

Program seeks to spread holiday spirit

Story on Page A3



Youth center provides a place for more than just play

Story on Page C1



Nutrition expert offers tips to survive holiday calorie nightmare

Story on Page D1



ARMY FLYER

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HONORING SACRIFICE

Cabin to provide haven for Wounded Warriors

By Nathan Pfau
Army Flier Staff Writer

After two years of planning and preparation, Fort Rucker broke ground on a project to provide a place where wounded warriors can find an escape.

The installation held a groundbreaking ceremony Tuesday on East Beach at Lake Tholocco for the Wounded Warrior Retreat by The Lake, which will be a handicap-accessible cabin built specifically to cater to the needs of wounded warriors and their families, according to Conrad Stempel, Wiregrass Wounded Veterans Committee co-chairperson.

In an effort with the WWVC, the cabin has been funded entirely by donations by more than 50 clubs, churches, businesses and organizations, Stempel said.

"It's the strength and hard work of our member organizations and our volunteers who allow us the honor to build and donate to Fort Rucker the cabin that you have named the Wounded Warrior Retreat by the Lake," said Stempel during the groundbreaking ceremony. "The Wounded Warrior Retreat by the Lake honors the service and sacrifices made by our wounded and disabled veterans and their families. We thank all of you who are with

us here today and we thank you for everything that you've done."

The three-bedroom, two-bathroom cabin will feature all of the amenities of the other cabins on the lake, including full furnishings, a full kitchen, televisions with satellite and DVD players and complimentary wireless high-speed internet access, but will also feature wider halls and doorways to make the cabin fully handicap accessible.

"The majority of the people who have worked on this project are retired or former military, so we are all tied to Fort Rucker," said the WWVC co-chair. "It means a lot to us because we've been there and our families have been there. It's very important that we recognize that we have wounded and disabled service people, but every one of those people has a family – the intent is to try and help them."

William G. Kidd, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, was on hand during the ceremony to thank wounded warriors and their families for the sacrifices they've made throughout the years, as well as those involved in bringing the project to fruition.

"John F. Kennedy said, 'As we express our gratitude, we must never forget that the highest apprecia-



PHOTO BY NATHAN PFAU

Command Sgt. Maj. Gregory M. Chambers, Aviation Branch command sergeant major; CW5 Joseph B. Roland, chief warrant officer of the Aviation Branch; William G. Kidd, USAACE and Fort Rucker deputy to the commanding general; Charles Seitz, WWVC member; Conrad Stempel, WWVC co-chair; Tim Laster, former DFMWR director; Billy Cotter, Billy Cotter Construction; Col. Brian E. Walsh, Fort Rucker garrison commander; and Command Sgt. Maj. Christopher D. Spivey, Fort Rucker garrison command sergeant major, take part in the groundbreaking ceremony of the Wounded Warrior Retreat by the Lake on East Beach at Lake Tholocco Tuesday.

tion is not to utter words, but to live by them," said the deputy to the commanding general. "Tremendous words, because it talks about us and the service that our wounded warriors have given us and the appreciation we have.

"We're going to start the journey of completing this cabin that will benefit our wounded warrior, and we need to get at that because this is a time for doing things and not talking," he said. "I want to thank our wounded warriors who were able to come here today. Thank you for your service and your sacrifice to our nation, and we hope that this facility, though it will never repay you for the sacrifices you've made, will at least give you an opportunity to at least enjoy some of the

freedom and some of the things that you have given to us through your commitment and your sacrifice."

For Robert Green, Purple Heart recipient and commander of the Purple Heart Enterprise Chapter, the ceremony was a great way for the community to show its commitment to wounded veterans and their family members, which is something he said is needed.

"This means a lot for (the community) to recognize (wounded veterans)," said Green. "We went out and we gave, so it means a lot for them to keep going to support the wounded warriors."

Green, who was drafted into the Army and served in Vietnam, was wounded on his first day in the field, which also happened to be

his 21st birthday. He said that when a Soldier is wounded in battle, it often extends beyond the physical wounds.

"If you've ever been wounded, it breaks your spirit – that's the thing with a lot of these guys and ladies," he said. "They get wounded and their spirit gets broken. This right here will help their spirits a lot and let them know that somebody still supports them."

The cabin is slated for completion in six to eight months, said Stempel, and as with all of the equipment and amenities available to wounded warriors through Fort Rucker Outdoor Recreation, there will be no cost to wounded warriors and their families for use of the cabin.

HOLIDAY HAPPENINGS



COURTESY PHOTO

Members of the Maneuver Center of Excellence Fort Rucker Detachment Band perform Christmas classics during the Commanding General's Holiday Concert last year. This year's concert will be Dec. 11 from 7-8 p.m. at the post theater.

Army band set to deliver holiday spirit with concert

By Nathan Pfau
Army Flier Staff Writer

The season for giving is upon the Wiregrass and Fort Rucker offers up the gift of music to help people get into the holiday spirit with the Commanding General's Holiday Concert Dec. 11.

This year's concert, "Holiday Classics," will be from 7-8 p.m. at the post theater and will feature the Maneuver Center of Excellence Band's entire

ensemble, to include Soldiers from Fort Benning, Georgia, and the Fort Rucker detachment, said Capt. Aaron Morris, Maneuver Center of Excellence band commander.

The concert is free and open to the public, and throughout the evening of music, people will be able to enjoy a mixture of classic holiday music from traditional productions, such as, "Sleigh Ride," "The First Noel," and "What Child is This," as well as more contemporary pop hits, like "This Christmas," and Bruce Springsteen's version of "Santa Clause is

SEE CONCERT, PAGE A5

The Landing hosts Breakfast with Santa

By Jeremy Henderson
Army Flier Staff Writer

Breakfast might truly be the most important meal of the day—especially for area children Dec. 9 when The Landing welcomes families to enjoy its annual Breakfast with Santa.

The event is scheduled for 9 a.m. to noon at The Landing, and features a wholesome meal and a meet-and-greet session with the big guy from the North Pole, according to Tim Carter, DFMWR food and beverage program manager.

"The Breakfast with Santa event starts up the [holiday season] with great food at an affordable price," Carter said. "[It] brings the family together with other families from the military community."

The breakfast will feature a buffet-style menu with children-friendly favorites, according to Janice Erdlitz, DFMWR marketing director.

"Attendees can expect a variety of brunch favorites, including eggs, bacon, sausage,



PHOTO BY NATHAN PFAU

Kerrigan Ross, military family member, visits with Santa during Breakfast with Santa at The Landing last year.

SEE BREAKFAST, PAGE A5

PERSPECTIVE

‘I ALMOST SHOT MY FACE OFF’

Following 10 Commandments of Firearms Safety greatly reduces accident chances

By CW3 Jay A. Bachman
2-159th Regiment (Attack
Reconnaissance)
Illesheim, Germany

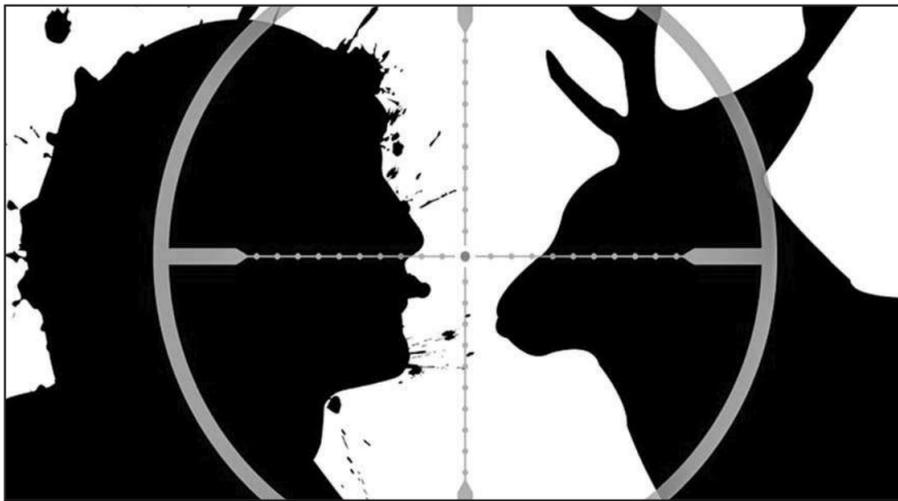
(Editor's note: This article originally appeared in the Army's safety magazine, "Knowledge.")

Back in 1994, I was a new private assigned to my first unit at Fort Hood, Texas. I was away from home and didn't get back much during the holidays.

In an effort to get me out of the barracks and away from the usual trouble young Soldiers get into, my squad leader invited me to go hunting. I told him I'd never hunted before, but I had done plenty of fishing and camping when I was younger. Wanting to try something new, I accepted his offer.

Since we were at Fort Hood, I was required to attend a mandatory hunter safety course before I could hunt on post. I figured it was a good idea, so I went in with an open mind and actually learned a few things about hunting. A few weeks later, we scheduled a Saturday morning to go out via range control to shoot a few deer.

I didn't own a rifle, so my squad leader loaned me one – an old Czech sniper rifle that shot .223 rounds. He explained the safety, how to use the scope and how to safely load and unload the rifle. After a short HMMWV ride to the north-side training areas,



USACRC GRAPHIC

I was told where to find my assigned treestand.

As I climbed into the treestand, I was really excited about the opportunity to shoot my first deer. I then finished setting up my Thermos of coffee and the food I brought to snack on. Once I scoped out the area for deer, I decided to load my rifle and put it on safe so I was ready to take the shot as soon as a monster buck presented himself. Well, a few hours passed and I still hadn't seen anything but an armadillo (which I actually considered taking a shot at to kill the boredom). I must have loaded and unloaded the rifle three or four times to break the monotony of sitting there by myself with nobody to talk to.

Then I did it! No, I didn't take down my first trophy deer on my first day of hunting. I must have dozed off with my finger in the trigger well of the loaded rifle. You can guess what happened next. I actually shot a round about three inches from my face and put a bullet hole in the bill of my hat and the top of the treestand. That woke me up for sure! I thought I was too smart and responsible for something like that to happen. I then wondered if my death would have been ruled a suicide or hunting accident. Heck, I was 19 years old and knew I had too much to live for.

About an hour later, the HMMWV returned to pick me up. All the guys asked if I'd shot a deer. They'd heard the gunshot

from their treestands and thought I'd bagged one. I was too embarrassed to tell them that I'd almost killed myself by being incredibly stupid, so I just said I had a poor shot and missed a small deer. Until now, I've never told anyone about that experience – the day I almost shot my face off.

FYI – Accidents can be greatly reduced by following the Ten Commandments of Firearms Safety.

1. Always keep the barrel pointed in a safe direction.
2. Treat every firearm with the respect you give a loaded weapon.
3. Be sure of your target and what is in front of it and beyond it.
4. Keep your finger outside the

trigger guard until you are ready to shoot.

5. Check your barrel for obstructions and only carry the proper ammunition for your weapon.
6. Unload all firearms when not in use.
7. Point a firearm only at something you intend to shoot. Avoid all horseplay with a gun.
8. Don't run, jump or climb with a loaded firearm. Never climb a fence or jump a ditch with a loaded weapon. Never pull a weapon toward you by the barrel.
9. Store firearms and ammunition separately and safely. Store them in a secured location away from the reach of children.
10. Never consume alcoholic beverages before or during shooting.

Knowledge magazine is always looking for contributing authors to provide ground, Aviation, driving and off-duty safety articles. Don't let the fact that you've never written an article for publication scare you. Knowledge editors promise to make you look good. By sharing your knowledge, you can make a valuable contribution to those who need your information to do their jobs safely. Your article might just save another Soldier's life. To learn more, visit <https://safety.army.mil/MEDIA/Knowledge/TellYourStory.aspx>.

Rotor Wash

“Winter is here and the cold will soon be upon us. What tips can you offer to help keep warm during the colder months?”



Spc. Dyketa Raines,
597th Maintenance
Detachment

“Stay by a fireplace.”



2nd Lt. Jake Glenn,
1st Bn., 145th Avn. Regt.

“Wear a sweater – that's what I would do.”



Martha Miller,
military spouse

“Have an electric blanket.”



Pfc. Ezequiel Sanchez, A
Co., 1st Bn.,
11th Avn. Regt.

