywhere.

NO HUMANS ALLOWED ... YET

The Army has yet to fly a human inside its DP-14 and may actually never do that, Fisher said. Right now, it's not permissible to fly people inside unmanned systems, at least not

One of the things TATRC is working on now, Fisher said, is instrumenting the DP-14 to determine what conditions might be like inside the UAS if a patient were to actually ride inside it.

What they want to discover, he

SEE UNMANNED, PAGE B4

Report to work, save a

Soldiers help rescue missing elderly woman

By Maj. Andy Thaggard 102d Public Affairs Detachment

TUPELO, Miss. — It was just a normal weekend at drill for two Mississippi National Guard members - report in on time, jump into the day's training, then help save a life.

Capt. Drew Headings and CW4 Dennis Osborne are assigned to the Tupelo-based D Company, 2nd Battalion, 151st Aviation Regiment, Mississippi Army National Guard. Both are pilots of the UH-72 Lakota helicopter in a medical evacuation unit.

Their day Oct. 14 was going to be spent on the ground, preparing for the next month's scheduled individual weapons qualification events by working through vehicle load plans and daily training schedules.

That all changed when their cell phones ringing with calls from the Pontotoc County first response community calling for help with a Silver Alert for an 89-yearold woman. A Silver Alert is a public notification system to broadcast information about missing persons especially senior citizens with Alzheimer's disease, dementia or other mental disabilities – in order to seek public aid in locating them.

"In recent years, we've tried to get more involved with local civil authorities and to work more with the search and rescue task force," said Headings, who is also a Tupelo firefighter. "Local responders had our cell phones from past meetings. So we gave them the correct numbers to the (Mississippi National Guard) joint operations center in Jackson and then began letting our chain of command know that a call for help was coming while preparing a helicopter in anticipation of an approved assistance mission."

The search and rescue flight launched at 11:40 a.m. and was on-scene within 10 minutes.

SEE RESCUE, PAGE B4



PHOTO BY MAJ. ANDY THAGGARD

Capt. Drew Headings, right, and CW4 Dennis Osborne, UH-72 Lakota pilots assigned to D Co., 2-151st Avn. Regt., Mississippi Army National Guard, helped locate a missing elderly woman Oct. 14.

B2

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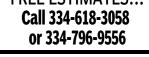
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MedEvac

Continued from Page B1

stantly train to develop their individual and collective skills, including training with their coalition partners. Training includes exercises in which Soldiers - including the flight medics, crew chiefs and pilots - respond to 9-line MedEvac calls and provide treatment to simulated casualties, said Russell.

As members of the Army National Guard, many of the flight medics and care providers have jobs as civilian lifesavers, which provide additional real-world experience that can't be replicated anywhere else.

"We have always had a high-level of paramedics in our unit," said Russell. "Our leadership has specifically recruited civilian paramedics."

Adding to the experience of the flight medics are the en route critical care nurses who have advanced skills and training, including post-surgery critical care, which increases the survivability of their patients.

"When we arrive, survivability has significantly improved because of our capabilities," said Russell.

The 29th CAB is an Army National Guard brigade that provides Aviation assets, precision offensive strike capability, operational and logistical support to Operation Inherent Resolve.



A G Co. crew chief conducts pre-flight maintenance on an HH-60M Black Hawk Sept. 23 in Southwest Asia.

Rescue

Continued from Page B1

"Our aircraft have radios that will talk to the first responders on the ground, so we were able to link up to the incident commander, who gave us our search grid," said Headings.

Osborne and Headings spotted the woman lying on the side of a ditch in tall grass 45 minutes later.

"The grass was so high, we had to walk first responders within three to five feet of her," said Headings.

Once the search party on the ground confirmed the woman's identity, the flight crew coordinated with the incident commander and departed the scene to clear the airspace in case a civilian medical helicopter was

"It was an extremely rewarding experience. It's our mission and what we train for," said Headings.

Conducting searches in defense to civil authorities (DSCA) is "fulfilling and rewarding, getting to help somebody," he said.

DSCA missions are a core element of

the Mississippi National Guard, and both pilots recently served on a task force in Houston conducting Hurricane Harvey relief efforts.

"One of the best things to come out of (the Oct. 14 operation) was that a plan had been put in place, everyone got to see it exercised, it went rather quickly and worked really well," said Headings.

U**nmanned**

Continued from Page B1

said, is if a UAS like the DP-14 can be built to support human life while in the air.

Using a system he called the Environmental Factors Data Acquisition System, they are measuring factors like shock, vibration, noise, temperature, pressure, acceleration and pitch of the aircraft. All are factors that affect how safe it will be to put a person inside. He said a similar test will be done on the UH-60 Black Hawk, which is already used to do medical evacuations, to establish a baseline for what is permissible.

Then, he said, they will "really start determining, in a quantitative way, what's the difference in exposure levels," and then look for ways to mitigate the difference.

Fisher also said that putting a patient inside a UAS will require some form of patient-support system be available, and that system will need to transmit patient data to caregivers on the ground. Developing those systems, or

configuring existing systems for life aboard a UAS is also part of their project.

EASY ON THE MEDIC

Another issue associated with using a UAS for casualty evacuation – or even for supply delivery – is ensuring that its operation doesn't become a burden on the Army medics who are most likely to be its primary users.

"Kind of the general problem that we run into is that you have a combat medic out there in the field providing care," Fisher said. "And they are really focused on the patient and they need to remain focused on the patient, both cognitively and with the use of their hands. How do you introduce technology in that environment without diverting attention away from providing care?"

The UAS must be truly autonomous, Fisher said, such that the medic only interacts with them in a kind of "supervisory role."

"What's the field interface with the medic, and how

do they interact with the vehicle?" Fisher asked. "And how do we provide them with situational awareness, and a limited amount of command and control, just to do that high-level interaction?"

Fisher suggested that the kinds of interaction a medic might need to have with the UAS would be limited to something as simple as providing an indicator that it's safe for the UAS to land, versus waving it off.

When it comes to casualty evacuation, Fisher said, "The ideal scenario is that you have a MedEvac platform in there with a dedicated medical crew that can take care of a patient while flying en route. That's always plan A."

But if it's not possible to get a MedEvac crew to a location, Fisher said, then a UAS may end up one day being the solution.

"I like to call it a Plan B," he said. "It's a situation where you can't get a MedEvac there in time, or there's no MedEvac assets available due to the threat situation or due to the fact that they are just at capacity."



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Military, Veterans and their family members with ID admitted free starting at 4:30 p.m. Regular Price Gate Admission for all others — \$20 Armband

FRIDAY, NOVEMBER 10 No Gate or Ride Specials

SATURDAY, NOVEMBER 11 \$35 Armbands sold from 12:00 noon to 4:00 p.m. • Armbands may be used until closing time

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OCTOBER 26, 2017



PHOTOS BY NATHAN PFAL

Shoppers peruse items during the Fort Rucker Spouses Club annual bazaar at Yano Hall Friday.

BAZAAR

Annual holiday shopping event benefits community

By Nathan Pfau Army Flier Staff Writer

With wares ranging from holiday decorations to toys to homemade preserves and hand-whittled ornaments, people came by the hundreds to shop at the Fort Rucker Community Spouses Club's premier fundraising event.

The spouses club hosted its 2017 annual bazaar at Yano Hall Friday and Saturday, where more than 80 vendors offered up their goods, but this year's event saw quite the change from previous years, according to Shannon Hines, FRCSC president.

The bazaar, which typically happens closer to the holiday season in November, was rescheduled to make it easier for people in the community to fit into their schedules since November can become hectic as the holiday's inch closer, said the club president.

"We decided to go into October because November is jam packed with holidays and other events around the Wiregrass," she said. We wanted to give it a whirl and do it in October, and kind of beat everybody to the holiday punch.

"We hope to fund all the scholarships and to give more money out to the community and the kids who deserve it, as well as the spouses," she continued. "It would be awesome to give out more money this year than we've ever given out."

The event was also changed to cover two days rather than one to give more people the opportunity to visit the bazaar and help



Sabrina Rinaldi, military spouse, pays for hand-knit items she purchased from Lin Geoghagen, vendor, during the bazaar.

contribute to the spouses club's cause, which

Jessica Bradford, civilian from Enterprise, said she was "blown away" by everything the bazaar had to offer.

"It's like a giant swap meet right here on Fort Rucker, and you don't really see many of those in this area," she said. "This is the kind of thing where you can find the most unique things, and it's just great to be able to get some shopping done and buy things you can't find in a store."

Bradford said her favorite aspect of the includes scholarships and grants for spouses bazaar is the amount of handcrafted items she's able to purchase, which gives the items a bit more of a sentimental significance.

"A lot of these things are items that people have made themselves. They put their own time and money into creating these pieces and it just gives them a special one-of-akind feel," she said. "It's also nice that I feel like I'm supporting someone in their craft, as well."

In addition to supporting people's craft, Bradford said that it's good to know that by attending the bazaar she is contributing to

Kristy Stanley, military family member, browses items during the

help a good cause.

"I feel like that's just a huge bonus – being able to help people continue their education," she said. "A lot of times it's difficult to give to charities or donate to what you think is a good cause because you don't really know where the money is going. Here, I know where it's being spent, and it's being spent on the futures of children and even military spouses who want to pursue their education, so it's nice knowing that."

The proceeds raised during the bazaar go to directly support the scholarships and community grants that the spouses club provides throughout the year, which are awarded to students and spouses of military, and Department of the Army and Department of Defense personnel.

For Emily Colton, military spouse, the support through the scholarship and grant program is nice, but having the level of support that the spouses club provides is something that she said is vital in military life.

"The spouses club is really a support system, I feel," she said. "When you're moving around a lot from different installations, it's difficult to have to make friends every single time, but having the spouses club is an easy way to connect to people who are going through the same things you're going through.

"That's why it's easy for me to support something like this," she continued. "It's not just about giving money towards a cause, but about supporting each other and making sure we're all taken care of."

MORNING JOE

Ministry offers refreshment for mind, body, soul

By Jeremy Henderson Army Flier Staff Writer

Three years ago an idea and the memory of a single cappuccino machine inadvertently led to the creation of a ministry that continues to foster fellowship and long-term friendships in the transient military atmosphere at Fort Rucker.