“Wear proper clothing.”



Michael Janik,
civilian

“Get out and exercise. Jogging or doing charity 5Ks are excellent ways to stay warm and give back to the community, and this time of year is perfect for going on a hike or a scenic bike ride.”

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FORT RUCKER COMMANDING GENERAL

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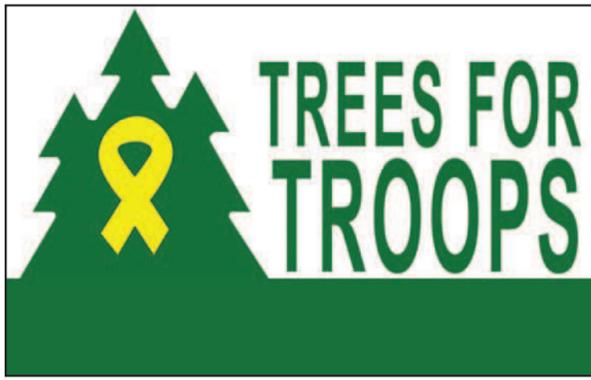
Program seeks to spread holiday spirit

By **Jeremy Henderson**
Army Flier Staff Writer

Military families at Fort Rucker don't have to wait until Christmas day to enjoy all of their gifts, as Trees for Troops will be handing out free Christmas trees to them Saturday at 8 a.m. at the Bowden Community Center at 9700 Division Road.

"At this time of year, finances can be tough for Soldiers and family members," Teresa Whitman-McCall, DFMWR RDS program manager, said. "Presents, travel expenses, entertainment and decorations are all costs that add up on a family's Christmas budget. Trees for Troops helps out by taking one expense off of the military community by providing a high-quality tree so families can celebrate the season."

According to McCall, the



COURTESY GRAPHIC

trees are available to any active-duty military members and their families. The first 125 Soldiers or family members in line with a valid military ID will get a tree.

"Trees are available on a first-come, first served basis to all military ID card holders," she said. "Soldiers and family members are eligible by show-

ing their ID card. Trees are donated by Christmas tree growers throughout the country.

"We wish we had enough trees for every Soldier, but we are thrilled to offer approximately 125 trees for 2017," she added. "This is approximately a 40-percent increase in the number of donated trees from last year."

DFMWR and the Better Opportunities for Single Soldiers representatives will be available Saturday to hand out the trees for selected families at the Bowden Community Center beginning at 8 a.m., according to McCall. BOSS Soldiers will be on site to help with loading, but cannot deliver trees directly to homes. Families are asked to bring straps or ropes to secure the tree for transport.

According to McCall, Trees for Troops will surpass the 200,000th tree mark and is expected to deliver at least 17,000 trees this holiday season. Trees for Troops, a program co-founded by the Christmas SPIRIT Foundation and FedEx in 2005, provides hundreds of trees to military families across the United States each year.

"Christmas trees symbolize all that is merry and bright

about the holiday season," she said. "Evergreen trees have been used for thousands of years to celebrate the winter solstice. It became part of a Christian tradition to bring a tree into the house around the 16th century.

"Christmas is a time for joy and giving," she added. "Having a Christmas tree in your house, all lit up with sparkling lights and decorated with special ornaments helps Soldiers and family members remember what is best about the season -- family and friends. Just seeing a Christmas tree brings happiness and joy to our lives and helps us remember all the wonders that life brings."

For more information, call 255-9810 or visit <https://rucker.armymwr.com/> to check out all the available programs and events occurring on Fort Rucker this holiday season.

JCS enlisted adviser: U.S. forces ready to fight, win

By **Lisa Ferdinando**
Defense Media Activity

WASHINGTON — The military's top enlisted adviser said Monday that on the worst day of his military career, he knew he was in good hands with the U.S. armed forces.

"We were pinned down, under fire, and when [we] called for a quick reaction force, I was not worried about what race, what gender, or who the other person was on the other end," Command Sgt. Maj. John Wayne Troxell recalled about the events of July 19, 2007.

That day, his patrol came under attack in Iraq and one of his Soldiers, Cpl. Brandon Craig, was killed, and another was severely wounded.

"I just knew there was an American voice on the other end that said 'sergeant major, we're coming to get you' — and that's the bottom line, and that's why the U.S. armed forces is what it is today," he said.

Troxell and the enlisted service chiefs spoke at a Pentagon press briefing following the first day of meetings for the Defense Senior Enlisted Council — an annual executive-level conference to address issues impacting the joint enlisted force.

DISCUSSIONS ON ENLISTED FORCE

Troxell was joined by Sgt. Maj. of the Army Daniel A. Dailey; Sgt. Maj. of the

Marine Corps Ronald L. Green; Master Chief Petty Officer of the Navy Steven S. Giordano; Chief Master Sgt. of the Air Force Kaleth O. Wright; and Master Chief Petty Officer of the Coast Guard Steven W. Cantrell.

"It's an incredible opportunity for all of us to be here today all at one time to talk about the backbone of our armed forces — that being our enlisted force," he said.

Discussions included policy, enlisted leader development and personnel readiness, which includes the manning, equipping and training of forces, especially under the ongoing budgetary constraints, he said.

Despite budgetary and other challenges, the U.S. armed forces remain the world's premier fighting force, the sergeant major said.

"From an overall perspective, we can say that our U.S. armed forces are always ready to fight and win our nation's wars," Troxell said, "but readiness under a resource-constrained environment takes its toll over the years."

Members across the total force feel the budget constraints, he said. A takeaway from his conversations with troops around the globe is that consistency and predictability — whether in pay and entitlements, or training and operational deployments — are factors in keeping morale high.

Despite the challenges, the military is always ready to fulfill its commitments to



DOD PHOTO

Deputy Defense Secretary Patrick M. Shanahan speaks to service senior enlisted advisers during lunch at the Pentagon Nov. 27.

the nation, he said.

"We absolutely still, as a U.S. armed force, can defend our homeland and our way of life. We can absolutely meet our alliance commitments and support our partners," Troxell said. "We absolutely have warfighting advantages in every warfighting domain, specifically in the human domain."

The services are tasked with the monumental job of manning, training and equipping the force to perform warfighting, peacekeeping and humanitarian tasks, he said.

"Our nation depends on our ability to be in the right place at the right time with the right qualities and capacities to protect our nation," he said.

HUMAN DOMAIN ADVANTAGE

The men and women who serve, Troxell said, are the most important aspect of the armed forces.

"We know that without a doubt our people are not only our most valuable resource but they are also our greatest competitive advantage when it comes to fighting and winning our nation's wars," he said.

Further, how the military educates, develops and empowers its enlisted leaders will be the decisive factor in accomplishing the missions the country asks of the military, the sergeant major said.

Troxell and the combatant command senior enlisted leaders are scheduled to hold a news briefing tomorrow, with a focus on joint operations, global integration and international partnerships.

U.S., Afghan forces target Taliban drug labs, hit 'where it hurts'

By **Lisa Ferdinando**
Defense Media Activity

WASHINGTON — U.S. and Afghan forces conducted a series of strikes Sunday against Taliban drug labs, to target the revenue streams of the terrorists, according to the Resolute Support mission and U.S. Forces Afghanistan commander.

The combined operations struck seven Taliban drug labs and one command-and-control node in northern Helmand province, Gen. John W. Nicholson told Pentagon reporters Monday.

Nicholson, who spoke via teleconference from Kabul, Afghanistan, said northern Helmand is the so-called emirate of the Taliban where the terrorists have enjoyed relative freedom of action and where much of their drug enterprise is located.

"Specifically, in striking northern Helmand and the drug enterprises there, we're hitting the Taliban where it hurts, which is their finances," he said.

The Afghan air force led the strikes yesterday with A-29 Super

Tucano attacks against drug labs and then, last night, they were supported by U.S. Air Force B-52 Stratofortresses and other strike aircraft, to include the F-22 Raptor, the general said.

NARCO-INSURGENCY

The terrorists are increasingly turning to narcotics trafficking, as well as illegal mining, kidnapping and murder for hire to fund their insurgency, Nicholson said.

"To some extent it's fair to say that this movement has evolved into a narco-insurgency so their profits from narcotics now exceed their operating expenses," he said. "We find that the leadership of the Taliban fight over the money and it's often divided along tribal lines."

He said law enforcement officials have told him that about 4 percent of the heroin in the United States is from Afghanistan — and they say that number might grow.

Nicholson said the strikes did not target the poppy farmers, but rather the production facilities. He explained that the farmers are forced by terrorists to grow the



DOD NEWS SCREENSHOT

A screenshot from the briefing that Gen. John W. Nicholson, commander of NATO's Resolute Support mission and commander of U.S. Forces-Afghanistan, gave to Pentagon reporters Monday.

crop that is processed into opium, morphine and then heroin.

The general complimented the Afghan government and security forces for their efforts in the fight. The security forces are brave and have sacrificed much, he said, adding that their capacity is growing and they are doing well in the battlefield.

"Our message to the enemy is that 'You cannot win the war — it's time to lay down your arms and enter into the reconciliation process,'" he said. "If they don't, they're go-

ing to be confined to irrelevance as the Afghans expand their control of the country — or death."

"These are the choices they face," Nicholson added.

NEW AUTHORITIES ALLOWED STRIKES

Three of the strikes were in Kajaki district, four in Musa Qalah district and one in Sangin district. The strikes were carried out under new authorities in the current U.S. Afghan strategy, he explained.

Under the new strategy, which

is not yet 90 days old, U.S. forces can "attack the enemy across the breadth and the depth of the battlespace," as well as their financial networks and revenue streams, the general said.

Nicholson noted previous authorities required U.S. forces to be operating in proximity to Afghan forces, so the U.S. forces could strike in defense of the Afghan forces. However, targets such as support infrastructure, training bases and infiltration lanes really were not included under those previous provisions, he explained.

The combined strikes Sunday were the result of many hours of planning and the result of trust and close cooperation between the United States and Afghanistan, the general said. "Our message to the Afghans is very straightforward: 'We are with you, and we will stay with you.'

"Their fight on terror is the most important fight in the world and it's a fight on behalf of us, as well as them," Nicholson said.

It's a fight that secures the U.S., the coalition and Afghanistan, he added.

News Briefs

Amnesty day

Fort Rucker Amnesty Day for ammunition and explosives is scheduled for Wednesday from 8 a.m. to 3 p.m. at the ammunition supply point off of Christian Road. Personnel with authorization to access Fort Rucker may anonymously drop off any unused, unwanted or unauthorized military or commercial ammunition and explosives.

For more information, call 255-4224 or 255-4898.

Security guard job fair

People with security or law enforcement ex-

perience who are interested in becoming a federal security guard at Fort Rucker are invited to attend a free informational workshop that covers the essentials of the federal application process, with particular emphasis on crafting a quality USAJOBS-compliant résumé for this position. The first dates for training are Dec. 12-13 at the Kelly Adams Building in Rm. 212 at 435 Luther Drive, Troy. There will be two, two-hour iterations of the workshop — at 9 a.m. and 2 p.m. Other local dates will be announced at a later time.

Attendees do not need to bring anything with them. All workshop materials will be provided to every attendee, including free copies

of Kathryn Troutman's "The Jobseekers Guide, Ten Steps to a Federal Job® for Military and Spouses." People don't even need to bring their résumé for review as there will not be adequate time for the presenter to review the document between sessions, according to organizers.

Mike Kozlowski, a certified federal job search trainer and Career Coach® will guide attendees through the steps they need to create a federal résumé for this position, as well as directing them through some of the finer points of the application process. Representatives from Fort Rucker's Department of Public Safety will also be on-hand to field people's

questions and concerns.

Seating is limited to 30 people per session. To register or get more information, call 334-255-2594. People can also make reservations by calling 334-347-0044.

Beauty shop closure

The beauty shop inside the mall at the Fort Rucker Post Exchange will close Dec. 7 until a replacement contractor can be found. Army and Air Force Exchange Service officials said they hope to have a replacement in operation in the mid-January timeframe.

For more information, call 334-503-9044.

ON THE GROUND

Isolated from U.S. military, small Army post looks to rid West Africa of terrorism

By Sean Kimmons
Army News Service

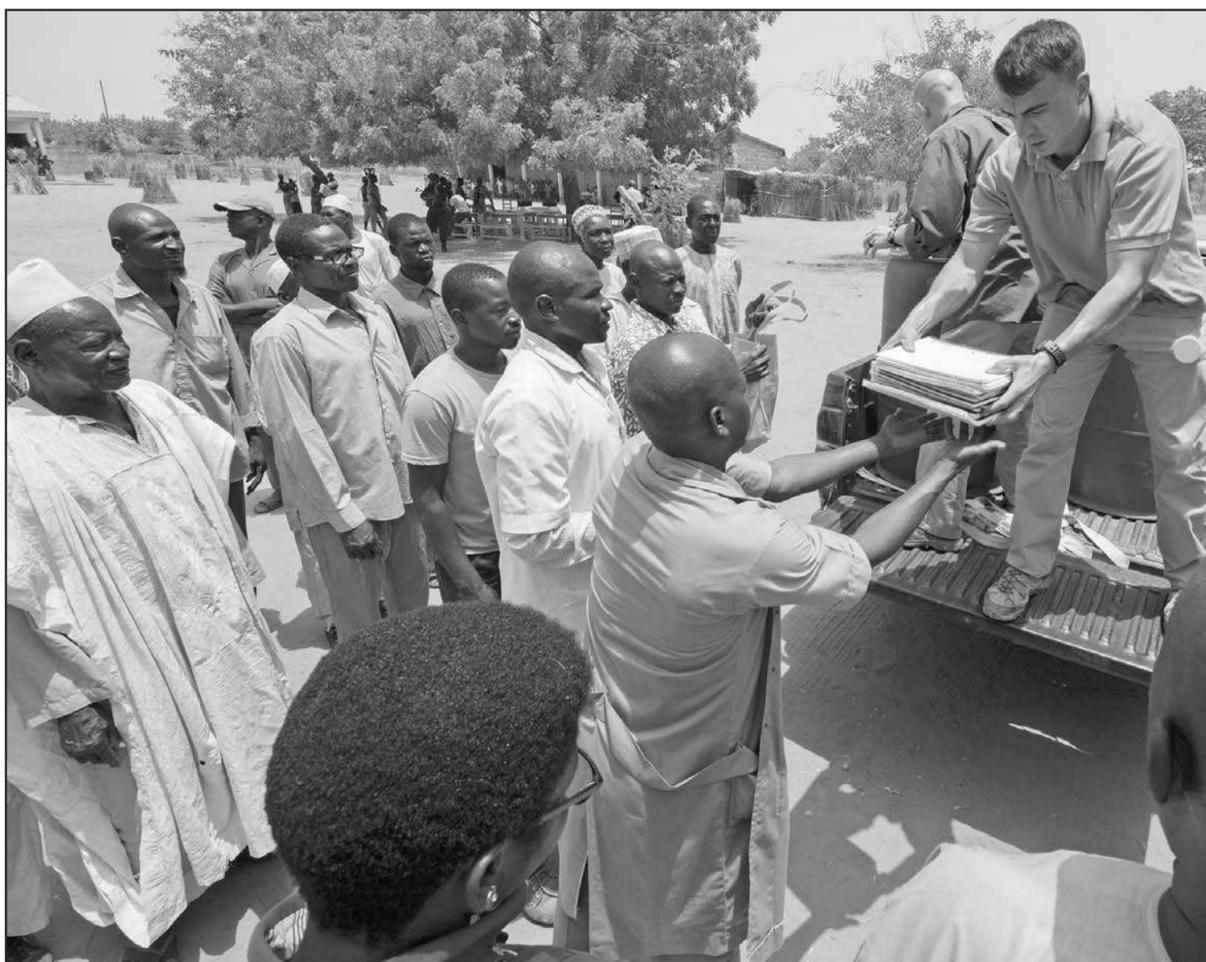
CONTINGENCY LOCATION
GAROUA, Cameroon — At a newly established U.S. Army outpost in a sun-scorched area of northern Cameroon, there's a small task force with larger implications than its size may suggest.

With about 200 Soldiers, Airmen and contractors, the unit supports Cameroon's military in its fight against Boko Haram. The violent extremist group is responsible for killing, kidnapping and displacing thousands of people and still operates roughly 60 miles from the base.

The task force provides security and logistics support for U.S. Africa Command's unmanned aircraft systems, which gather intelligence, surveillance and reconnaissance of nearby hot spots to help the Cameroonians locate and defeat the enemy.

"We're not in the fight ourselves," said Maj. Max Ferguson, commander of the 101st Airborne Division-led task force. "We're not shooting missiles, we're not on the ground taking the fight to the enemy, but we're assisting them with information and intelligence."

In October, Ferguson's unit was replaced by Soldiers from the 10th Mountain Division to continue the same mission.



PHOTOS BY SEAN KIMMONS

Sgt. 1st Class Sean Acosta, the NCO in charge of an Army civil affairs team attached to the 101st Airborne Division-led task force, hands out school supplies to villagers April 21. The donated supplies will be used by students at a primary school in northern Cameroon.

WARRIOR-DIPLOMAT

As the first foreign military presence to be stationed in the former French colony since it gained independence in 1960, the task force also serves as an experiment in the U.S. government's strategy in West Africa.

"Most of the older [Cameroonian] adults remember being a colony under the French," Ferguson said, "so it's in their DNA to be cautious and mistrustful of foreign government involvement in their country."

With no U.S. State Department personnel stationed in the area, Soldiers are often placed into a warrior-diplomat role, representing the American government wherever they go. Any misconduct by a Soldier could spark controversy and put the nascent relationship between both countries in jeopardy.

"We're mindful of that and we make sure our guys treat everybody with dignity and respect," said Ferguson, 33, of New Rochelle, New York. "We want to put our best foot forward so that people get a good impression."

Travel restrictions due to the Boko Haram threat also prevent many Americans from traveling this far north into Cameroon. The lack of American presence puts Soldiers even more under the spotlight.

Soldiers recognize they may be forming a Cameroonian's opinion of who an American is in person, Ferguson said, as many of them just have preconceived notions of Americans from Hollywood films or mass media.

"When we go out in town and meet Cameroonians it's very plausible that is the first time they've met an American," he said.

For locals to see firsthand the value of having U.S. forces in the region, Soldiers strive to help communities through civil affairs projects, supporting orphanages and schools, boosting the local economy and improving sanitation at the regional hospital.

Those efforts, according to the major, assist the U.S. government in building trust and cooperation with the country and its people.

"I can show and demonstrate the goodwill and the benefits of having an American presence here in their country," he said.

The Cameroonian Air Force Base in Garoua, where the Army outpost has been located since 2015, has reaped the rewards of these projects, too. Soldiers have delivered supplies and desks to the school on base so children aren't forced to sit on the ground, and Army medics have lent a hand to nurses at the base clinic, among other projects.

"The partnership is going ev-

erywhere now — it's not only military," said Cameroonian Col. Barthelemy Tsilla, the air base commander.

Tsilla's airmen fly close air support missions against Boko Haram and rely on the task force's capabilities to find enemy fighting positions for them. In turn, the air base offers an extra layer of protection around the Army outpost to keep U.S. troops safe.

"We have a big responsibility to look after our American friends who have come to help us," Tsilla said, adding that the professionalism of the Soldiers has impressed him. "As things are going, it's very easy to work with them. The U.S. Army is very disciplined and respectful. That is very important."

ON-SITE DANGERS

Even with Cameroonian guards outside the gate, along with Hesco barriers, lines of concertina wire and sentry towers manned by Army infantrymen, many dangers still lurk inside the camp.

From venomous snakes to large spiders, malaria-infected mosquitoes and other harmful insects, Soldiers can fall victim to bites that are painful for a long time or can be life-threatening.

"As far as the wildlife goes, there are all kinds of things that can hurt you," Ferguson said.

A few times each week, Soldiers come across carpet vipers, black

mambas, cobras or other types of snakes. Instead of using a red light for tactical purposes at night, Soldiers beam white lights on the ground so they can spot a snake slithering by them. "We're more concerned about getting [bit] by a snake waiting to attack a lizard, mouse or something else that lives on this camp," he said.

Spc. Warren Stuart, a task force member who just so happens to be a former park ranger from South Africa's Greater Kruger National Park Region, taught a safety class to fellow Soldiers.

Using his extensive knowledge of deadly snakes, he recently recorded a video of him teaching the class, so those arriving to the camp after him can still be prepared.

"It's literally life or death," the 32-year-old South African said. "One mistake or one slip-up, and you're potentially dead or you've lost your career because you're missing your arm or hand."

With no anti-venom treatment available at the camp and only a Role I aid station to treat Soldiers, the task force spends a lot of time refining its medical evacuation procedures.

"It doesn't really matter how someone gets hurt," Ferguson said, "we focus a lot of attention on our medical plan because [Landstuhl Regional Medical Center in] Germany is 3,000 miles away."

While medics can stabilize a

patient for a limited amount of time, the task force can either wait for a U.S. military aircraft to transport them to Germany or to a closer military hospital in an allied country. If the injury is too severe, Garoua's regional hospital, can be used.

GEOGRAPHICALLY SEPARATED

Being isolated from the rest of the U.S. military presents additional challenges. Because of its location, the task force has a more intricate chain of command.

"In this deployment, I like to relay that I have two dads and an uncle," Ferguson said.

The major explained that his unit has a higher headquarters with the 101st Airborne Division at Fort Campbell, Kentucky, but it is operationally controlled by U.S. Army Africa command in Vicenza, Italy. There is also a strong coordinating relationship with the U.S. Embassy in Cameroon.

"Between those three, I have to balance all the different requirements and expectations," he said. "Balancing all of those has become a bigger challenge than I've ever had to deal with."

On the other hand, the isolation gives the task force the ability to assign more responsibility to its younger Soldiers, who often have to be the jack-of-all-trades to complete tasks.

"This is mission command at its finest," the major said. "We are spread out [with] junior leaders across a decentralized area making decisions and having huge impacts."

With Army leaders seeing the future of warfare being more complex with Soldiers fighting in a multi-domain battlefield, these types of missions that allow empowered young leaders to lead dispersed forces may become the new norm.

"Every mission is going to be unique," said Brig. Gen. Eugene J. LeBoeuf, acting commander of U.S. Army Africa.

"I know somewhere in the future we're going to deploy Soldiers who are not going to know exactly what they need to do, and we're not going to give them the exactly right [amount] of equipment," he added. "But we know that they need to go there and solve a problem."

For the task force, overcoming its problems so it can continue its mission could greatly influence Cameroon and other West African countries to be stronger allies against terrorist groups.

"The future is bright," LeBoeuf said of the region. "But the future is bright because of the institutions in these countries."

"If we can help strengthen [those institutions], then we have a partnership for years and years to come."

Fort Rucker Chapels 2017

Holiday Worship Services & Events Schedule

CATHOLIC (MAIN POST CHAPEL, BLDG 8940)	
22 Nov (1700)	Thanksgiving Eve Mass
24 Dec (1600)	Children's Christmas Eve Mass
24 Dec (2200)	Christmas Eve Mass
25 Dec (0900)	Christmas Day Mass
31 Dec (1700)	New Year's Eve Mass (Holy Day of Obligation)



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JEWISH (MAIN POST CHAPEL, BLDG 8940)	
2-10 Dec (1700)	Hanukkah

PROTESTANT (HEADQUARTERS CHAPEL, BLDG 109)	
22 Nov (1130)	Thanksgiving Service

PROTESTANT (MAIN POST CHAPEL, BLDG 8940)	
10 Dec (1600)	Annual Children's Christmas Drama
13 Dec (1700)	German Christmas Service
24 Dec (1900)	Christmas Eve Candlelight Service

For more information, contact the Religious Support Office, 334-255-2989/2012.

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IMPROVED FORECASTING

Army scientist studies thunderstorms to improve battlefield missions

By Jenna Brady
Army Research Laboratory
Public Affairs

ADELPHI, Md. — An Army scientist working at the Army Research Laboratory has discovered a new pattern in the evolution of thunderstorms that can be used to better predict how weather and the environment will affect Army assets, such as unmanned aircraft systems, on the battlefield.