According to Chaplain (Lt. Col.) Timothy Bedsole, Fort Rucker deputy garrison chaplain, Morning Joe's Coffee Ministry provides a place for Soldiers to come together and share a cup and a conversa-

"It started about three years ago when one of our chaplains came up with the concept from a previous assignment and a previous deployment," he said. "I received the idea from a chaplain in Somalia in 1993 who brought a cappuccino machine to Mogadishu.

"The chaplain had everyone from generals to privates stop by his tent for a cup of cappuccino and it often times turned into a session for a listening ear," he added. "I did the same thing in 2003 in Iraq. Even in the heat of Iraq, there were Soldiers who would crave a cup

of Joe and a chance to talk. I've seen the idea of a coffee ministry on many of deployments serve as a morale booster and a group unifier in sometime austere conditions."

And, in that spirit of morale and unity, a coffee ministry was born at Fort Rucker.

"It is held both before and after the 10:45 a.m. Wings Chapel service," Bedsole said. "The location of Wings Chapel was intentional. It was placed near our living areas for our training population on Fort Rucker. The Wings Chapel service is a contemporary service geared toward two things: grace and growth.

"The holding of the coffee ministry both before and after the service serves as a way to show grace toward one another," he added. "During the time of fellowship in the coffee ministry, I see families sharing together and people sitting down to talk. In that talk comes support for the harder things in life and fellowship with fellow travelers who may provide strength during the difficult times in training."

The ministry is a local effort, but, according to Bedsole, the idea is sponsored on a national level.

"It is a ministry we have at Wings Chapel on Sunday's and it is also a national ministry by a group of Christians who want to share a cup of blessings with Soldiers here at Fort Rucker and around the world," he said. "The idea for the Fort Rucker ministry is to give people time to fellowship and develop deeper relationships in getting to know others in the Army Aviation community. The coffee ministry has been one of those places Soldiers can slow down for a few minutes and grow closer to a caring community in preparation for a time of worship to grow closer to God. Anyone can visit a coffee house, but a coffee house in the Lord's house adds a dynamic that strengthens people

beyond caffeine." According to Bedsole, there should be no reservations about stopping by for a cup.

"If you walk in on any given Sunday, you will see people talking and laughing," he said. "You'll see children running around and making friends. Sometimes, after the service, we see people linger and make new friends. It's a lowkey time of growing in fellowship with people and with God.

"If you would like to tie into a congregation who cares about people and is excited about God, then come by," he added. "Don't expect high pressure, but do expect the grace of God to pour out from the fellowship at the ministry."

But what if someone is interested in attending the ministry, but isn't a coffee drinker?

"We serve water, juice and hot tea, as well," Bedsole said. "We also have light snacks and sometimes—on a real good day—we serve donuts and a light breakfast. This past Sunday someone brought sausage balls and a casserole to our coffee house. No one complained!"

For more information about the Wings Chapel coffee ministry and Holy Joe's Café, call 255-2989 or 255-2012.

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

Fort Rucker Right Arm Night

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

For more information, call 255-0768.

The aMazing Haunt

The youth center will host its aMazing Haunt Sunday-Tuesday from 6-8 p.m. The haunted maze will be free and open to all ID card holders. Organizers warn that there will be strobe lights and fog machines present. The event is not recommended for people with seizures, asthma and anyone under the age of 8. Children under 8 require supervision.

For more information, call 255-9810.

Ornament Contest

The Directorate of Family, and Morale, Welfare and Recreation will hold a handmade ornament contest for children ages 3-11 Nov. 1-21. Ornaments may be turned into the youth center, child development center or to special events in Bldg. 5700, Rm. 390. Prizes will be awarded to first-place entries in the following categories: 3-5 years old, 6-8 years old and 9-11 years old. Awards will be presented at this year's Christmas tree lighting ceremony. The overall winner will light the tree at the ceremony scheduled for Nov. 30. All handmade ornament entries will be displayed on the post Christmas tree. Parents need to label children's entries with the child's name, age, and guardian's name and contact information.

For more information, call 255-9810.

Federal jobs workshop

Army Community Service will host its federal job workshop Nov. 2 from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman's "Jobseeker's Guide (7th Edition)." Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only.

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

Resilience workshop

Army Community Service will host a resilience workshop Nov. 2 from 8:15 a.m. to 12:45 p.m. in Bldg. 5700, Rm. 350. To attend, people need to register by Oct. 31. Resilience training is designed to provide family members and civilians with the tools to better cope and overcome adversity and challenges, as well as help them perform better in stressful situations, according to ACS officials. The goal is for students to thrive when facing life challenges, not just bounce back. This month's workshop will emphasize goal setting, activating events thoughts consequences, and hunt the good stuff.

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

International Spouses Get Together

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

For more information, call 255-3735.

Comedy show

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will host a comedy show Nov. 4 from 7-9 p.m. at The Landing. The Army Entertainment Comedy Tour will feature Felipe Esparza, Finesse Mitchell, and Seaton Smith. People can buy \$10 advanced tickets at MWR Central, Coffee Zones, Mother Rucker's and The Landing. Tickets will cost \$12 at the door. VIP tickets will cost \$100 per table – 10 seats per table on a first-come, first served basis -and be sold



PHOTO BY NATHAN PEAU

Camping Under the Stars

Fort Rucker will host its seventh annual Camping Under the Stars Friday at West Beach, Lake Tholocco. The free event will feature a night of camping out, s'mores, hot chocolate, games, a story reading and two movies on the big screen. The event begins at 5 p.m., with story reading under the gazebo at 6 p.m. The two movies will run from 6:30-10 p.m. Some tents will be available through outdoor recreation - all for availability. The event is open to military families and authorized patrons. For more information, call 255-4305 or 255-1749. Pictured is a scene from a previous event.

at The Landing. Doors will open at 6 p.m. The event will be open to the public for ages 18 and up.

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

Literature and the Veteran **Experience**

The Center Library will host the Literature and the Veteran Experience group meeting Nov. 7 at 5:30 p.m. The program is open to combat veterans, retirees and active-duty Soldiers. Registration is limited to the first 20 participants and a free meal will be provided to those registered by Tuesday.

To register or get more information, visit the library or call 255-3885.

Army Family Action Plan

The Army Family Action Plan is held annually to discuss issues submitted by community representatives, including Soldiers, spouses, retirees and civilians. Army Community Service will host the AFAP Focus Group Forum Nov. 7-8 at Wings Chapel. The AFAP Focus Groups provide a process to address issues and provide solutions in support of the highest quality of community life for Soldiers and their families. The purpose of the AFAP forum is to provide a process for the discussion and resolution of issues of concern, and to alert the command of issues affecting the well-being of the Fort Rucker community. The AFAP forum provides a process to identify issues that can be resolved at the local level and forward issues to higher headquarters if necessary.

People with issues they would like to submit can use the AFAP submission boxes located around the installation to drop off issues, call 255-1429 or submit online at https://rucker.armymwr.com/ programs/army-family-action-plan.

About bees

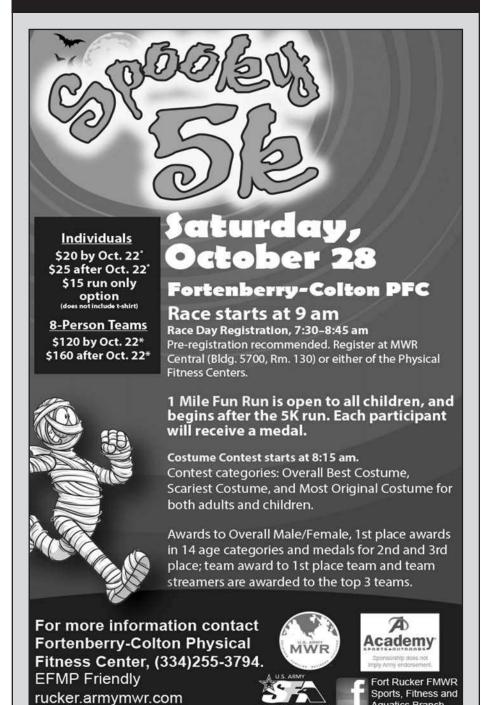
The Center Library will host an educational program on bees Nov. 8 at 3:30 p.m. The presentation will be aimed at school-aged children. No registration is required.

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

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 Nov. 9. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required.

For more information, call 255-2594.



Blue Angels air show trip

MWR Central will host a day trip to Pensacola, Florida, to see the Blue Angels Homecoming Air Show Nov. 11. Cost is \$18 per person.

For more information, call 255-2997.

Thanksgiving craft

The Center Library will host a Thanksgiving craft making session Nov. 14 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 open to authorized patrons and will be Exceptional Family Member Program friendly.

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

WWI presentation

The Center Library will host a WWI presentation by Eric Kaempfer titled "Chemical Warfare in WWI" Nov. 14 at 5 p.m. The presentation is part of a yearlong commemoration of the U.S. entry into WWI. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

RUCKER MOVIE SCHEDULE FOR OCTOBER 26-29 FORT

Thursday, October 26

LEGO Ninjago Movie (PG)7 p.m.

Friday, October 27

American Made (*R*) *7 p.m.*

Saturday, October 28

LEGO Ninjago Movie (PG)4 p.m. **American Made** (*R*) *7 p.m.*

Sunday, October 29

Flatliners (*PG-13*) 1 p.m. **American Made** (*R*)4 *p.m.*

Army secretary visits Puerto Rico, assesses damage, visits Soldiers

By Lt. Col. Beth Smith For Army News Service

SAN JUAN, Puerto Rico — Acting Secretary of the Army Ryan McCarthy visited Puerto Rico Oct. 19 to assess damage to the island and to visit Soldiers assisting with recovery operations.

While there he met with Army and Corps of Engineers leadership, flew over the island to view first-hand the destruction, and met with Soldiers who are working around the clock to deliver much-needed food, water, power and other supplies.

During the trip, McCarthy visited with Soldiers from the 4th Sustainment Brigade who also deployed to help Texas residents in the wake of Hurricane Har-

"We're proud of you and what you all are doing. You are doing great things for our fellow countrymen," McCarthy said.

Since Hurricanes Maria and Irma hit last month, about 14,468 service members from units



Acting Secretary of the Army Ryan McCarthy (right) checks a map of Puerto Rico as he assesses hurricane damage there and discusses recovery operations with Army leaders Oct. 19.

tremendous strides to clear roadways and bring tons of supplies

around the nation have made to hard-hit areas in Puerto Rico. from Puerto Rico and several This includes about 5,110 Army and Air National Guard members

states helping with the recovery

In addition, U.S. Army Corps of Engineers personnel in Puerto Rico are working on 25 missions assigned by the Federal Emergency Management Agency, to include: temporary power, power repair, temporary roofing, debris removal, and infrastructure assessment. For instance, the 249th Engineer Battalion (Prime Power) is operating 24 hours a day to install generators.