Dr. Xiping Zeng, ARL meteorologist, recently presented his research at the 2017 NASA Precipitation Measurement Meeting, where he discussed how thunderstorm research is vital to the military and how two environmental factors that develop during these storms need to be better predicted and closely monitored: downdrafts and super-cooled raindrops.

Strong downdrafts can lead to strong surface gusts, and super-cooled rain drops, which remain liquid with a temperature below zero degrees Celsius, freeze immediately after colliding with aircrafts.

“These two factors are disastrous to UAS, as they cause them to fall to the ground,” Zeng said.

“However, no current model accurately predicts this because we have so little information on them. This research has revealed a coupling of the two factors, providing a basis to understand and



SHUTTERSTOCK PHOTO

A new pattern in the evolution of thunderstorms can be used to better predict how weather and the environment will affect Army assets such as unmanned aircraft systems on the battlefield.

improve impact predictions.”

Zeng’s research has revealed a new pattern of down and updraft alternation and further found the pattern reduces the chance of super-cooled drops.

This new discovery provides a basis to understand and further predict the two factors.

According to Zeng, prediction in the battlefield environment is a challenge in the era of high technology, e.g., UAS, and ARL researchers work to improve numerical weather prediction for such environments.

Zeng will further observe and model the downdrafts in thunder-

storms, and then develop an algorithm to better represent them in ARL’s NWP models and provide them to the NWP community at large.

He hopes that the improved algorithm will be able to effectively predict surface gusts and super-cooled rain drops more accurately

for UAS in adverse weather with thunderstorms.

Zeng’s research develops situational understanding by providing an opportunity to improve weather forecasting for the Army through better remote sensing rather than deploying additional in-situ sensors in areas of interest.

Concert

Continued from Page A1

Coming to Town.”

The band’s entire ensemble of 40 members consists of 26 wind instruments, with the rest comprised of percussion and supporting cast, which Morris said is sure to keep people rocking in their seats.

“(The concert) will be a mix of classical and pop music, so we’ll have a lot of (crowd) favorites in there for people to enjoy,” he said.

The night will also feature a reading of the classic “’Twas the Night Before Christmas,” by Devon Sellers, WTVY nightly co-anchor, as well as a planned surprise guest visit from the North Pole, said the band commander.

“We put out a message to the North Pole to see if we can get Santa there and I have a feeling we may end up with a positive response, so people may be able to look for that,” he said.

Although the concert has become a holiday tradition on post, preparation for the night begins well before the holiday season to help ensure the best show possible, said Morris.

“We started our first rehearsal going back in the end

of October, and the program was finalized and conceptualized in mid-September,” he said, adding that since the band is split between the main ensemble at Fort Benning and the detachment here on post, coordinating rehearsals can be difficult.

“We are here at Fort Benning and we have the detachment band of 10 Soldiers down there at Fort Rucker, and those Soldiers were also incorporated in this performance, so trying to coordinate the training times where we could all get together to work on the music has been a challenge in and of itself,” said the band commander. “It’s a completely inclusive performance opportunity for the whole unit that we’ve been working for.”

Throughout the coordination process, input from Soldiers was taken and the theme was provided by Morris, and once the theme was set, the brainstorming sessions began until the program evolved into what people will experience during show time, the captain said.

But despite all the hours of rehearsal and preparation, the night is about making sure the community gets a holiday experience they won’t soon forget, said the band commander.

“We’re an outreach, too, for the (commanding general)

and we see our responsibility as helping the CG build a cohesive team inside the Fort Rucker military community, and also with its civilian partners in the area,” he said. “These events are a great opportunity for all of us to come together and enjoy each other’s company in celebration of something we all hold dear, so, for us, it is a really meaningful occasion.”

Morris added that this will be the last holiday concert for Fort Rucker that will include a detachment from the installation as the MCOE Fort Rucker Detachment will deactivate next year.

“We may, in the future, be able to come down, but there won’t be any organic Fort Rucker Aviation Center of Excellence Soldiers as a part of that event,” he said. “So, this is kind of the last hurrah when it comes to holiday concerts.”

Those who do not possess Department of Defense identification cards are reminded that they must obtain a gate access pass to enter the installation. Visitors may obtain passes from the visitor control centers at the Daleville and Ozark gates. The Daleville VCC is open 8 a.m. to 4 p.m., Mondays through Sundays. The Ozark VCC is open 8 a.m. to 4 p.m., Mondays through Fridays.

Breakfast

Continued from Page A1

pancakes, grits, hash browns, fruit, pastries, juice and coffee,” Erdlitz said, adding that foods prepared for the breakfast also take individuals with nut allergies into consideration.

“None of the food will contain nuts and none of the food is made with peanut oil,” Carter said. “If there are individuals with special food considerations, we will be happy to point them in the direction of items they can enjoy.”

The event provides a home away from home for military families who may be new to the community or unable to be with family during the holidays, Carter said.

“Santa will be there for the children and

there will be limited prizes for the children,” he added. “All of the children will receive a ticket/coupon from which we will draw for prizes. It is an event where families can meet there new or not-so-new neighbors.”

Erdlitz echoed Carter’s sentiment.

“If you are new to Fort Rucker, this is a great time to get out and meet your neighbors and share the holiday spirit,” she said.

The breakfast buffet costs \$12.99 for individuals ages 13 and older, \$6.99 for ages 3-12, and children ages 2 and under eat for free. A military family special is available for \$32.99, which includes two adults and up to two children ages 12 and under. Space is limited and reservations are highly recommended.

“We know we have a diverse community and we always want to offer something everyone can enjoy,” Erdlitz said. “Whether you’re civilian or military, you will be able to find something to do with the many fun activities planned for this holiday season. We are very proud to be able to share with our military community the experiences of what all [DFMWR] has to offer with the many programs planned.”

“We hope everyone will be able to take in many of our fun holiday events,” she added. “It’s a wonderful opportunity to

show your support for Fort Rucker and [DFMWR] programs. From Breakfast with Santa at The Landing to ringing in the New Year at Rucker Lanes with their upcoming Wild West Countdown to New Year’s Eve Party, I think we have something everyone can enjoy.”

For more information on upcoming events for the holiday season, visit <https://rucker.armymwr.com/us/rucker>.

For more information or to make a reservation for Breakfast with Santa, call 255-0769.

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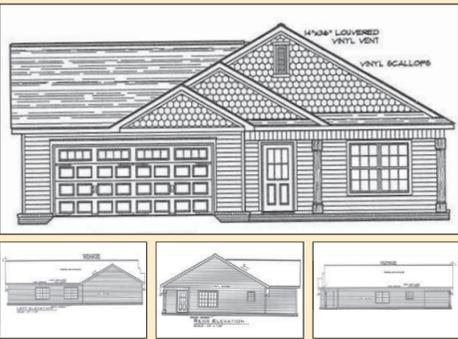
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JAN SAWYER 334-406-2393

Directions: From Boll Weevil Cr turn onto Pinehurst. Drive inside the circle. Take 2nd left on Henderson. House is on left. Or from Boll Weevil Cr take Sylvan and turn left on Pinehurst. Henderson is first right



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new LISTING

146 COUNTY RD 752: \$231,000: This seller has made so many improvements that you just need to make an appointment to see this home before it's GONE! Yard large enough to put in a pool, and the sprinkler heads in the back yard have been capped. Privacy fence with cedar trees lining the back fence and solar lights attached to give a little ambience in the yard at night in the back with recessed lights down to dusk on the front and sides of house. The garage features two doors with storage on each side and a door to the side. **EVELYN HITCH 406-3436**



new LISTING

402 WEST COLLEGE STREET: \$134,000: Charming, move-in ready home across from park area. Beautiful hardwood floors. High ceilings. Large front porch, and screen porch overlooking spacious back yard. Huge kitchen with lots of cabinet space. Large windows provide plenty of natural light. Dining room has French doors to the living room. One bathroom has modern shower, the other a lovely claw-foot tub! Back bedroom could be used as a family room/den as it has access to the porch. Maintenance free exterior, newer roof and HVAC. Home warranty. **THERESA HERNANDEZ 379-5937**



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'BACK TO THE CENTER'

AMCOM CG: Army Aviation unified around Soldiers' needs

By Kari Hawkins
U.S. Army Aviation
and Missile Command
Public Affairs

HUNTSVILLE — The commander of the U.S. Army Aviation and Missile Command presented a unified front for readiness and sustainment during his keynote address to defense industry representatives at the Army Aviation Association of America symposium in Huntsville Nov. 15.

"We are moving forward on this. We are moving out in unity as a team," Maj. Gen. Doug Gabram said. "We are going to strengthen that bond — that sacred trust — that makes Army Aviation an enabler. If we don't support that Soldier on the ground, then we're nothing. We are going back to the center, to the Soldier. If it's not about the Soldiers, then it's not important."

Gabram informed the audience Army Aviation must increase its response capabilities, reduce the Soldier burden, improve operational availability, reduce the logistics footprint and decrease life cycle costs.

In his 33-year career as an Aviator, Gabram said he "has never seen the challenges that we face right now on this global



A UH-60 Black Hawk helicopter sits at Nova Solo Training Area during Saber Guardian 2017 in Bulgaria.

PHOTO BY STAFF SGT. ALEXANDER HENNINGER

landscape." That's why Gabram referenced enterprise documents signed by Army Aviation leadership that lay out goals for Army Aviation, including increasing its response capabilities, reducing the Soldier burden, improving operational availability, reduc-

ing the logistics footprint and decreasing life cycle costs.

While the U.S. military continues its long-term fight against terrorism in Iraq and Afghanistan, the near-peer threat in other parts of the world has caused Army leadership to look for ways to fur-

ther bolster its military strength in allied countries.

"Every day, the question is 'What have you done to ensure readiness to take care of the Soldier?' Our priorities are Korea, the Central Command, the Forces Command and Europe. Our pri-

mary mission is to make sure we are as ready as we can be," Gabram said.

Because of increased global military requirements, Gabram said the Army has leveraged aviation modernization for readiness. It has also worked to develop a more expeditionary aviation force rather than a fixed base force, and it has worked to reduce the technology gap so that Army Aviation systems are technologically more advanced than that of near-peer competitors.

"But I believe mass matters," he said. "You can be the most technologically advanced. But if they have 25 to 30 to your one, you're going to lose. Today, we risk being outmanned, outgunned and outdated, and that's very concerning as we focus on readiness."

To be truly expeditionary, the Army has to be able to move a battalion strategically and quickly.

"We need to be more flexible and agile. Speed does matter. It takes us too long to get to the fight," Gabram said.

Army Aviation has to not only be able to find the right balance of readiness, modernization and

SEE AMCOM, PAGE B4

10TH CAB

Soldiers return home from successful rotation in Europe

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

FORT DRUM, New York — Soldiers of the 10th Combat Aviation Brigade uncased the unit's colors during a redeployment ceremony at Fort Drum Nov. 9, officially marking the unit's return from Europe supporting Atlantic Resolve.

The brigade was the first rotational Aviation brigade deployed to support U.S. Army Europe's regionally aligned forces, a strategy to reassure NATO Allies of the United States' commitment to the alliance and to promote peace and stability in the region by deterring foreign aggression in light of Russia's recent actions in Eastern Europe.

"This is what it looks like to make history," said Maj. Gen. Walter Piatt, commanding general of the 10th Mountain Division (LI). "All over Eastern Europe, from Estonia to Greece, from Germany to Bulgaria, where our allies need assuring and where we needed to deter our adversaries, there was a member of the 10th Mountain Combat Aviation Brigade doing just that."

During the nine-month rotation, 10th CAB headquarters were based in Germany with task forces permanently assigned to Latvia, Poland and Romania, and training opportunities alongside NATO allies taking place from the Netherlands to Bulgaria.

"For the last nine months, this brigade has been in more countries than Alexander the Great in his entire life," said Piatt. "Without a doubt, what you are looking at behind these colors is the most ready combat Aviation brigade in the world and the most ready unit in the United States Army."

Readiness building throughout the rotation was at an all-time high due to a high operations tempo aided by a training climate that was hungry for the inclusion of Aviation assets. The brigade participated in over 1,200 individual missions while in theater, clocking over 10,000 hours of aircrew flight training and almost 80,000 hours of aircraft maintenance, to name a few, according to Col. Clair A. Gill, commander of the 10th CAB.