"This is what we do. We know we're making tremendous results and improving people's lives every day we're here and we will continue to do so until we help get lives back to normal," McCa-

At the last stop of the day, the acting secretary spoke to Puerto Rican leaders and pledged his continued support, expressing confidence in a successful recov-

"I have no doubt that we will all get through this recovery and in conjunction with our partner agencies, help get Puerto Rico back to normal," he said.

NEIGHBORS HELPING NEIGHBORS

Army National Guard Soldiers purifying water in Puerto Rico

By Staff Sgt. Armando Vasquez For Army News Service

SAN JUAN, Puerto Rico — In the western part of Puerto Rico, near the coastal towns of Aguadilla, Isabela and Quebradillas, water treatment specialists from the 105th Quartermaster Water Purification and Distribution Company, Puerto Rico Army National Guard, are helping their neighbors by purifying water from the river and the ocean.

As clean water has become scarce after the chaos caused by Hurricane Maria, which made landfall Sept. 20 on the island, these Soldiers were called to active duty to perform a critical mission for the island: provide potable water for the surrounding communities.

Staged underneath an overpass on Route 2 near Quebradillas, Pfc. Francisco Morales and Spc. Reynaldo Sotomayor, along with several members of the 105th, set up and operate a water purification station. From a hose that leads from the banks of the Guajataca River, a pump works vigorously as it pushes water up to a 3000 GPH reverse osmosis water purification unit. Inside the ROWPU, 3,000 gallons of river water is cleaned hourly and made safe for consumption.

Morales said the unit has distributed more than 12,000 water to those who really need it.

gallons to the local communities around Isabela and Quebradillas. In addition, as word had gotten around of the unit's operations, many residents drove their vehicles to the 105th's location with empty water containers.

"When they come here, we fill their containers with the water we just cleaned and send them on their way," said Morales.

Several miles from the river location, more Puerto Rico Guardsmen have set up two ROWPU stations near the ocean by Aguadilla. At this location, the unit can produce about 2,000 gallons of potable water from the ocean. Staff Sgt. Victor Quintero, the unit's NCO in charge, said that salt water takes longer to purify, but with two teams of water treatment specialists, they are pumping clean water for the local community until it gets too dark to continue

Currently, the location they are at has no electrical power and they are working in shifts during the daytime, ensuring that the Soldiers are taking care of themselves during the hot and humid day.

"My family doesn't have water where I live," said Pvt. Kaira Perez, who has been at that location for two weeks. "This mission feels good because I'm helping by providing



PHOTO BY STAFF SGT. ARMANDO VASQU

Spc. Reynaldo Sotomayor and Pfc. Francisco Morales, both with the 105th Quartermaster Water Purification and Distribution Company, Puerto Rico National Guard, fill a local resident's containers with potable water Oct. 16.

On that day, Perez and her team produced more than 30,000 gallons of potable water that were distributed to hospitals, schools and municipalities around Aguadilla, Aguada, Moca, Isabela and Rincon.

It's a true effort of neighbors helping neighbors.

Ohio National Guard to help rebuild communications in Puerto Rico

By 1st Lt. Aaron Smith For Army News Service

COLUMBUS, Ohio - The Ohio Na-

tional Guard has sent more than 40 communications specialists with a full array of equipment to Puerto Rico to help with recovery efforts following the widespread devastation caused by Hurricane Maria.

The Soldiers, from the 137th Signal Company, based out of Newark, were transported on a C-17 Globemaster III from the Tennessee National Guard in two groups, one each on Oct. 12 and Oct. 13, to assist in improving the communications infrastructure across the U.S. territory.

"Our goal is to establish 100 percent communications across the island," said Capt. Denise Stewart, commander of the 137th. "This is what we've been training for."

The signal company will work with Joint Task Force Puerto Rico, which includes numerous government agencies as well as the Puerto Rico National Guard. The task force's mission is to work at putting back the pieces blown apart by the hurricane and return Puerto Rico to a good enough state so the local government can take over the recovery efforts.

Pfc. Kyle McKay, an information technology specialist with the 137th, said he is excited to deploy to Puerto Rico with his brothers and sisters in uniform. "My favorite part of my job is working with people, (deploying to Puerto Rico) is like being able to travel with your family but to a place where we all can help others in some way."

The signal company is bringing equipment uniquely suited for the challenging conditions they will face on the island, including four satellite transportable terminals. These terminals are systems used to establish two-way communications where infrastructure has been damaged, destroyed or is nonexistent.

In addition, the company also brought generators to power critical pieces of equipment such as the satellite terminals so they will be unaffected by the island's limited power situation. As of mid-October, about 80 percent of the island was still without

electricity.

Spc. Rachel Johnson, a signal support systems specialist with the 137th, said she is most looking forward to helping the people of Puerto Rico.

"Just knowing that we can be there for the people that need help, knowing that we were there to help make a difference will be something really fulfilling to look back on," she said.

The signal company will provide mobile satellite, telephone, internet, video conferencing and information technology ser-

vices to other deployed military assets on the ground but also multiple government agencies, if needed, that are involved with hurricane relief efforts.

This is the first time the 137th Signal Company has deployed in response to a natural disaster. To date, more than 200 Ohio National Guard Soldiers and Airmen have deployed to support their brethren in Texas, Florida, Puerto Rico and the U.S. Virgin Islands, answering the nationwide call to duty following a series of severe hurricanes and tropical storms this summer and fall.

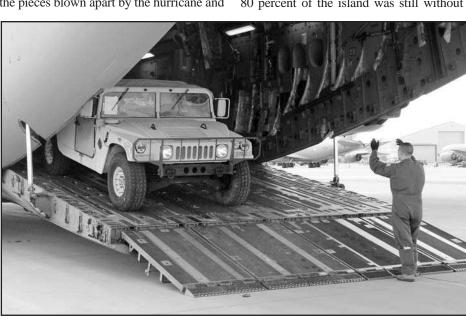
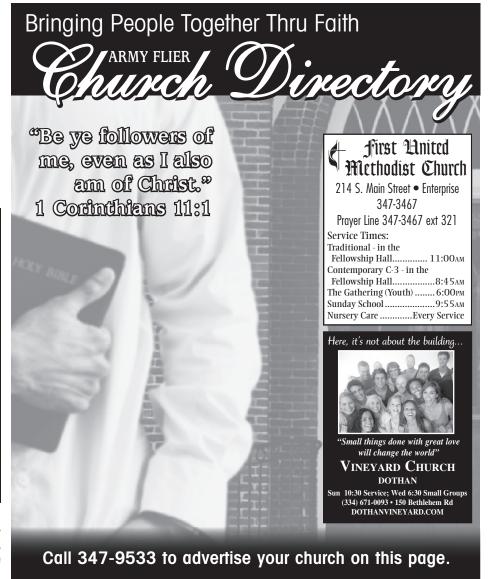


PHOTO BY 1ST LT. JORDYN SADOWSKI

An Airman guides an Ohio Army National Guard Humvee onto a C-17 Globemaster III Oct. 11 at Rickenbacker Air National Guard Base in Columbus, Ohio. About 40 Soldiers from the 137th Signal Company, based in Newark, Ohio, are deploying to Puerto Rico to provide communications support to hurricane relief efforts.



ARMY CORPS OF ENGINEERS

Louisville debris experts aid hurricane recovery

By Sarah R Mattingly U.S. Army Corps of Engineers

LOUISVILLE, Ky. - When disaster strikes, the U.S. government responds, and the U.S. Army Corps of Engineers is a vital part of that National Response Framework.

Teams from the Corps are working around the clock to support the recovery from September's catastrophic hurricanes – Irma, which devastated the U.S. Virgin Islands and parts of Florida, and Maria, which tore through Puerto Rico two weeks later. The Louisville District has taken on the debris removal mission in these areas, coordinating with FEMA and local

Twenty-two district employees have deployed to the Caribbean, and more are on the way. "The team has been doing a great job overcoming obstacles - lack of communications, weather, lodging, and power," said George Minges, acting chief, Louisville District emergency management and security branch. "While working long hours, they have been able to excel as a team to get the debris management mission up and running with limited resources. They are 100 percent building strong and taking care of people."

In the Virgin Islands, debris subject matter experts are coordinating with the USVI Department of

Planning and Natural Resources. Contract specialist Jesse Scharlow was part of the debris planning and response team stationed on St. Croix. He described the work,

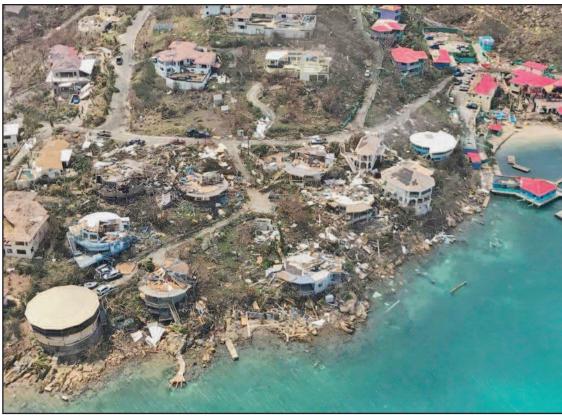


PHOTO BY JESSE SCHARLOW

The debris planning and response team captured an aerial view of Hurricane Irma's impact on St. Thomas in the U.S. Virgin Islands.

which included assembling the stakeholders, assessing damage, and finally planning and preparing for debris clearance, removal and disposal.

During aerial assessments, experts estimated a total of 1.1 million cubic yards of debris for removal across St. John, St. Thomas, and St. Croix - that's the equivalent of 350 Olympic-size swimming pools.

"Our team is fully committed to ensuring the people living and working in the Virgin Islands are given the full support of the Corps

of Engineers," Scharlow said. "I am honored to have been chosen for this assignment, and it means the world to be able to assist those in need.'

The Corps responded to Irma so quickly that when Maria barreled through, some team members were already in place on St. Croix, which, while spared the worst of Irma, was hit hard by Maria.

Quyet La, resident engineer for the Debris PRT in St. Croix, described the humbling experience of weathering Hurricane Maria's category five winds.