Keeping with its mountain tough roots, the CAB refused to take the easy way out of any training op-

SEE 10TH CAB, PAGE B4



PHOTO BY SPC. THOMAS SCAGGS

A 10th CAB Soldier reunites with his daughter during a redeployment ceremony at Fort Drum, N.Y., Nov. 9 after the brigade returned from a nine-month rotation to Europe in support of Atlantic Resolve.

ALLIED SPIRIT



PHOTO BY SPC. DUSTIN D. BIVEN

An AH-64 Apache takes off near Soldiers participating in the Allied Spirit VII training exercise Nov. 18 at Grafenwoehr, Germany. Around 3,700 service members from 13 nations gathered in 7th Army Training Command's Hohenfels Training Area to participate in the seventh iteration of Allied Spirit Oct. 30 through Nov. 22.

B Co., 229th Avn. Regt. assumes 29th CAB Gray Eagle mission authority

By Staff Sgt. Isolda Reyes
29th Combat Aviation Brigade
Public Affairs

ALI ASALEEM AIR BASE, Kuwait — When the Soldiers of D Company, 10th Aviation Regiment, took on missions in Kuwait and Iraq in February, little did they know how much they would contribute to the fight against Daesh and the broader effort to provide security in the Arabian Gulf region.

The transfer of authority ceremony Oct. 26 marked the end of the company's mission in both Operation Spartan Shield and Operation Inherent Resolve as Capt. Joshua Heiner and 1st Sgt. Orlando Jackson, the command team of D Co., transferred authority to Capt. Trenton Conyers and 1st Sgt. Jamal Drayton of B Co., 229th Avn. Regt. at Ali Al Salem Air Base.

Co. B., 229th Avn. Regt. will continue the mission of providing unmanned reconnaissance, surveillance, targeting and acquisition for Operation Inherent Resolve.

The ceremony was attended by the 35th Infantry Division Command Sgt. Maj. Timothy Newton and the 29th Combat Aviation Brigade command team.

"B Co., 229th, you have some big shoes to fill," said Col. Mark Beckler, commander of the 29th CAB. "I have high hopes for you and look forward to forging our relationship in the



PHOTO BY STAFF SGT. ISOLDA REYES

An MQ-1C Gray Eagle unmanned aircraft system belonging to D Co., 10th Aviation Regiment, prepares to conduct a mission at Al Asad Air Base, Iraq, in September.

upcoming months."

During its nine-month deployment, D Co. utilized its MQ-1C Gray Eagle unmanned aircraft systems in the skies over Iraq. Aircrews flew more than 1,000 total missions and logged more than 2,000 flight hours per month during their busiest months from July through October.

In Iraq, the Gray Eagles played a critical role in the liberation of Mosul, Tal Afar and Hawijah. Many U.S. and coalition forces called on the Gray Eagles of D Co. for Hellfire missile strikes against vehicle-borne improvised explosive devices, well-trenched Daesh fighting positions and other important targets.

Simultaneously, D Co. Soldiers supported Operation Spartan Shield in Kuwait by providing training flights, maritime mission support and assisted in forging enduring airspace

agreements in the skies above Kuwait and the Arabian Gulf in support of U.S. Army Central Command.

"We are very proud to have had you in the fight with us," said Beckler.

Co. B, 229th Avn. Regt. comes to the Middle East from the National Training Center at Fort Irwin, California, and is the sixth Gray Eagle UAS company in the U.S. Army.

Conyers wished the outgoing command a safe trip home and ensured the leaders present at the ceremony that they are more than ready, willing and able to fill the shoes of their predecessors.

At the conclusion of the ceremony, a final order was read that relieved and redirected Soldiers from D Co. to return home to the 10th Mountain Division at Fort Drum, New York, where they will reset and train for the next time the nation calls.

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AMCOM

Continued from Page B1

maintenance for its force, but it also has to determine the best way to optimize its legacy fleet of AH-64 Apache, UH-60 Black Hawk and CH-47 Chinook helicopters.

"We have to preserve the reach, protection and lethal advantages of our Aviation fleet. We need to know how many helicopters and what type of helicopters we will need in 15 to 20 years. We need to know what we need in the way of recapitalization and reset," Gabram said.

"The good news is we're talking about it and we can see it coming," he said. "But we have to know what's good enough. If we add capability to aircraft, we also need to consider how much weight we are adding. We also need to think about our sustainment strategy and condition-based maintenance. All aspects have to be considered."

The Army Aviation Enterprise Sustainment Strategy, the Holistic Aviation Assessment Task Force and the Condition Based Maintenance-Plus Strategy have the support of the entire Army Aviation Branch as represented by the three general officers: Gabram, Maj. Gen. William K. Gayler, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, and Brig. Gen. Thomas Todd, the Program Executive Officer for Aviation.

"We have to have Branch support for these initiatives," Ga-



PHOTO BY KARI HAWKINS

Maj. Gen. Doug Gabram, commander, U.S. Army Aviation and Missile Command, presented a unified front for readiness and sustainment during his keynote address to defense industry representatives at the Army Aviation Association of America symposium in Huntsville Nov. 15.

bram said. "Condition-based maintenance has been working for about two years, but then we put the brakes on it because we didn't have a synchronized effort. It didn't fail, it just wasn't as synchronized as it needed to be in terms of training and fielding."

"But the CBM sensors have paid dividends at the tactical level. Now, how do they affect the strategic level? As part of the Sustainment Strategy Objectives, they will help us to be more expeditionary, reduce Soldier bur-

den and improve operational availability," he added.

Today, Apache helicopters worldwide have reached a fully-mission capable rate of about 70 percent, just five percentage points short of the 75 percent standard. Black Hawk helicopters have hit a fully-mission capable rate of 76 percent and Chinook helicopters are at 73 percent.

"And supply availability for all Aviation is about 87 percent. That's not bad, but our goal is 100 percent," Gabram said. "As

our supply availability goes up, our operational readiness rates will trend up."

Supply availability and CBM both have a significant impact on all Army systems, not just on Aviation systems. The Army is reviewing Army Aviation's experience with CBM during the past 15 years to glean lessons learned that can be applied to other Army systems.

"CBM is extremely important as we look toward the future," Gabram said. "This is very im-

portant at the strategic level. But, so, too, is decreasing life cycle costs. We know that sustainment costs are 60 to 70 percent of the total life cycle costs of a system. We have to work to bring those costs down."

Toward that end, the Army wants industry to provide visibility to certain technical data to increase efficiency and lower future sustainment costs.

"We want to repair a lot of our aviation systems in the organic industrial base at Corpus Christi Army Depot (Texas). This is not something we are used to doing," Gabram said, adding as AMCOM develops processes, the availability and use of technical data will have to be part of the conversations.

In addition, industry can help by working with the Army on the speed, accuracy and quality of systems, as well as supply accountability, cost effectiveness, subcontractor performance and flexible contracting vehicles. Much of the issue between industry and the Army can be resolved through regular and honest communication, Gabram said. For example, AMCOM has started a monthly supply/contract meeting with two primary original equipment manufacturers to increase collaboration.

"When we talk parts and issues, we need to have a common operating picture. Industry has one view and the Army has another. Having a common picture and accurately defining the problem is critical," he said.

10th CAB

Continued from Page B1

portunity, most notably during a convoy to Exercise Saber Guardian 17 in the Baltic Sea Region. The brigade empowered its junior leaders to take command of the convoys, most of which travelled over 1,300

miles both ways—not the mode of travel typically associated with an Aviation unit, Gill added.

Indeed, by the rotation's end, over 1 million miles had collectively been convoyed by the brigade and Soldiers on the ground and in the air were afforded the opportu-

nity to grow professionally, and represent the division and the U.S. Army with distinction, he said.

"I'm very confident that our unit, frankly, is an available unit now to the Army," Gill said. "So, if the Army needs a ready Aviation brigade to deploy somewhere

else in the world, they could call us and we would be ready."

The CAB is now awaiting the return of its pieces of equipment and aircraft, with plans already in the works to continue training upon their arrival back at Fort Drum.

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NOVEMBER 30, 2017

TEACHING LIFE SKILLS

Youth center provides a place for more than just play

By Nathan Pfau
Army Flier Staff Writer

Between the hours when school lets out and parents get off work, the Fort Rucker Youth Center offers a haven for youth to not only fill their time, but cultivate their minds.

The center provides a space where installation youth can come together with others to form bonds, take part in programs and learn life skills, said Sasha LaForge, youth center assistant director, and training and curriculum specialist.

“Our program exists because when we think about our middle school and teenage children, a lot of them have idle time at home between after-school hours and when parents are at work,” said LaForge. “We want to have a program where the youth can come and learn life skills, have time to do their homework and interact with other children, as well as get mentored by the staff here.”

The facility boasts a gymnasium, complete with a basketball court, health and fitness room, computers and tech labs, games and activities, arts and crafts, a homework center and more, according to LaForge.

“We have computers in each of the rooms and they can access our network throughout the building, they have the exercise room, they can karaoke, they can dance – whatever activity they want to do we



Tanae Miller, Robert Olson and Dominique Hird, military family members, discuss projects.

can try to do for them,” she said. “Our homework center is where they can come in and do their homework – we just try to make it feel as comfortable as we can for them.”

The center is more than just a place for youth to gather, play and do their homework, though. It’s a place where they can learn to become leaders in a safe environment, as well, said the assistant director.

“Our goal is to teach them life skills and to have a lot of hands-on experience in what they do,” she said. “They actually run their clubs and all of their activities that they take part in. We have the lesson plans here for them and the children are able to lead these activities, so that develops their leadership skills.”

The center partners with local boys and girls clubs, 4-H clubs, hosts leadership forums and even takes part

in the installation’s Army Family Action Plan, where youth can get involved with the community to talk about issues that they want to see changed – an opportunity for the youth on the installation to make a difference, said the youth center assistant director.

The youth center also hosts recreational events throughout the year, and one event coming up is the Decades Flashback Lock-in, which will be Dec. 15 from 8 p.m. to 6 a.m. During the lock-in, children and teens can dress up in their favorite outfit from any era between the 20s through the 90s, and prizes will be given out for the best costumes in various categories.

The youth will get to take part in different activities through the night, including, laser tag, skating, games and more, and LaForge said it’s a great

opportunity for children to see what the facility has to offer.

“When we do our lock-ins, we have a lot of children who attend who don’t normally attend on a regular basis, and sometimes a lot of these children have so much to do after school,” she said. “But with the lock-in, they’re able to come together with their friends, hang out and do different activities – just kind of see what we’re all about.”

“Through that, we have children who don’t realize that we have all of this here and then they want to come after school or come on weekends,” she continued. “The lock-in really brings people together, and allows them to meet new people and have fun.”

The lock-in is open to ages 11-18 and all children must be registered with child and youth services.



PHOTOS BY NATHAN PFAU

Jonathan Bunch, military family member, plays badminton in the gymnasium of the Fort Rucker Youth Center Tuesday.



Friends D'Angelo Threat and Isaiah Reynolds play foosball as Madison Haly watches in this file photo.

Cost for the event is \$20.

For more information, call 255-2260.

The center is also offering a teen babysitter’s course Dec. 20 from 8:30 a.m. to 3:30 p.m. During the course, teens will cover American Red Cross CPR and first-aid training, home and fire safety training, basic child care and diaper changing, as well as basic child abuse prevention training.

The course is limited to 14 participants and teens must be between the ages of 13-18 with a valid CYS registration.

For more information, call 255-0621.

Providing events like the lock-in and the babysitter’s course, as well as programs for mentorship, is just a sampling of how youth center staff members cater to the community on the installation, said LaForge, but taking care of the youth

of Fort Rucker is their main purpose.

“We want the parents to feel comfortable and safe knowing their children are here, and to know that they’re in good hands interacting with other kids, and not out and about,” said the assistant director. “We have an awesome staff here – they spend time with the children, they interact with them, they take their suggestions. The youth of the center have a real relationship with many of them.”

“We’re very caring of what the children do, and we want to make sure they’re safe and we want to make sure they know that they can come and talk to us – we want to build that trust,” she said. “Whether they’re having a good day or bad day, they know they can come and talk to us.”