"Experiencing Mother Nature's wrath reminds you of her power," he said. "Her force is immense, but some of the most difficult part is witnessing the aftermath of the decimation. Power, water, internet, comms: in a blink - gone."

"I have always been proud to work for the Corps, but more so during these events," he said.

The scene in Puerto Rico is no better. Current estimates figure that five to six million cubic yards of debris need to be picked up, reduced – to take up less space in landfills – and ultimately disposed

of, while meeting all environmental quality requirements, explained Greg Hales, a debris subject matter specialist.

"To visualize this amount of debris, picture 100 acres piled 37 feet high," he said.

Hales is responsible for coordinating emergency route clearance and debris removal activities with all team members from the federal government and the Commonwealth of Puerto Rico. Working out of a San Juan hotel they plan future route clearance and debris removal and disposal across the island.

"Emphasis is put on reuse and recycling, as the existing landfills in the commonwealth are near capacity," said Hales.

Hales also provides technical support to the local government, helping to expand their capabilities and improve efficiency, and is coordinating with the U.S. Coast Guard to support their pending removal of up to 200 sunken vessels, to prevent contamination of the coastal waters.

Even with the exhausting schedule – they work 12-hour days, seven days a week - team members are unbowed.

Hales has requested to extend his tour to sixty days. "I may return again after a short break," he said.

Quyet La explained that their resilience is nothing compared to that of the people they are helping.

"Despite the calamity, they are still spirited," he said. "No doubt they shall rebuild. I am glad we get to be a part of the recovery."

South Carolina National Guard provides support in Puerto Rico

By Capt. Tammy Muckenfuss For Army News Service

CAGUAS, Puerto Rico - More than 150 South Carolina National Guard Soldiers from five different engineer units in the 59th Troop Command continue providing support in Puerto Rico since packing their chainsaws and boarding aircraft at McEntire Joint National Guard Base, South Carolina, Oct. 1.

They were requested to assist recovery efforts to help the citizens of Puerto Rico as they struggled to rebuild their communities and their lives in the aftermath of Hurricane Maria that devastated the island.

"When we got the call to go to Puerto Rico, we were ready. We had experience dealing with floods and hurricanes in South Carolina, so we knew we would be an asset to the recovery efforts in Puerto Rico," said 1st Lt. Thomas Kaiser, executive officer for the South Carolina Task Force.

Hurricane Maria, a Category 5 hurricane, brought winds upwards of 160 miles an hour that ripped through the island Sept. 20 destroying nearly everything in its path. The once green and plush terrain was left torn and bare, any trees that were left standing stripped of all signs of life.

"We knew it was going to be bad, but the reality and the visual of the devastation was stunning," said Caguas resident and Puerto Rican National Guard Soldier Staff Sergeant Jose Rijos. "My first impression after the storm was the island is destroyed. Everything was gone. There were no communications. All power posts and cables were down. There was no way to communicate with each other or anyone else in the world."

The South Carolina National Guard engineers set up camp upon arrival in a baseball field in Caguas and began coordinating missions right away, working with the Puerto Rican National Guard's 190th Engineer Battalion to clear impassable roads of debris.

getting aid to the people and to repair infrastructure," said



Engineer Soldiers from the South Carolina National Guard conduct missions to clear roadways of debris in Puerto Rico after Hurricane Maria devastated

Capt. Joseph Varin, commander of the South Carolina Task

The coordinated efforts of the South Carolina National Guard Task Force and the Puerto Rican National Guard's 190th Engineer Battalion has resulted in over 150 miles of roadways cleared. The Puerto Rican National Guard Soldiers affectionately refer to the South Carolinian Soldiers as "the termites" or "las termitas" as they aggressively charge

in need, even hundreds or a thousand miles away," said Maj. Gen. Robert E. Livingston, Jr., the adjutant general for South Carolina. "Our thoughts and prayers are with our neighbors in Puerto Rico whose homes and livelihoods were devastated by Hurricane Maria."





MARSHALL CENTE

Partnerships play important role in north Africa security

By James Brooks George C. Marshall European Center for Security Studies

GARMISCH-PARTEN-KIRCHEN, Germany — More than 30 diplomats, academics and military officials from the Mediterranean region gathered in Rome Sept. 25-28 for a conference hosted by the George C. Marshall European Center for Security Studies to examine the shared responsibility nations have for security,

"The purpose of this Middle East North Africa workshop was to share viewpoints on the shared responsibility and comprehensive security through partnerships around the Mediterranean Sea," said Dr. Petra Weyland, Marshall Center professor of Middle Eastern affairs. "When partners put their understandings of shared responsibility in security matters on the table – when they share their thoughts, experiences and dedication to achieve security – then true communities of interest become a reality. Then common efforts to achieve more security for all become much more effective."

RENEWED GERMAN-**AMERICAN PARTNERSHIP**

The Marshall Center plans, develops and conducts more than 100 non-resident events like this one each year. In October 2016, U.S. and German defense officials signed a new memorandum of agreement increasing Germany's role at the center and increasing their investment in the center's programs with personnel and funds.

One of the focus areas for Germany's minister of defense is the MENA region and the threats of terrorism, regional conflicts and government instability in north Africa facing southern Europe. While the Marshall Center has a traditional geographic focus on Europe, its sister organizations, the Near East South Asia Center for Strategic Studies and the Africa Center for Strategic Studies, typically take the lead for programs involving Africa. Organizers say the Marshall Center workshop was facilitated by Germany's increased focus on Mediterranean trans-regional security challenges.

"This event was successfully implemented based on Germany's increased contributions and political direction. We were glad to have the Africa Center for Strategic Studies, Associate Professor of Counterterrorism and Counterinsurgency Dr. Benjamin Nickels be a part of our workshop. This shows good cooperation between the two organizations," said Weyland.

DIVERSE DISCUSSIONS

The three-day MENA workshop featured a series of moderated discussions. Participants had the opportunity to learn how others from different nations in the region as well as from different career fields viewed security in the region, the role of parliamentarians and politicians, culture, history and more.

"More than half of the participants were women and the discussion often times came to the role of gender in security – the fact that security often times means differ-



Col. Stefan Nievelstein, military attaché, German Embassy Rome, stressed the importance of regional partnerships in the Mediterranean north Africa.

ent things to men and women living around the Mediterranean. And this came in a very natural way, and without having the topic inscribed in the agenda," said Weyland.

Col. Stefan Nievelstein, military attaché, German Embassy Rome, stressed the importance of these discussions with all partners in the Mediterranean region.

"Today's challenges with regard to our common security often have their roots in this wider Mediterranean region. For sure, the solutions to the current migration crisis lie within this region. Exchanging views and perspectives, sharing or combining of efforts and striving for common solutions are imperative given the scope of the challenge. We have to combine our work across the board to include political, economic, security and defense policies - the comprehensive approach which will pave the way as there is no single service solution," said Nievelstein.

PLAN TO MEET AGAIN IN 2018

According to organizers, the post-conference surveys focused on specific topics the participants wanted to discuss in more detail at a later conference.

"Participants largely narrowed down their interests into three main topics: preventing and countering the foreign fighter threat through education programs; conflict resolution through diplomatic actions; and preventing conflict. Within 3 workshop days, a very ambitious community of interest saw the light, it may very well make its voice heard in Mediterranean security matters in the future and the Marshall Center should do everything possible to help this community to thrive. This development and the topics suggested by the group will help the Marshall Center strengthen existing resident programs such as our Seminar on Regional Security Studies and European Security Seminar-South" said Weyland.

Exact dates and details of the follow-on workshop are in the early stages but the initiative continues to have strong support from the German ministry of defense as well as the Marshall Center. Organizers said Tunisia's Ministry of Education indicated support for hosting the next conference.

Soldiers, Airmen participate in Bangladesh disaster response exercise

By Sgt. 1st Class Corey Ray For Army News Service

DHAKA, Bangladesh — Fifteen U.S. Soldiers and Airmen joined humanitarian and disaster relief experts in Dhaka and Mymensingh, Bangladesh Oct. 7, for a five-day workshop and conference to discuss ways to improve relief efforts and save lives should a large-magnitude earth-

quake affect Bangladesh. The Pacific Resilience Disaster Response Exercise and Exchange, a U.S. Army Pacific Command-sponsored workshop and conference, led by the country's Ministry of Disaster Management and Relief and Bangladesh armed forces, is structured to enhance disaster preparedness, improve emergency response capabilities and coordinate civilian-military assistance.

In her opening remarks, Col. Jenifer E. Pardy, director of staff, Joint Force Headquarters, Oregon Air National Guard, stressed the importance of sharing knowledge and creating strong networks across the region to improve responses to disas-

"The more we practice and prepare as partner nations, the better prepared we are to assist each other when the next disaster strikes," she said.

Mohammad Shah Kamal Chowdry, secretary of the Ministry of Disaster Management and Relief, Bangladesh, said that Bangladesh is particularly vulnerable to natural disasters, but doesn't have any



PHOTO BY SGT. 1ST CLASS COREY RAY

Air Force Col. Jenifer E. Pardy, director of staff, Joint Force Headquarters, Oregon Air National Guard, provides remarks during an opening ceremony for the 2017 Pacific Resilience Disaster Response Exercise and Exchange in Dhaka, Bangladesh, Oct 8.

recent experience managing an effective response. He is eager to face the problem head on and sees the DREE as key to preparation.

"It provides practical learning for what we should do in real disaster time in a coordinating manner. It is also a platform of civil-military relationship. More importantly, this exercise will bring all relevant stakeholders together into one combined mechanism," he said.

The DREE will feature presentations by

military and government subject matter experts to highlight best practices, engage in collaborative dialogue, review plans and procedures and develop systems that will enhance readiness and improve governmental response during a natural disaster.

"As a whole, a DREE for this type of size offers us a great opportunity to learn the strengths and weaknesses of our system, which ultimately contribute in making our system more efficient to save more lives and property. Our comprehen-

sive planning and combined efforts will save our society in the future," said Brig. Gen. Azazul Bar Chowdhury, Bangladesh Armed Forces Division.

Building off seven years of coordination, the 2017 DREE aims to evaluate a comprehensive framework for disaster response involving the government, nongovernment and foreign humanitarian organizations. The exercise will commence with a series of presentations by subject matter experts that will set the scene for a table top exercise based off an earthquake scenario in Mymensingh. This will be followed by a field training exercise to test earthquake response operational efforts, coordinate support from international organizations and test the effectiveness of the strategic support structure in Dhaka.

More than 1,000 participants from approximately 130 different government and non-government organizations from 13 countries are participating in the event, including members of USARPAC, 8th Theater Sustainment Command and the Oregon National Guard.

The DREE in Bangladesh is an annual event, launched in 2010, that is part of USARPAC's Pacific Resilience series of exercises. This series of security cooperation activities leads to effective emergency response and recovery procedures with partner nations across the region. The exercises support U.S. Pacific Command's civil-military integration and humanitarian/disaster response capabilities.



ONE DAY ADMISSION TICKETS NINE DAYS SEASON PASS - \$4500 Ages 5 and under FREE

ONE DAY MEGAPASS \$2500

Includes Admission & Armband ticket • May be used for any one day of the festival.

Megapass & Advance Gate Tickets

on sale until 5:00 p.m., Thursday, November 2nd at the NPF Ticket Office, Online & Eagle Eye Outfitters.

Megapass at McDonald's

(in Dothan, Abbeville, Daleville, Enterprise, Geneva, Ozark & Troy) \$1 from each Megapass sold at McDonald's will be donated to Ronald McDonald House

All South Urgent Care
 Eagle Eye Outfitters

 Calvary Weekday Ministry Fieldcrest Apartments
 Five Star Credit Union Henry County Health & Rehab Facility

(334) 793-4323 Hwy 231 South . Dothan, AL www.NationalPeanutFestival.com





'Leaf Watch' tracks best fall color

Georgia State Parks *Press Release*

ATLANTA, Ga. — For many people, the perfect autumn weekend includes cozy campfires and gooey s'mores surrounded by fiery-hued forests.

To help leaf peepers plan their fall escapes, Georgia's state parks will soon launch "Leaf Watch 2017" to track fall color as it moves across the Peach State.

Found at http://www. GeorgiaStateParks.org/ LeafWatch/, the travel planner is filled with top trails and overlooks, mountain cabins and campsites, fall events and hiking safety tips.

Photographers are encouraged to share their favorite shots



DARPA GRAPHIC

on the Georgia State Parks' Facebook page and Instagram, tagging #GaLeafWatch and #GaStateParks.

Rangers will also post updates on how fall color is progressing

Typically, Georgia's mountain parks peak in late October. However, color can be seen as early as September and throughout much of November. Some of the most popular parks for leaf watching include Black Rock Mountain, Cloudland Canyon, Fort Mountain, Tallulah Gorge and Vogel. Since mountain parks are heavily visited on October weekends, travelers may want to explore lesser-known parks which can be vibrant as well.

Hardwoods and mossy rock gardens can be found at F.D. Roosevelt State Park in near Columbus.

Deep orange cypress needles reflect off a shimmering pond at George L. SmithState Park in southeast Georgia.

Georgia State Parks offer a variety of accommodations where leaf peepers can stay in the heart of autumn scenery.

Guests can choose from cab-

ins, campsites and yurts — a "glamping" option that is like a combination tent-cabin.

Accommodations may be reserved 13 months in advance, and many fill up on October weekends. Guests are encouraged to make plans as early as possible or visit during weekdays.

Reservations can be made by calling 1-800-864-7275 or at www.GeorgiaStateParks.org/reservations/.

Park rangers have planned numerous events throughout autumn, including guided hikes and paddles, fall festivals, Halloween hayrides and campground trick-or-treating.

For more information, visit, http://www.GeorgiaStateParks.org/events/.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

NOW-OCT. 28, DEC. 4-9 — The Southeast Alabama Community Theatre is selling tickets to its productions of "Moon Over Buffalo" and "A Christmas Story." "Moon Over Buffalo" is scheduled to be performed now through Oct. 28 and "A Christmas Story" is scheduled to be performed Dec. 4-9 at the Cultural Arts Center. Tickets are available online at www.SEACT.com or by contacting the SEACT Office at 334-794-0400. The SEACT office is open for ticket sales between 10 a.m. and 2 p.m. and is located inside the Cultural Arts Center at 909 S. St. Andrews Street. Tickets for "Moon Over Buffalo" are \$19 for adults, and \$17 for students, seniors and military with ID. Tickets for "A Christmas Story" are \$40 with dinner or \$20 each for show-only seating.

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

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

ENTERPRISE

TODAY — The Wiregrass-Enterprise Chapter of the

National Active and Retired Federal Employees will hold its monthly lunch program at 11 a.m. today at PoFolks Restaurant. The guest speaker will be Chris Alexander, Blue Cross/Blue Shield representative, who will speak to members about finding the right Blue Cross/Blue Shield plan, keeping current with their policy updates, changing health coverage items when necessary, knowing personal health needs that change over time, and choosing the best options for health plans and premiums. All federal employees, active or retired, are invited to attend the lunch programs regularly scheduled at 11 a.m. every fourth Thursday at PoFolks. NARFE, the organization that supports the benefits of active and retired federal employees, schedules speakers to discuss these benefits and other information important to the membership. For more information, call 334-393-0492.

NOV. 4 — The Experimental Aircraft Association Chapter 351will host free airplane rides for children ages 8-17 at the Enterprise Airport from 9 a.m. to 3 p.m. The event is designed to help children gain an understanding of aviation and introduce young people to the joy of flying. For more information, call 601-329-1334.

ONGOING — The Coffee County Toastmasters Club, an organization dedicated to the development of leadership and public speaking skills, meets the second and fourth Tuesdays of each month from 6:15-8 p.m. at the Enterprise State Community College Student Center Community Room. For more information, call 334-347-0259.

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 Town Hall (old armory building) at 706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

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

for more information.

OZARK

NOV. 5 — The Altrua Club will host its annual charity auction at 1:30 p.m. at Pleasant Hill Methodist Church, 2926 Andrews Avenue. There will be fall and Christmas items, items donated by merchants, cakes, gifts and more. All proceeds will go to local families in need, charities and a scholarship fund. Refreshments will be served. For information, call 334-774-9448 or 334-797-7335.

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

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

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 — 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

ONGOING — Mount Calvary Missionary Baptist Church, 970 County Road 528, Elba, offers Sunday school the first, second, third and fourth Sundays of the month at 9:45 a.m., and worship the first and third Sundays of the month at 11 a.m. Bible study is Wednesdays after the first and third Sundays from 6-7 p.m. For more information, call 334-774-1738.

Beyond Briefs

Humane Society haunted house

The Montgomery Humane Society will host its annual haunted house Fridays and Saturdays on October from 7:30-9:30 p.m. at 1150 John Overton Drive. There are no set age limits, but organizers said it is not designed for toddlers or young children. Admission is \$12, or \$10 with a food donation.

For more information, call 334-409-0622 or visit www.facebook.com/mh-shaunt4paws/.

ZooBoo

The Montgomery Zoo will host its Zoo-Boo event Oct. 27-31. The event will feature a haunted hay ride, a Pumpkin Pull (non-scary hay ride), bouncy castles, con-

cessions, and many Halloween-themed games and attractions. Gates will open nightly at 6 p.m. Cost is \$15 for ages 3 years old and older. Ticket includes entry, one ride on either the Haunted Hay Ride (scary ride) or the Pumpkin Pull Hay Ride (non-scary) and one sheet of game tickets (10 tickets per sheet). Montgomery Zoo members will receive a 50-percent discount on ZooBoo admission.

For more information, call 334-240-4900 or montgomeryzoo.com/announcements/zoo-boo-week-1.

Alabama National Fair

The Alabama National Fair is scheduled for Oct. 27 through Nov. 5 at Montgomery's Garrett Coliseum and Fairgrounds. The event will feature more than 60 rides, food, information and commercial booths, livestock competitions

and more, according to organizers. The award-winning group Brothers Osborne will sing that first Saturday. The group's performance will begin at 7 p.m. on the Coliseum stage. R&B singer, songwriter and actress Fantasia will perform the following night at 7 p.m. on the same stage. World of Wonders and Scott's Magic Show, Ham Bone Express 3 Racing Pigs, Timberworks Lumberjacks and Zerbini Family Circus will provide outdoor entertainment. All performances are free with the purchase of a general admission ticket.

For more information, including ticket prices, visit https://www.facebook.com/alnationalfair/ or www.alnationalfair.org.

Monarch Butterfly Tagging Festival Panama City Beach, Florida, will host

its free Monarch Butterfly Tagging Festival Oct. 28 from noon to 2 p.m. at Conservation Park. The festival is a citizen science project to tag the butterflies as the head south to Mexico, according to organizers.

For more information, call 850-233-5045.

Motorcycle rally

Panama City Beach, Florida, hosts the Thunder Beach Autumn Motorcycle Rally now through Oct. 29 at seven official venues across the city. Organizers describe the event as the most bikerfriendly free rally in the U.S. The event will feature live entertainment, custome motorcycle, motorcycle accessory vendors and a scenic ride on the beach.

For more information, visit www. ThunderBeachProductions.com.

Dunford calls USO a vital link between troops, America

By Jim Garamone Defense Media Activity

WASHINGTON — The USO provides a vital connection between service members, their families and ultimately the American people, the chairman of the Joint Chiefs of Staff said at the USO Gala Oct. 19.

Marine Corps Gen. Joe Dunford thanked the USO for all it has done and continues to do to support service members in the United States and around the world.

The gala marked USO's 76th year. The nonprofit organization has a small professional staff and 30,000 volunteers worldwide.

A BIT OF HOME

The chairman thanked the USO volunteers for their tireless efforts, noting the USO provides a bit of home to service members, Dunford said.

"One of the great things we have an opportunity to do is go out on a holiday [USO] tour and last year we actually did two," the chairman said.

The first tour was to Turkey, Qatar, Afghanistan and Germany and was a few weeks before the holiday season. But Dunford felt it was important for USO performers to actually be entertaining troops on Christmas Day, and he asked USO President J.D. Crouch if it could be done.

It didn't look good, as the holidays are often the only time entertainers get a break, but Crouch was able to get Kellie Pickler and her husband, singer-songwriter Kyle Jacobs, the Roastmaster General - comedian Jeff Ross - and Chef Robert Irvine and his wife, wrestler Gail Kim, to give up their holiday season to bring a bit of home to U.S. troops deployed in Iraq.