For more information, call 255-2271 or 255-2260.

MAKERS SPACE

Center Library provides resources for invention, innovation

By Nathan Pfau
Army Flier Staff Writer

It’s said that necessity is the mother of invention, and the Fort Rucker Center Library is providing the space necessary for people on the installation to invent and innovate.

The center library will hold its Makers

Fair Jan. 6 at 2 p.m. where it will showcase its new Makerspace program, which will be a monthly event where people will be able to create, in different modules, everything from from paper crafting to 3D printing to even bicycle repair using tools provided by the library, according to John Crawford, center library supervisory librarian.

“Traditionally, makers spaces were developed by public libraries – generally in urban areas – for people who didn’t have easy access to tools or the means of production for invention and innovation,” said Crawford. “The idea was to let the library be something of a business and innovation incubator for members of the community who wouldn’t necessarily get that opportunity – that’s the goal here. We invite people to come out and learn how to use the various materials, and see what might pique their interest and practice what they learn.”

Although not yet a dedicated space, each month, a different module will be featured for the makers space and people will be able to take part and learn about that specific module, said the supervisory librarian.

“We’ve divided materials we’ve received into several different modules,” he said. “We’ll have an audio/visual module, so if people want to start learning how to do things like making a (video blog) or a podcast, or if they want to transfer their VCR tapes onto DVDs, so they can watch them again, we want to provide the tools so that people can do that and develop those skills.”

The fair will be an introduction into the different modules and give people the chance to utilize the different tools that the library will provide. One of those modules includes 3D printing, which will utilize a

virtual reality headset that people can wear to sculpt their creations before printing them out, said Crawford.

“The idea is to give people the tools to engage their innovative imagination, and then allow that to foster new ideas and new skills and new approaches to the community,” he said.

Another module will feature bicycle repair and a workshop that will be led by a cycling enthusiast who can help people learn to make minor repairs, such as fixing chains or changing tires, said Cameron Hill, center library youth librarian.

“We have the stand and the tools for repair, so if you have the knowledge, we can offer that,” she said.

The library will take its first foray into the makers space Saturday with its Card Creation Workshop from 1:30-3:30 p.m. During the workshop, people will get the chance to let their artistic juices flow as they create cards for any occasion, said Hill.

The center will provide die cut machines and materials, and an expert from the Fort Rucker Arts and Crafts Center will be on hand to instruct people on how to craft their creations, she said. “They will show people how to enhance their projects when creating their Christmas cards, holiday cards or any kind of card,” Hill said.

“Ahead of the holidays, people are send-



PHOTO BY NATHAN PFAU

Samantha and Jacob Baguly, and their friend Seth Dagley, military family members, work together as they paint their car during the center library’s Summer Reading Program kick-off event in June. This year’s Winter Reading Program kick-off will be during the Makers Fair Jan. 6 at 2 p.m. at the Fort Rucker Center Library.

ON POST

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

Christmas tree lighting

The annual Fort Rucker Christmas Tree Lighting Ceremony is scheduled for today at 5 p.m. on Howze Field. The event will feature music, hot chocolate, the lighting of the post Christmas tree and a visitor from the North Pole. Afterward, people are welcome to enjoy complimentary photos with Santa at The Landing. The event will be free, open to the public and be Exceptional Family Member Program friendly. For more information, call 255-1749 or 255-9810. Pictured is a scene from last year's event.

Spaghetti Dinner

Immediately following the Christmas tree lighting today, people are welcome to take part in the annual spaghetti dinner in The Landing ballroom from 6-7:30 p.m. Dinner will include a choice of pasta and sauce, garlic bread, assorted cookies, tea and coffee. Cost will be \$10 for ages 13 and older, \$5 for ages 3-12 and children 2 and younger eat for free. There will also be a military family special: \$25 for two adults and up to two children, ages 12 and younger.

For dinner details, call 255-0769.

Mad Scientist Workshop

The Center Library will host a Mad Scientist Workshop – a science, technology, engineering, art, and math program – Tuesday. The event, Gingerbread Engineering, will be divided into two sessions: the first session will be from 3:30-4:30 p.m. and the second will be from 4:30-5:30 p.m. Each session in the free program is open to ages 7-13 and is limited to the first 20 registrants. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Literature and the Veteran Experience

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

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

Breakfast with Santa

The Landing will host its annual Breakfast with Santa Dec. 9 from 9 a.m. to noon. Children will be able to meet with Santa and also have a breakfast that will include favorites like pancakes, eggs, bacon, hash browns, fruit and more. The Military Family Special costs \$32.99, which includes breakfast for two adults and up to 2 children, ages 12 and under. Individual pricing is \$12.99 for people ages 13 and older, \$6.99 for children ages 3-12, and children 2 and younger eat for free.

The Landing officials recommend people make reservations if they plan to attend. For more information and to make a reservation, call 255-0769.

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 Dec. 7. 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.

Blended Retirement System Seminar

The Army Community Service Financial Readiness Program will present its Blended Retirement System Seminar Dec. 12 from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will be a discussion of the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by Dec. 11. Free childcare is available with registration.

For more information and to register,



PHOTO BY NATHAN PFAU

Ugly Sweater 5K

The Fort Rucker Physical Fitness Center will host the annual Ugly Sweater 5K and 1 Mile Fun Run Dec. 9. Runners are welcome to wear their ugliest Christmas sweater for the ugly sweater contest that will begin at 7:30 a.m. Race day registration will take place from 7:30-8:45 a.m., with the 5K starting at 9 a.m. The Fun Run will begin after the 5K race is complete, and will be open to all children, free of charge. Each fun run participant will receive a medal from Santa at the finish line. The cost for the 5K is \$20 per individual with a T-shirt through Sunday, or \$25 with a T-shirt while supplies after Sunday up to race day. There is also a \$15 no-shirt option. Teams cost \$120 for eight participants (each additional teammate pays the normal registration fee) through Sunday with T-shirts, or \$160 with a T-shirt while supplies last after Sunday up to race day. Trophies will be awarded in various categories. Refreshments will be provided and the event will be open to the public. Participants are encouraged to pre-register at either PFC. For more information, call 255-2296. Pictured is a scene from a previous run.

call 255-3765 or 255-9631.

Holiday craft

The Center Library will host a holiday craft making session Dec. 12 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space will be limited to the first 40 children to register. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

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

Resilience training

Army Community Service will host its resilience training Dec. 12 and 14 from 8:30 a.m. to 2:30 p.m. in Bldg. 5700, Rm. 350. People need to register by Dec. 8. Resilience training is designed to provide family members and civilians with the tools to better cope and overcome adversity and challenges, as well as perform better in stressful situations, according to ACS officials.

For more information to attend a resilience training workshop or two-day training, or to schedule resilience training for a family readiness group or staff members, call 255-3161 or 255-3735.

Single-parent family game night

Army Community Service and the Army and Air Force Exchange Service will host a single-parent family game night Dec. 14 from 5-7 p.m. at the AAFES post exchange food court. Free giveaways will be included. The event will be Exceptional Family Member Program friendly event. The event is an initiative of the Fort Rucker Community Health Promotions Council (CHPC) Community Resiliency Work Group. The event will be open to authorized patrons. Registration deadline is Dec. 8 and is limited to the first 20 families to register. The event will be open to single parents who are active duty, retired, Department of Defense employees and their families.

To register or get more information, call 255-3359 or 255-9805.

Youth center lock-in

The Fort Rucker Youth Center will host a lock-in Dec. 15 for registered child and youth services teens. Teen can be dropped off at 8 p.m. and be picked up the next morning at 6 a.m. Cost is \$20. For additional details, call 255-2260. Youth must be CYS members, ages 11-18 and in grades 6-12 to participate.

For membership information or to sign-up for membership, call 255-9638.

Winter Wonderland Skate Night

The Fort Rucker School Age Center will host its Winter Wonderland Skate Night Dec. 15. Attendees are welcome to dress up as a snow princess, ice prince, snow boy or snow girl. Judges will pick the best costume and prizes will be pre-

DFMWR SPOTLIGHT

FORT RUCKER PHYSICAL FITNESS CENTER

UGLY SWEATER 5K & 1 Mile Fun Run

Saturday, December 9
Race starts at 9:00 am

<p>Race Day Registration 7:30-8:45 am Pre-registration recommended. Register at either of the PFC's or MWR Central.</p>	<p>Ugly Sweater Contest Don't forget to wear your ugliest Christmas sweater! Ugly Sweater Contest begins at 8:30 am with Adult and Youth categories for Ugliest Sweater and Most Original Sweater.</p>	<p>1 Mile Fun Run Begins approximately 9:45 am or after the last 5K runner is finished. Free and open to all children (ages 12 & under) Each participant will receive a medal.</p>
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<p>Individuals \$20 by Dec 3* \$25 after Dec 3* \$15 run only option (does not include mug)</p>	<p>8-Person Teams \$120 by Dec 3* \$160 after Dec 3* (each additional team member pays normal registration fee)</p>
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*After the race join us for complimentary hot chocolate bar. *includes mug while supplies last

For more information call the Fort Rucker Physical Fitness Center, (334)255-2296/3794.
EFMP Friendly.
Open to the Public
rucker.armymwr.com

sented to the winners. There will also be giveaways and picture taking sessions. Safety Skate will cost \$2 and will run from 5-6 p.m. Regular skate will cost \$5 and will run from 6-8 p.m. Only cash payment will be accepted. All participants must have a current pass with child and youth services.

For more information, call 255-9108.

Teen babysitters course

The teen babysitters course is scheduled for Dec. 20 at the youth center from 8:30 a.m. to 3:30 p.m. The babysitters course is limited to 14 participants who must be

ages 13-18. A valid child and youth services registration is required. Participants must bring a snack and lunch. Permission forms must be signed by a parent for the child abuse training, and release forms for the youth names to be placed on the CYS babysitter list. Youth must complete the one-day training to receive certification. The training course will cover the following: American Red Cross CPR and First Aid Training, home and fire safety training, basic childcare, feeding, diaper changing and basic child abuse training.

To register, call 255-9638 or 255-0621, or visit <https://webtrac.mwr.army.mil>.

FORT RUCKER MOVIE SCHEDULE FOR NOV. 30-DEC. 1

Thursday, November 30

Coco (PG)7 p.m.

Friday, December 1

Coco (PG)7 p.m.
Boo 2! (PG-13)9:30 p.m.

Saturday, December 2

Geostorm (PG-13)4 p.m.
Boo 2! (PG-13)7 p.m.

Sunday, December 3

Geostorm (PG-13)1 p.m.
Stronger (R)4 p.m.

'WE'RE ALL THE SAME'

Tuskegee Airman talks diversity, Army opportunities with high school students

By Joe Lacdan
Army News Service

VISTA, Calif. — Sporting a crimson Red Tails ball cap, 97-year-old Robert Friend delivered a powerful message to a diverse audience of students, JROTC cadets and teachers at Vista High School here.

"We're all the same," Friend said. "We're all American."

Friend, a veteran of World War II, is one of the last surviving members of the Tuskegee Airmen, a group of highly successful African-American pilots who flew both bomber and fighter missions during the war.

In early November, as part of Army Recruiting Command's outreach program, Friend visited with high school students here to share stories of and dispel misconceptions about the wartime experiences of Tuskegee Airmen.

One such misconception, Friend said, is that all servicemen who trained in Tuskegee were African-American.

"Anybody that was not white had to be trained at Tuskegee," Friend said.

The retired lieutenant colonel confirmed that Chinese, Haitian, Native-American and Asian Soldiers trained at Tuskegee.

AIMING FOR THE SKY

During the early years of his education at Lincoln College in Pennsylvania, in the late 1930s, Friend learned he could train as a civilian pilot. In 1939, he enrolled in the U.S. government-sponsored Civilian Pilot Training Program. Then, after completing his degree, Friend learned the Army was recruiting African-American pilots.

Having already earned a civilian pilot's license while in college, and after receiving appropriate training from the military, the Army assigned Friend to the 301st Fighter Squadron, part of the 332nd Fighter Group.

As a United States Army Air Corps pilot during WWII, Friend flew 142 combat missions in aircraft such as the P-47 Thunderbolt and P-51 Mustang fighter planes. He also served during the Korean and Vietnam wars.