PHOTO BY NAVY PETTY OFFICER 1ST CLASS DOMINIQUE A. PINEIRO

Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff; Army Command Sgt. Maj. John W. Troxell, senior enlisted adviser to the chairman of the Joint Chiefs of Staff; and Air Force Gen. Paul J. Selva, vice chairman of the Joint Chiefs of Staff; speak before the start of the 2017 USO Gala in Washington, Oct. 19.

CHRISTMAS EVE USO SHOW IN BAGHDAD

The troupe did a Christmas Eve show in Baghdad and then four shows in various parts of Iraq on Christmas Day. "The one I remember best was in Q-West [Qayyarah Airfield West]," the chairman said. "It's about 15 kilometers south of Mosul – certainly at that time our most austere outpost."

There was still some fighting around the area and service members were still removing ISIS improvised explosive devices from areas on the base. It also didn't help that the base had had five days of rain, and the area where the stage was mud overlaid by gravel.

But the entertainers were excited about going there and bringing some Christmas to the Soldiers at the post, Dunford said.

The chairman said he will not forget the faces of the Soldiers as the entertainers took the stage.

Dunford and Army Command Sgt. Maj. John Troxell, the senior enlisted adviser to the chairman, stood in the back, but the chairman asked the Soldiers what they thought of the show.

"They'd say, 'Sir, for a couple of minutes I forgot I was here,"" he said. "What an extraordinary impact.'

USO'S IMPACT

But the USO's impact goes way beyond entertainment, Dunford

said. The USO rushed supplies and personnel to aid the Sailors affected by the accidents to the USS Fitzgerald and the USS Mc-

They opened a USO at Incirlik

Air Base in Turkey that quickly became the most-visited facility in Europe, he said. They opened USO facilities in

Iraq, and the organization maintained the USO lounges at airports, the chairman said.

All this adds up, the chairman said.

"We've been at war for 16 years," Dunford said. "I don't think any of us 16 years ago thought we could continue with an all-volunteer force after 16 years at war and, frankly, no end in sight, we could continue to recruit and retain the high-quality force that we have today. I'm not sure we thought we would have people with the same commitment, the same courage, the same professionalism after 16 years of

"There are many reasons for that, but one of the reasons is that our young men and women know that what they do is appreciated," he continued. "They are proud of what they do and they know you are proud of what they do."

There are a lot of organizations in the United States that send that message, "but there isn't another organization out there that does it better than the USO," the chairman said.

Actor receives Marshall Medal, jams with TUSAB's Downrange

By Jim Dresbach

"Pentagram" Staff Writer

WASHINGTON – Another celebrity has shared the stage with The United States Army Band, "Pershing's Own."

Following his acceptance of the AU-SA's George Catlett Marshall Medal, Gary Sinise joined members of The U.S. Army Band's Downrange for an impromptu jam

Sinise is a well-known actor, bass player for the Lt. Dan Band and founder of the Gary Sinise Foundation. He is an advocate and supporter of the United States military, wounded warriors and American veterans around the globe.

According to Downrange drummer Francis Carroll, Sinise appeared on stage while the band played the Jackson's "Shake Your Body."

"It was amazing to look up while playing and see him right in front of my drum set looking at me and grooving to the beat," Carroll said.

On his Facebook page, Sinise mentioned the evening ended with some "silly fun" at the Washington Convention Center Oct. 11.



COURTESY PHOTO

Members of the U.S. Army Band 'Pershing's Own' Downrange share the stage with 2017 Marshall Medal recipient actor Gary Sinise Oct. 11 in Washington,

Downrange singer Martha Krabill called the appearance "an unexpected moment," as the band was finishing its set.

"It is always an honor to perform at the AUSA Marshall Dinner, and this dinner was especially exciting when Mr. Gary Sinise joined us on stage during the finale," Krabill said. "His dedication and love for our military comes from a place of pure love and sincerity."

The Marshall Medal is AUSA's highest award given for service to the nation. Past recipients include Presidents Dwight Eisenhower, Harry Truman, Gerald Ford and George H.W. Bush, entertainer Bob Hope and former Secretary of State Henry Kissinger.

"I am so humbled to be here and deeply moved to receive this honor," Sinise said. "I know where my freedom comes from, and I will not forget our defenders."

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel,

Bldg. 109 8 a.m. Traditional Protestant

Service

Main Post Chapel, Bldg. 8940

8:30 a.m. Catholic Confessions 9 a.m. Catholic Mass 11 a.m. Collective Protestant 12:05 p.m. Catholic Mass (Tuesday-Friday) 4 p.m. Catholic Confessions (Saturday)

Wings Chapel, Bldg. 6036

Sunday School

9:30 a.m. Protestant

5 p.m. Catholic Mass (Saturday)

10:45 a.m. Latter-Day Saints 10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service) 11 p.m. Eckankar Study (4th Sunday)

Spiritual Life Center, Bldg. 8939

10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

TUESDAY Crossroads **Discipleship Study** (Meal/Bible Study) Wings Chapel, 6:30 p.m.

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





Tax, title and license not included in list price. Must take delivery by 10/31/2017

Annual exams key to helping prevent serious illness

Story on Page D3

OCTOBER 26, 2017

TO THE WIRE

Control Freqs down Warhawks in OT, 32-26

By Nathan PfauArmy Flier Staff Writer

With the Fort Rucker Intramural Football season well under way, teams continue to battle it out to be named season champions, and two teams went head-to-head to try to position themselves for the upcoming playoffs.

The 164th Theater Airfield Operations Group Warhawks took on the 1st Battalion, 11th Aviation Regiment Control Freqs Tuesday in a game that had both teams fighting for the lead, but it would be the Control Freqs who would come out on top in overtime, taking the win, 32-26.

"We started off a little slow, but it's all about the comeback. We came back real hard and gave it to them, and we went out there and we did what we needed to do," said Spc. Kenneth Weaver, player for Control Freqs. "We pretty much overwhelmed them with our athleticism. They came out to compete, but we played a little better than they did."

Although the Control Freqs received the ball to start, they didn't get off to their best start as they were unable to make much headway against the Warhawks' defense, which managed to get a quarterback sack on the first play.

Try as they might, the 1-11th was unable to make a first down and the 164th TAOG forced a turnover just minutes into the

The Warhawks had better luck with their possession, managing a first down on their first play, and continued to connect with their receivers as they pushed toward the opposing goal line. They managed to slip through the Control Freqs defense for their first touchdown and extra point to get on the scoreboard and take the lead, 7-0.

The 1-11th took possession and managed a small return, following up with a series of runs to push toward the opposing end zone.

The Warhawks' defense wasn't as much of an obstacle during this possession, and they managed to slip through the cracks for their first touchdown, but were unsuccessful with their extra point, trailing 7-6.

The 164th TAOG wouldn't be outdone,



PHOTO BY NATHAN PFAL

Spc. Mike Rutherford, player for Control Freqs, pushes past an opposing player during a game at the Fort Rucker Physical Fitness Center football field Tuesday.

though, and made sure their offensive prowess was known as they pushed downfield for their second touchdown within three plays to extend their lead, 13-6.

Not to be counted out, the 1-11th took possession and pushed hard against the opposing defense, slipping passed toward the goal line. They managed a 15-yard pass to get first and goal, and shortly after pushed through the Warkhawks' defense for their second touchdown, still trailing 13-12 with less than two minutes in the half.

The Warhawks needed to keep a strong offense to stay ahead of their opponents with little time left in the half, and they managed to hold on to a first down with a series of runs before slipping through the opposing defense for their third touchdown with only 30 seconds left on the clock for the half, leading 19-12.

The Control Freqs had one more chance before the end of the half to even up the score, and started their possession strong with a 30-yard return. Tensions were high as the clock wound down and the 1-11th pushed toward the opposing end zone as they

made it to first and goal with four seconds in the clock, and although the Warhawks managed to intercept a pass, a penalty against the 164th TAOG, gave the Control Freqs another shot.

Despite the extra time, the 1-11th weren't able to capitalize and the half ended with Warhawks still in the lead.

The 164th TAOG had the advantage going into the second half as they took possession to start, but only managed a small return. They got off to a rocky start for the half as their offense seemed to falter and the Control Freqs forced a turnover.

The 1-11th tightened up their offense and managed to get to first and goal within two plays followed by a complete pass into the end zone for a touchdown, but couldn't secure the extra point, still trailing 19-18.

Not to be outdone, Warhawks came back with a touchdown straight off the kickoff return to secure their lead, 26-18.

The Control Freqs weren't giving up so easily, though, and came back with a 20-yard pass for a touchdown, and secured a two-point conversion to tie the game for the

first time, 26-26.

It was still anybody's game and both teams were bringing out their A games to stay one step ahead, but the teams were evenly matched.

The Warhawks pushed hard downfield for first down after first down to get to first and goal, but the opposing defense wasn't making it easy, forcing the 164th TAOG to inch toward the goal line.

The 1-11th managed to bring the Warhawks to a fourth down with less than two minutes remaining, putting pressure on the TAOG team, managing to halt their advance.

Fortune was on the Control Freqs' side as they took possession, but the Warhawks' defense held strong to keep the opposing team from advancing.

The 1-11th couldn't push through as the Warhawks brought them to a fourth down, but rather than punt, the Control Freqs chose go for it, which ended badly with a quarterback sack, giving the 164th TAOG possession on the opposition's 8-yard line.

The Warhawks were set up perfectly to retake the lead, but the Control Freqs' defense fought hard, managing to bring them to a fourth down with 5 seconds on the clock, and stopped them with a quarterback sack to send the game into overtime.

Each team got four downs each to score with no time on the clock and the Warhawks took first possession and managed to push to get within one yard of the goal line on their fourth down, but couldn't manage to break through the opposing defense, giving the Control Freqs their chance.

The pressure was on and the 1-11th managed to connect with their receivers and secured a touchdown within two plays to take the win, 32-26.

Despite the win, Gary Conley, civilian player for Control Freqs, said the team needs to refine their play style if they hope to take the title of season champions and eventually post champions.

"We've got to play way better," he said.
"We've got to tighten up the defense a little bit and focus on offense. We should go undefeated though - this season is our season."

TRICARE GRAPHIC

CHANGES

TRICARE payment types for calendar year 2018

TRICARE.mil

Staff Report

FALLS CHURCH, Va. – With the Jan. 1 changes to new stateside regions and contractors, you may need to update your payment option to guarantee continued payment of your TRICARE enrollment fees and monthly premiums.

There are currently three TRICARE regions in the United States. Next year, TRICARE North and TRICARE South will combine to form TRICARE East. TRICARE West will largely remain the same. Humana Military will manage the East region contract. Health Net Federal Services, LLC, will manage the West contract.

TRICARE IS CHANGING

You will no longer be able to make payments via paper check. Acceptable methods of payment will continue to be allotment, electronic funds transfer, and debit or credit card. If you sign in to your regional contractor's website to make payments online, this option will also still exist.

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

If you live in an area where a new regional

SEE TRICARE, PAGE D3

Units test proposed APFT replacement

Fort Leonard Wood "GUIDON" Staff Report

(Editor's note: The Army Combat Readiness Test pilot testing currently taking place in no way suggests the official outcome of the proposed test. The ACRT is intended to replace the Army Physical Fitness Test pending senior leader approval.)

FORT LEONARD WOOD, Mo. – The U.S. Army Center for Initial Military Training was at Fort Leonard Wood in mid-October in order to field test the Army Combat Readiness Test with Soldiers from the 1st Engineer, 3rd Chemical and 14th Military Police brigades.

According to CIMT officials, testing the program at the installation helps the Army determine the correct level of testing standards while allowing them to collect data on Soldier performance as the Army searches for the correct program to replace its aging Army Physical Fitness Test, which has been in place for nearly 40 years.

A CIMT study shows that the current APFT is only 39 percent predictive of a Soldier's ability to do his or her job, while the proposed ACRT is about 81 percent predictive.

"If we have prepared individuals to fight the fight, then we are a better, more optimized organization ready to defend this nation against all enemies," said USACIMT Command Sgt. Maj. Michael Gragg on the ACRT Oct. 11 at the recent Association of the United States Army annual meeting and exposition in Washington, D.C.

The proposed ACRT is part of a wider holistic health and fitness effort to optimize Soldiers and increase



PHOTO BY MIKE CURTIS

Sgt. Robert Winstead prepares to lift a trap bar during the three-repetition deadlift event Oct. 17 while testing the Army Combat Readiness Test at Fort Leonard Wood, Mo.

Army combat readiness. CIMT officials said the current APFT does well assessing a Soldier's endurance, but does not reliably predict a Soldier's ability to go into combat. While endurance is relevant, the APFT in no way helps Soldiers focus on preparing to do their jobs.

"If the Army creates a program to train for these events then absolutely (it will better prepare Soldiers for combat)," said 1st Sgt. Alan Forester II, D Company, 31st Engineer Battalion first sergeant. "The training would be better-rounded and address other aspects of fitness, such as power. I do feel the test will be a great tool for commanders to assess individual and unit readiness for combat operation, at least on a physical capabilities aspect."

Fort Leonard Wood is one among five Army installations participating in the field studies, with the 1st Engi-

neer Brigade eagerly participating the first day.

"If a Soldier is capable of providing feedback to any implementation to the force, it is their obligation to do so," Forester said. "It is a privilege to assist in the development of systems and tests that may affect the future of the Army."

The ACRT is comprised of six test events.

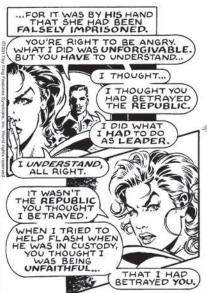
- T pushup: A modification of the traditional pushup, where Soldiers lower themselves to the ground extending the arms into a T position before returning to the starting pushup position. This is repeated for the duration of two minutes.
- 250-meter sprint/drag/carry:
 A Soldier begins in the down, or prone position, stands up and

SEE APFT, PAGE D3

OWNITM









I KEEP LOSING YOU. HOW ABOUT I CAMP OUT BY THE REGISTER? I KNOW I'LL FIND YOU THERE

by Dave T. Phipps

Just Like Cats & Dogs

Rodriguez

1. SCIENCE: What is the first element on the Periodic Table?

2. MYTHOLOGY: What was the name of King Arthur's sword?

3. ASTRONOMY: Which planet in

our solar system has the most moons?

4. GEOGRAPHY: Which U.S. state is host to the Mount Rushmore National Memorial?

5. CHEMISTRY: What two elements is the alloy bronze usually made of?

6. GAMES: In Scrabble, what is the value of the letter Z?

7. U.S. STATES: What is the capital of Hawaii?

8. GENERAL KNOWLEDGE: How many time zones are in the world?

9. GOVERNMENT: How many electors are in the U.S. Electoral College?

INVENTIONS: Where was inventor Alexander Graham Bell

See Page D3 for this week's answers.

Super Crossword

106 Wedding

vow

108 Feel sorry

about

109 Wine-

107 Plumlike fruit

fancying jazz

trumpeter?

with no gray

material

60-Down

measures

121 Muddy earth

features

formed from

Brandon -

Story" (1998

122 Planetary

wine?

131 "The

film)

132 Sutures

128 News tidbit

areas

117 Bridal bio

word

116 See

ACROSS

- 1 Broilers, e.g. 6 Incited, with
- 11 Emit violently 15 Jules Verne captain
- 19 Holy artifact 20 Persona
- 21 Witty Bombeck 22 In between
- 23 Wine-loving actress?
- 26 Ruination 27 Tot's "piggy
- 28 "The horror!" 29 "- be a
- pleasure' 30 Meter inserts
- 31 Fixed charge 33 Like pretty decent
- wine? 38 "Son of," in Arabic
- 39 Actress Garr 41 Used to live
- 42 Untold eras 43 Pirate's place 44 Olympic
- sport that wine drinkers compete in?
- 51 Knead 52 Academic

URL ender

96 Wine aficionados' electoral

93 Klutzy

person

- race? 102 Fancy resort 105 Juan's "two

53 Lubed (up)

57 Exam giver

64 Cedar, say

67 Franz's skit

68 In the way of

piece dipped

spot, in brief

- and aah

77 Brazilian hot 118 Work

78 Autumn pear 120 Fix illegally

87 Adventurous 129 Opera tune

91 Response to 130 Queasy

69 Spanish pot

72 Vegetable

in wine?

76 "Fix" at the

80 Lamarr of

"Algiers"

82 Wine-sipping

nightclub

vocalist?

"Am not!"

95 Bush-league

positive thing

92 Negative or

vet's

partner

66 Egg cells

telling jokes

about wine?

59 Comedian

133 Banana skin

134 Horses' runs

2 Back bones

DOWN

1 Round figure

135 Build upon

36 Toon unit - polloi 40 Radio's Don

Untouchable 47 Joseph of 4 West African ice cream 48 Raw fish

46 Really hate

54 Vault (over)

55 Raines of old

Hollywood 56 Pivotal WWII

58 Military info-

"Mildred

Pierce"

actress

61 Betray by finking

63 Tattooed

65 "Anyone

62 Every single

116-Across,

event

gathering 60 With

- country 5 Zool., for dish 49 PC image one 6 Two-optionsfile
- only 7 FBI figures
- 8 West African country 9 Big head
- 67-Across
- 11 Make sure of 12 Madrid art
- museum
- 13 Grounded bird
- 14 Ear clogger 15 Big wheel
- 16 PC-to-PC notes
- 17 Mickey's
- girlfriend 18 City in Texas
- 24 Bellboy, often
- 25 More flighty 30 Huge guns 31 Viewed thing
- 32 One who's expiating
- 34 MYOB part 35 Road coater

78 Ponder

- 74 Drench, in dialect
- something via charades)
- (depict

- teen drama 76 Arab country
- 99 Idaho county 100 Typed

WINE-

INFUSED

81 Get a bit wet

83 Sci-fi ability

thought"

86 Arena yells 88 Firmly fixed

89 Not pressing

94 Easy victims

97 Chaney of

silents

98 Suffix with

9-Down

85 Cuts into

90 Wave to,

say

84 "... or -

- guffaw 101 A bit wet
- 102 Hindu sages 103 Fool's gold
- 104 British prince 110 Swarms 111 Actress Potts
- 69 Ocean threat 112 Like princes 70 Fibbing type 113 Famous 71 Ear piece fable write fable writer
 - 115 Did it wrong **119** Bring down, as a
 - building 122 Q-Tip's style
- 123 Hot temper 124 Woodsy, e.g. 75 2003-07 Fox 125 Egg — yung 126 Hellenic
 - vowel - Paulo

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Syndicate,

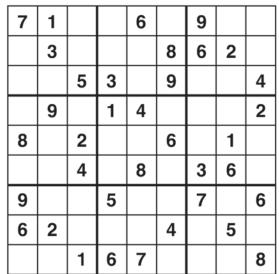
@2017 King

45 Terra 20 22 23 34 32 35 31 36 38 39 42 43 44 50 53 57 58 59 60 61 62 63 64 66 68 72 82 84 85 89 83 86 88 90 91 92 93 102 103 104 105 106 108 109 111 112 116 118 119 117 120 121 122 124 129 130 131 135 132 133 134

See Page D3 for this week's answers.

Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging ♦ ♦ ♦ HOO BOY!

See Page D3 for this week's answers.

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KID'S CORNER



THE PYRAMID OF WORD POWER



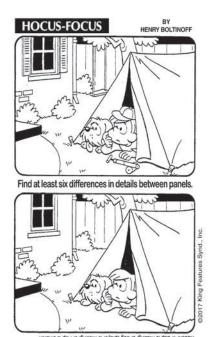
See if you can "leap" to the top of our word pyramid in less than three minutes. Starting with the given word DAREDEVIL, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order, beginning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

- 1. A reckless person 2. What the baby did.
- A Hanukkah toy.
 A Junior Whirl stumper.
- 5. Was made angry. Desperately urgent. Anger; wrath.
- 8. In reference to 9. A direction (abbr.)
- swers (From the bottom up): Daredevil, veled, dreidel, riddle, riled, dire, ire, re,
- W В R 0 5 6 5 4 3 7 5 2 8 2 5 MRG UE Y D В A 7 8 2 8 5 3 6 OR Т U 0 Т 0 8 8 3 2 4 6 6 D G 2 2 3 S E OM F F S E U 6 4 2 5 3 6 5 6 V NOOE0 7 6 3 2 7 2 6 GETLSEUDARDE

Wishing 🏝 Well®

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

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24 HOCUS FOCUS ouzzles \$3.50 • 24 Volumes • Order at: rbm

DOODLE PICS! The two pictures shown here are graphic presentations of familiar words, phrases or names. You have one minute to identify both. IT'S OXYMORON TIME! Below are two puzzle grids to fill in. Hints are given for each

1. Found just under water. 3. To disclose with permission. 4. To restore to soundness.

R F A K

Priswer. We counted 58. How about you?