Staff Sgt. Kimberly Smith, a recruiter with the San Marcos Recruiting Company, said Friend's presentation resonated with her, particularly considering the community where she performs recruiting duties for the Army.

In the city of Vista, a northern suburb of San Diego, she said minority students make up 79 percent of the student body at VHS. And according to "U.S. News & World Report," 63 percent of those students are economically disadvantaged.

Friend's message of diversity, equality and opportunity, Smith said, "really gives the kids hope and insight on what their career will be. It lets them know they can truly do whatever it is they want to do as long as they put their minds to it and are motivated to do it."

The students, more than eight decades and three generations younger than Friend, listened attentively as he told stories about World War II, his time as a Tuskegee Airman, and how he proved himself in the face of misconceptions about the ability of African-Americans to serve in the military.

"Looking at my school, the majority of us are minorities, so it definitely had an impact in that sort of way," said VHS senior Jacob Hernandez, a JROTC cadet. "I know



COURTESY PHOTO

Retired Lt. Col. Robert Friend (circled) pictured as a young captain serving the 332nd Fight Group. Friend, one of the last surviving Tuskegee Airmen who served during World War II, spoke to groups of high school students in southern California in early November.

a lot of minorities feel un-included, and Lieutenant Colonel Friend contradicts that.

"It was great to see this WWII veteran, knowing that there aren't many of them left alive," Hernandez said. "Just his attitude towards his whole situation – it was totally positive. It showed me that even through all of the challenges I know he went through and I was learning about in school ... he was still coming out with a positive attitude."

STRENGTH IN DIVERSITY

Maj. Gen. Jeffrey Snow, commander of U. S. Army Recruiting Command, said Army recruiters can help meet the Army's end strength goals by continually pushing for diversity.

An Army that reflects the growing diversity of the nation, he said, is also a stronger Army.

Diverse communities such as Vista, he said, represent the diverse population the Army looks to recruit.

"The misconception is people just don't understand what we're looking for, but we're a very diverse Army," Snow said. "We want the Army to look like the American public."

VISIBLE PROGRESS

Friend said that today's military has made significant leaps towards inclusion since the armed services implemented racial integration.

Creating diversity has long been a priority for the Army, and the service has pushed new initiatives to further its objectives, including special training and educational programs. The effects of that effort are visible.

"Today, everybody gets equal opportu-



PHOTO BY JOE LACDAN

Chris Morden, a JROTC student at Vista High School, Calif., presents his school's JROTC patch and T-shirt to Friend.

nities, and that's the biggest difference," Friend said. "You make (opportunities) yourself. Don't wait for anybody to make an opportunity. You create the opportunities."

Smith said she and fellow recruiter Staff Sgt. Wade Cross visit VHS three to four times a week to connect with students. She said many of the students do not have the means to afford college, and they know

joining the Army can provide opportunities for their future careers.

Hernandez, for instance, said he plans to enlist in the Army, attend college, and eventually commission as an officer. He said Friend's presentation helped reaffirm that decision.

"I definitely know that enlisting is going to help me out as far as setting up my future," Hernandez said.

Makers

Continued from Page C1

ing out Christmas cards, so if they wanted to do something unique and handmade this year, we'd be a resource for that," added Crawford.

In the future, the center library is looking to partner with other organizations around the installation to be able to cater to more patrons for the makers space, said the supervisory librarian, but the goal of the program will remain the same – to provide a creative outlet for people on Fort Rucker to develop their skills.

"Everything in the Army, in terms of what happens on a garrison, is about resilience," he said. "It's about developing the skills to handle hard times and to look for new solutions to things on the home front so that we'll be able to manage during times of hardship, and that's really what a makers space is for."

In addition to the kickoff of the Makerspace Program, the event will serve as the official kickoff event for the libraries Winter Reading Program, which will be a reading incentive program for parents and children to take part in throughout the season, said Jody Wilcox, center library reference librarian and assistant manager.

The program will feature events throughout the year to get children and parents interested in reading, as well as provide a logging system for participants to track minutes for a chance to win prizes at the end of the program season. Registration for the program will be Jan. 3-16 and is for individuals of all ages.

"(The Winter Reading Program) is something to encourage family time together," said Wilcox. "We'll have programs that moms, dads and kids can come in and work together on, so we're trying to create something that's broad enough for everyone to be able to participate in."

Creating programs like the makers space and the Winter Reading Program are just a few ways that the library is able to cater to an ever-changing community, and Crawford said it's part of their jobs as librarians to evolve, as well.

"We're doing this because the needs of the community are changing," he said. "It's the job of librarians to be a guide for people – we're guiding them out into uncharted knowledge. That's fundamentally what we're here for – to match the patron with their information – and that need's never going to change."

For more information, call 255-3885.

Bringing People Together Thru Faith

ARMY FLIER Church Directory

"Be ye followers of me, even as I also am of Christ."
1 Corinthians 11:1

First United Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall..... 8:45AM
The Gathering (Youth)..... 6:00PM
Sunday School..... 9:55AM
Nursery Care..... Every Service

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Call 347-9533 to advertise your church on this page.

Holiday classic comes to Wiregrass stage

Army Flier
Staff Reports

A new holiday classic graces Dothan's Cultural Arts Center stage this season.

"A Christmas Story," arrives just in time for the holiday season with a dinner theatre setup.

All 9-year-old Ralphie wants for Christmas is a Red Ryder Carbine Action 200-shot Range Model air rifle with a compass in the stock and "this thing which tells time."

The beloved story, based on the humorous writings of author Jean Shepherd

and viewed on television by millions every Christmas Eve, returns to the SEACT stage in a holiday dinner theatre for the whole family Dec. 4-9 beginning at 5:30 p.m. each day. Ralphie spends most of his time dodging a bully and dreaming of his ideal gift. But every adult in his life says he'll shoot his eye out.

Doors open at 5:30 p.m. and attendees may grab refreshments, dinner is served at 6 p.m. Show seating begins at 6:45 p.m. and the performance begins at 7 p.m.

The menu includes a classic green salad, "Not Your Mom's" bacon-wrapped meatloaf, herb-roasted new potatoes, a zucchini-

ni-tomato bake and old-fashioned apple crisp. Tea, water and adult beverages will also be available.

Dinner seating and show-only seating are available. SEACT presents Each performance runs about two hours with one 15-minute intermission. This production is appropriate for most viewers age 8 and older.

Tickets for "A Christmas Story" are \$40 with dinner or \$20 each for show-only seating.

For more information or to purchase tickets, visit www.SEACT.com or call 794-0400.



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

DEC. 2 — The Smithville Missionary Baptist Church, 160 West Smithville Road, will feature Christmas gospel singing at 6 p.m. Singers include Charles Williams True Faith Gospel Singers, Charles Beasley Chosen Vessels and more. All soloists, choirs and singers are invited to join in.

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 Thursdays 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.

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

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

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

ONGOING — Military Order of Purple Heart meetings are the third Tuesday of each month at 5:30 p.m. at American Legion Hall on East Lee Street. For more information, call 334-347-2727 or 334-447-6954.

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

DEC. 2 — The Disabled American Veterans Wiregrass Chapter 99 will host a pancake breakfast from 7-11 a.m. at the New Brockton Town Hall at 706 E. McKinnon St. Cost is \$5 per breakfast – seating will available or people can get an order to go. All net proceeds will provide service funds for active-duty military, veterans and family members. For information, call 334-718-5705.

DEC. 14 — The Disabled American Veterans Wiregrass Chapter 99 will hold its sixth annual Community Christmas Get to Gather from 6-8 p.m. at the New Brockton Senior Center to show its appreciation to all in the Wiregrass, along with active-duty military, veterans and family members, that have supported the chapter's efforts. Beverages, hors d'oeuvres and Christmas sweets will be available. People should RSVP by Dec. 9. For more information or to RSVP, call 334-347-0114.

OZARK

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.

ONGOING — Every Monday through Friday, aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

SAMSON

ONGOING — The Samson City Council meets monthly the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

TROY

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

For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

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

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

ONGOING — AMVETS Post 23 monthly meeting is held the second Thursday of each the month at 7 p.m. at the AMVETS Service Center, 203 MLK Dr., in Opp. For more information, call 334-493-0785 or visit www.amvetpost23.com.

Beyond Briefs

'A Christmas Carol'

The Alabama Shakespeare Festival puts on its production of "A Christmas Carol" by Charles Dickens at various times through Dec. 24. Tickets may be purchased at <http://tickets.asf.net/single/PSDetail.aspx?psn=11828>.

For more information, call 334-271-5353 or visit asf.net/project/the-christmas-carol/.

Zoo Christmas lights festival

The Montgomery Zoo will transform into a winter wonderland sparkling with thousands of lights and festive decorations during its annual Christmas lights festival Nov. 30-Dec. 31, according to zoo officials. People will be able to take a leisurely stroll, a brisk train ride or see the lights from atop the Zoofari Skylift Ride. There will also be a visit by Santa, live nightly entertainment, hot chocolate and fresh-baked cookies. Check out a list of extra activities here.

Regular night time admission is \$15 for ages 3 and older. Ticket includes entry and one train ride.

For more information, call 334-240-4900 or visit <http://montgomeryzoo.com/announcements/christmas-lights-festival->

week-1.

'Great Russian Nutcracker'

The Moscow Ballet's "Great Russian Nutcracker" is scheduled for Dec. 1 at 7 p.m. at the Marina Civic Center in Panama City, Florida. Ticket prices start at \$28.

For more information and ticket information, visit <http://www.nutcracker.com/>.

Gem, mineral, jewelry show

The 47th annual Montgomery Gem, Mineral and Jewelry Show will be held Dec. 1-3 at the Garrett Coliseum. Dealers will have beads, crystals, geodes, rough, cabochons, gem stones, finished jewelry, tools, supplies, and mineral and fossil specimens, according to organizers. Club members will display their individual collections, and will give demonstrations on gem and rock cutting, faceting, cabochon making and knapping.

Show times will be 9 a.m. to 6 p.m. Dec. 1, 10 a.m. to 6 p.m. Dec. 2 and 11 a.m. to 5 p.m. Dec. 3. Cost is \$2 for adults, \$3 for a weekend pass, and admission is free to those 18 and younger with a student ID and paying adult.

For more information, send an email to gemshow@montgomerygemandmineralsociety.com or visit montgomerygemandmineralsociety.com/mgms/index.php/annual-gem-show.

Governor's mansion Christmas tours

Alabama Governor's Mansion Christmas Candlelight Tours will be available Dec. 4, 11 and 18 from 5:30-7:30 p.m. Admission is free and tickets are available at the Governor's Mansion Gift Shop. No reservations are required.

For more information, call 334-834-3022 or visit governor.alabama.gov/governor-kay-ivey/governors-mansion.

Mobile Delta: Glass & Light

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

The museum is located at 4850 Museum Drive in Mobile. Admissions is \$12 for adults, \$10 for seniors, \$8 for military members and students, and children

under 6 are admitted for free.

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

Jacksonian Guard Colors Ceremony

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

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

Palafox Market

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

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

'NO SOLDIER LEFT BEHIND'

Army Past Conflicts Repatriation Branch ensures no Soldier left behind

By Master Sgt. Brian Hamilton
For Army News Service

WASHINGTON — Staff Sgt. William E. "Blootie" Turner was killed in action on Dec. 13, 1943.

"I remember that day when they announced in our high school that Blootie Turner had died, the whole place got real quiet. Blootie was a great football player and a better person. He was the most popular kid in school," said Patrick Harrison, retired brigadier general, and former high school classmate of Turner.

Turner, a flight engineer aboard "Hell's Fury," a B-26 "Marauder," was among scores of Army Airmen involved in a World War II bombing mission near Amsterdam.

As wave after wave of Allied aircraft advanced towards their objectives, German anti-aircraft guns locked in. On the third and final wave, enemy air defense artillery sheared the wing off of "Hell's Fury" and sent it plunging to earth in flames.

The sole survivor was the pilot, who parachuted to safety only to be captured by the Germans and taken as a prisoner of war. Turner was among those who perished that day.

Nearly three quarters of a century would pass before he would receive the honors reserved for the nation's fallen heroes.