Answers: 1. Reef-free, 2. Beak-bake, 3. Leak-lake, 4. Heal-hale,

Answers: 1. Fruit flies. 2. Downtown.

word. The words in Grid A use the same letters as the corresponding words in Grid B.

3. A body of water Free from illness.

1. Being at liberty.

2. A way to cook.

WOMEN'S HEALTH MONTH

Annual exams key to helping prevent serious illness

By Yan Kennon

Naval Hospital Jacksonville

JACKSONVILLE, Fla. -Preventive services are your best defense against preventable diseases.

"Prevention is the best medicine," said Navy Cmdr. Jennifer Wallinger, Naval Hospital Jacksonville director for public health. "Annual women's health service exams are the best way to maintain your health and diagnose potentially serious conditions for successful treatment."

Many issues women face are preventable and treatable. The top two causes of death for women are heart disease and cancer, with diabetes ranking seventh, according to the Centers for Disease Control and Prevention.

• **Heart disease**: Heart disease is the No. 1 cause of death in U.S. women. Key risk factors include high blood pressure, high LDL cholesterol and smoking. Other risk factors include diabetes, obesity, poor diet, physical inactivity and excessive alcohol use. Know your blood pres-



PHOTO BY JACOB SIPPEL

Tracy Stephens, a radiologic technologist at Naval Hospital Jacksonville, Fla., prepares a patient for a mammogram. Mammograms are the best way to find breast cancer early, when it's easier to treat and before it's big enough to feel.

sure, talk to your primary care manager about diabetes testing, quit smoking, talk to your PCM about cholesterol and triglyceride tests, make healthy food choices, limit alcohol and find healthy ways to cope with stress.

• Cervical cancer: Prevent cervical cancer with the right test at the right time. Get your first Pap test at age 21. If the test is normal, you can wait three years until the next Pap. After turning 30, you have a choice: get a Pap test every three years, or get a combined Pap and human papillomavirus test, and if both are normal, you can wait five years until the next screening.

Breast cancer: Mammograms are the best way to find breast cancer early, when it's easier to treat and before it's big enough to feel. Starting at age 40, talk with your PCM about when to start and how often to get a mammogram. You have the choice to get an

annual mammogram at age 40 and up.

 Colorectal cancer: Colorectal cancer is the third most common cancer in U.S. women. If you're age 50 or over, get screened now for colorectal cancer. Screening can find growths, so they can be removed before turning into cancer. Screening also finds cancer at an early stage, when treatment often leads to a cure. If you have risk factors, you might need to be tested earlier or more often.

• Diabetes: If you have diabetes, see your health care team every three to six months for an A1C test. This checks your long-term control of blood sugar. Make an appointment with your PCM today. You can discuss strategies to manage diabetes at home, work, school and while traveling.

• Chlamydia: Most people who have chlamydia don't know it, since there's often no symptoms. It's the most common sexually transmitted infection in the U.S. Women under age 25 - and older women with risk factors need chlamydia testing every

Talk to your health care provider about non-physical concerns, as well. Dealing with high stress, depression, difficulty sleeping or other non-physical health concerns are just as important to stay healthy.

Proper sleep, physical activity, and nutrition are key components of preventive health and day-to-day wellness.

Women need a mix of cardio and resistance or weight-bearing exercise at least three to five times a week to help prevent osteoporosis, heart disease, cancer and diabetes. Exercise also promotes good self-image, which is important to a woman's mental

Eating healthy is critical to women's health. A balanced diet of lean proteins, healthy fats, smart carbs, and fiber are essential elements to a proper diet.

For an annual well-woman exam, make an appointment with your PCM by phone or on TRI-CARE's Online Patient Portal at www.TRICAREonline.com.

Continued from Page D1

sprints 25 meters and back, followed by walking backwards while pulling a weighted sled to the line and back. Once back at the starting line, they grasp two 30-pound kettles, returning to the far line and back. After returning, this exercise requires them to sprint the 25 meters to the far line and back. This is a timed event.

• Leg tuck: Soldiers must grasp the bar with an alternating neutral grip in the dead hang position before flexing with

elbows, hips and waist to bring knees up, touching both elbows, before returning to the dead hang position and repeat as many times as possible.

- · Standing power throw: Soldiers must face backwards holding a 10-pound medicine ball, lower it to touch the ground, rises up and throw the ball backwards over their head as far as possible. Soldiers are allowed a practice throw and two record attempts.
- Three-repetition deadlift: Soldier steps inside a trap bar, feet shoulder width apart and bends at the knees

and hips while reaching down to grasp the handles with arms fully extended; stands up and lifts the bar by extending hips and knees until becoming fully upright, pauses, returns bar to the floor while maintaining flat back and without leaning forward. This is repeated two more times for a total of three repeti-

• 2-mile run: Soldier runs a 2-mile running course that is solid with no more than a 3 percent uphill grade and no overall decline.

"I think it's a really good program," said

Spc. Priscilla Gibson, 169th Engineer Battalion, human resource specialist. "If you train for it, it will definitely get you more physically fit than the current PT test. It challenges you more - instead of three events there are six."

Forester agrees.

"The test was great from a fitness aspect, it provides well-rounded feedback on multiple dimensions of fitness," he said.

Although the grading for the ACRT has yet to be determined, officials said there will be a minimum baseline standard without "go" or "no go" events.

TRICARE

Continued from Page D1

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

Your new regional contractor will contact you with instructions on how to update your payment information.

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

The best ways to prepare for the upcoming changes are to update your information in DEERS –visit https:// tricare.mil/Plans/Eligibility/DEERS for more -- sign up for TRICARE benefit updates at https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new?topic id=USMHSTMA_347 and visit the TRICARE changes page at https://tricare.mil/changes.

FORT RUCKER SPORTS BI

The Fort Rucker 2017-2018 Deer Season has begun. Archery season continues through Feb. 10. Gun season runs from Nov. 18 through Feb. 10. Antlered bucks only, with three points or better on one side for both archery and gun

For more information, call 255-4305.

Spooky 5K

The Fort Rucker Physical Fitness Center will host the annual Spooky 5k, 1-Mile Fun Run and Costume Contest, Saturday. Participants are encouraged to pre-register for the event. Forms are available at both PFCs and online at rucker.armymwr.com. The fun run is free, open to all children and will begin after the 5k is completed. Each fun run participant will receive a medal. There will be a costume contest with first-place trophies for overall best costume, scariest costume, and most original costume in both adult and children categories. The costume contest is free to enter and will start at 8:15 a.m.

For more information, call 255-2296.

Monster Bowl

Rucker Lanes will host its annual Monster Bowl, "Zombies vs. Aliens," Saturday. There will be a costume contest at 9 p.m. for children up to age 7 and at 10 p.m. for ages 8 and above, including adults – along with extreme bowling. Cost will be \$15 per person with

person. Prizes will be awarded for the best costumes and there will also be giveaways throughout the night.

For more information and to make lane reservations, call Rucker Lanes at 255-9503.

Trail ride

Fort Rucker Outdoor Recreation will host its all-terrain vehicle and dirt bike trail ride Nov. 4 from 7 a.m. to 1 p.m. Pre-registration is required and the cost is \$20. Drivers must pass the safety driving test through ODR before participating. Participants must provide their own ATV or dirt bike, and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public for ages 16 and up.

For more information, call 255-4305 or

Thursday Evenings on the Range

Silver Wings Golf Course hosts its Thursday Evenings on the Range with PGA professional Ty Andersen Thursdays from 5-6 p.m. at the driving range. Cost is \$10 and can be paid at the pro shop before the session starts. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

Rucker Gold Fitness Jump Start

The Fortenberry-Colton Physical Fitness

unlimited bowling. Shoe rental will be \$2 per Center will host its Rucker Gold Fitness Jump Start Nov. 8 from 11 a.m. to noon. The class is designed for people over 50 who want to enhance their quality of life by learning how to become more physically active. Jump Start will go over the basics of yoga, posture and cardiovascular programming. The instructor will lead participants through movements and answer questions on how to be stronger

and live longer. Due to limited space, organizers recommend people pre-register. To register or get more information, call 255-2296 or 255-

Youth deer hunt

Fort Rucker Outdoor Recreation will host a youth deer hunt on Nov. 11. The cost is \$20 and it is open to the public for youth ages 7-15. Parents and escorts of youth hunters must have an Alabama State Hunting License and a Hunter Safety Education Course completion card. No antlerless deer are allowed to be harvested. Spike bucks and larger will be allowed to be harvested only if the youth is registered with ODR and participates in the Nov. 11 youth hunt. Door prizes and lunch will be provided. Prizes will be awarded for first, second and third place.

People can sign up at the ODR service center located on West Beach of Lake Tholocco. For more information, call 255-4305.

The annual Fort Rucker Turkey Trot 5K and 1-Mile Fun Run will be held Nov. 11 starting at 9 a.m. at the Fort Rucker Physical Fitness Center. Participants are encouraged to pre-register at either PFC. Preregistration fee is \$20 by Nov. 5. Nov. 6 and up to race day, entry fee is \$25. The no T-shirt option fee is \$12. Teams of eight people will pay \$120 (\$15 per team member), each additional person pays the normal registration fee. Only eight medals will be awarded per team. The Top 3 teams will be awarded streamers. All pre-registered competitors will receive a T-shirt. After Nov. 5, all teams will pay \$160 (\$20 per team member). Competitors registering after Nov. 6 will receive T-shirts while supplies last. Fun run registration is free to all children 12 and under, and each child will receive a medal. T-shirts are \$10. Turkeys will be awarded to the overall winners in the male/female, master/grandmaster male and female, and 14 age group categories.

Stars and Strikes

Rucker Lanes Bowling Center will host its Stars and Strikes special Nov. 11 from 10 a.m. to 9 p.m. People will be able to get 25-cent games and 50-cent shoe rentals per person. The event is open to the public.

For more information, call 255-2296.

For more information, call 255-9503.

Super Crossword

Answers

Weekly SUDOKU ___

Answer

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

Answers

- 1. Hydrogen
- 2. Excalibur
- 3. Jupiter with at least 67
- 4. South Dakota 5. Copper and tin
- 6. 10 points
- 7. Honolulu 8. More than 24
- 10. Scotland

9.538