GATHERING CLUES

Turner was among more than 36,000 Army Soldiers and Airmen unaccounted for from the Second World War alone. Generations later, the Department of Defense leverages multiple teams, and numerous technological advances, to find and identify the remains of lost Soldiers.

Within the DOD lies the Defense POW/MIA Accounting Agency. DPAA is tasked with recovering missing personnel, listed either as prisoners of war or missing in action, from past wars and conflicts across the globe.

Repatriating Soldiers and Army Airmen like Turner is the responsibility of the U.S. Army Human Resources Command and its Past Conflicts Repatriation Branch.

Using a combination of historical records and archaeology, the DPAA has teams searching worldwide for remains. Those teams comb specific areas based on historical data in the hope of unearthing America's missing.

Good record-keeping provides important clues throughout the identification process.

"Every aircraft that went down from World War II had a missing crewmember report done on it," said Greg Gardner, Past Conflicts Repatriation Branch chief. "If a missing machine gun or engine piece is found, then there will be a serial number somewhere. That serial number will be listed on that missing crewmember report."

When relics are confirmed to be U.S. equipment, archaeologists — with permission from cooperating governments — work to unearth any possible remains.

"We generally have very good access into many areas," said Gardner. "Areas where there are ongoing conflicts or a lot of insurgency, such as Myanmar or obviously North Korea, can be challenging."

"One of the more surprising levels of cooperation to most people that we have is actually with Russia," he said. "During World War II, our Army Air Corps would take off from England, fly a bombing mission over central Europe and fly on to Russia. The Russians kept very good records and have been willing to share that information with us."

When DPAA determines the likelihood of recovering remains from a specific area, recovery teams are sent in to unearth those possible remains. If human remains are recovered, they are hand carried in sealed containers to one of two labs, Hawaii or Offutt Air Force Base, Nebraska, where medical examiners begin the identification process.

PIECES OF A PUZZLE

Together, history and science play a significant role in identifying the remains of fallen service members. Historical records showing where units were operating, combined with material evidence, can narrow the scope from hundreds to tens of Soldiers or Airmen.

"For example, if the lab receives remains recovered from the area near Pusan in South Korea, we know there's a good chance that Soldier may have fought with the 24th Infantry Division," said Michael Mee, the PCRBR identifications chief. "We can then look at the DPAA list of unaccounted for service members and see just who is missing that may have fought with that unit, at that time, in that area."

Material evidence, such as weapons, aircraft debris, or even jewelry, narrows the search even further.

"A serial number can tell us a lot of things about who fought in a particular area, but it



PHOTO BY MASTER SGT. BRIAN HAMILTON

The U.S. Army's Past Conflicts Repatriation branch is the Army's liaison to the Defense POW/MIA Accounting Agency.

goes deeper than that," said Mee.

"Sometimes a simple inscription on the back of a wrist watch can lead us to the identification of a whole flight crew who may have perished in any given area."

As is in the case with aircraft wreckage, if an inscription leads the lab to one positive ID, then researchers can cross-reference flight records to identify fellow passengers.

USING DNA ...

Working with fragments of remains, medical examiners in one of two labs will attempt to draw DNA types just as they would in a routine medical examination today.

In the past, bone fragments the size of a thumb were needed to extract mitochondrial DNA. As the science developed, the size of the needed fragment has decreased. Now enough DNA needed to make an identification can be found in a fragment roughly the size of a person's pinky nail.

Contractors working for the PCRBR research and produce genealogy reports to locate relatives willing to submit a DNA sample. Having two or more family members submit different types of DNA makes the chances of a positive identification that much greater.

There are three types of DNA that are used in the identification process: nuclear, y and mitochondrial. Nuclear, being the most reliable of DNA types, is also the hardest to get.

"The problem with nuclear is there are only a handful of people in a person's bloodline who can donate," Gardner said. "When you look at the Soldiers who fought and died during World War II, most of those were 18 to 21 years old and didn't have children, which rules out nuclear."

Mitochondrial DNA when compared to nuclear is more prevalent, but not as reliable.

"Once mitochondrial DNA is drawn in the lab, they replicate it millions of times and then run a comparison against a possible family member," he said.

"Looking at the physical characteristics of the Soldiers who fought during World War II, for every 10 people who fought during World War II, three out of those 10 will have very similar mitochondrial DNA which means getting a match does not always produce an identification."

... AND BEYOND

Because the Department of Defense only began collecting DNA samples in 1991, nothing exists to compare remains from earlier time frames. And many of the relatives who could provide comparative samples are already deceased.

Dental records and DNA comparisons can give a close match to a person's identity, but as recent as two years ago, clavicle bones have been used to refine the search. "What we've learned in recent years is that a person's clavicle can act just as a fingerprint," said Gardner. "They are unique."

"In the Korean War timeframe, chest X-rays were usually taken because tuberculosis was so common," he said. "DPAA recovered many of these records, and if the service members' remains include a clavicle, there is a good possibility we can also make an identification off of those."

When a clavicle bone is recovered, scientists use computer simulation to compare reference points between the bone and any x-rays that may have been taken. Twelve or more matching reference points increases the chance of a positive identification.

NO SOLDIER LEFT BEHIND

In 2015, then-Secretary of Defense Chuck Hagel called finding, recovering and identifying the remains of these individuals "one of our highest responsibilities."

Each of the four military services has its own agency that works at the direction of the DPAA to liaise with the families of those missing or unaccounted for service members. For the Army, that agency is the PCRBR.

"We are the Army's part of the Department of the Defense's overall mission to recover, identify, and then return unaccounted for service members to their families for burial," said Gardner. "Our primary role is to serve the families."

In the 1980s, President Reagan made recovering remains from unaccounted for service members from Vietnam a priority. Under President George W. Bush, Congress made unaccounted for service members from Korea a priority and finally, in 2010, service members from World War II

were added.

The Department of Defense maintains a list, online, of all missing or unaccounted for service members. According to Gardner, that roster is constantly evolving.

"When the DPAA unearths the potential remains of persons they think may be one of the names on this list, that's when each of the services goes to work; identifying next of kin, collecting DNA, and so forth right down to the point when the service member's identity is confirmed and those remains are brought home to the United States, given a proper burial, and all benefits are distributed," said Gardner.

"After all that is complete, then and only then, do we close that case," he added.

FAMILY MEMBER UPDATES

Within the Army's PCRBR lie two sections — one for case management and one for identification.

"We serve as liaisons between the DPAA

SEE REPATRIATION, PAGE C6

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Repatriation

Continued from Page C5

and the family members,” said Ollie Green-Williams, casualty and mortuary affairs specialist-supervisor and Army veteran with 21 years of service. “We are basically the front end of the process.”

The case management division is responsible for keeping family members updated to the status of their missing service members.

“There are times when we have family members approach us and inquire about a missing service member. Other times the DPAA will contact us asking us to locate certain family members that may be related to a certain service member,” she said.

According to Green-Williams, that’s when contracted genealogy teams jump in to help locate relatives. “We then make the necessary phone calls, identifying who we are and what we’re doing,” she said.

The PCRB also assists the DPAA with government sponsored briefings called Family Member Updates. Teams of archaeologists, scientists, and lab workers are brought in and given status updates into the recovery efforts of the unaccounted for service members.

“In addition to the status updates, teams will come in and collect DNA, if needed, from family members,” said Green-Williams. “Once the DPAA notifies us that a positive match is made, we pass that individual case off to ID side of the house.”

POSITIVE IDENTIFICATION

Once a positive identification is made, the PCRB sends out a team member along with a casualty assistance officer to brief family members and assist with the interment process.

“There is a lot of fulfillment that comes with this part of the job,” said Jeannette Gray, mortuary affairs officer and nine-year Army veteran. “It is our job to go out and share the details of how a family’s loved one was found. We also have the opportunity to provide intricate details of the fate of that particular service member.

“There are a lot of emotions that go into it, but in most cases there is a sense of relief and closure that we bring when we go to do our briefs,” she said.

The identification section works hand in hand with the Casualty Assistance Office to ensure that once a positive identification is made, the appropriate family members are notified and the burial process is initiated.

“THERE’S BLOOTIE!”

“His picture came on the television the other night, and I jumped up out of my chair and said ‘Man, lookee there. There’s Blootie,’” said Harrison.

In August 2007 the remains



PHOTOS BY MASTER SGT. BRIAN HAMILTON

Linda Tinsley, cousin of U.S. Army Air Forces Staff Sgt. William ‘Blootie’ Turner, is presented the United States national flag during Turner’s interment Aug. 22. Turner was aboard a B-26 Marauder in December 1943 when the plane, nicknamed ‘Hell’s Fury,’ was shot down, killing all on board except the pilot. After years of painstaking work, Turner’s remains were positively identified and he was given proper military burial honors at the Nashville National Cemetery in Madison, Tenn.

of an unidentified person were found by an excavation crew looking to build new housing near Aalsmeer in the Netherlands. The spot ended up being the exact crash site of the ‘Hell’s Fury.’

After going through the approval process to excavate those remains, which can sometimes take years, those located remains were taken to the lab in Nebraska.

Later, in 2012, Linda Tinsley was notified that the DPAA was looking for relatives Staff Sgt. William E. ‘Blootie’ Turner to submit DNA.

Tinsley, a cousin of Turner born in 1947, had never known him, yet she felt she did.

“I grew up as a young girl knowing that we had lost him and that he was dearly loved by the family,” said Tinsley. “Our families would always camp together and prior to the war, William would always be there.”

Finally, in 2017, after confirming DNA matches between Turner, Tinsley and Tinsley’s sister, Rita Susan Williams, it was confirmed: William E. ‘Blootie’ Turner would be coming home.

Turner was laid to rest at the Nashville National Cemetery with full military honors, Aug. 22, nearly 74 years after he died aboard the ‘Hell’s Fury’ over the Netherlands during World War II.

His family always knew that day would come because, in the Army, no Soldier is left behind.

“I remember my aunt telling us that even though William was gone, somehow she knew he would be coming home,” Tinsley said. “She always believed that until the day she died. And you know what, she was right.”



Family and friends take the time to visit with loved ones after the interment.



‘Taps’ is played during the interment.

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NOVEMBER 30, 2017

‘EVERYTHING IN MODERATION’

Nutrition expert offers tips to survive holiday calorie nightmare

By Nathan Pfau
Army Flier Staff Writer

When trying to stay fit and healthy, the holiday season can become a nightmare when trying to avoid extra calories.

In order to battle that holiday weight gain, Andrea Jones, Lyster Army Health Clinic chief of nutrition care, said people need to be armed with the proper knowledge when it comes to eating healthy and staying active.

“The biggest issue is usually the types of foods we traditionally eat during the holidays,” said the nutrition chief. “In America, our focus seems to be that every celebration revolves around food, and the holidays certainly revolve around that.”

Jones suggests that one of the main things people can do to stave off those extra pounds during the season full of holiday parties and dinners is to watch portion sizes.

“Everything in moderation,” she said. “You can still enjoy the chicken wings, but instead of getting 10, get two.”

When food is plentiful during the holiday season, there is no shortage of alcoholic beverages at parties, too, which is another culprit of holiday weight gain, said the LAHC nutrition chief.

“During the holidays, alcohol is going to be around, and those calories add up because you’re drinking those beverages and also eating the food,” she said. “Try to focus on drinking low calorie drinks, like water, and limit alcohol, soda or sweet teas, so that you’re not packing on calories to your already higher-than-normal-calorie meal.”

Jones said it’s not only what people eat that contributes to weight gain, but the speed at which they eat, as well. When eating, it takes about 20 minutes for the body to realize that it is satisfied, but when eating too quickly, the body isn’t able to keep up and people are suddenly hit with the sensation of being full or overstuffed, she said.

“A lot of times we don’t give our self time to recognize that point of satisfaction, and that’s when you want to quit eating,” said the nutrition chief. “When you get to the full point, you skip through noticing when you’re satisfied.”

People can also take steps to eating healthier if preparing their meals over the holidays, she said. Most of the foods traditionally eaten over the holidays are high in fat or sugar, so people can do “recipe makeovers” in order to provide healthier options when it comes to holiday dinners.



PHOTO BY NATHAN PFAU

Soldiers take part in a spin class at Fortenberry-Colton Physical Fitness Center as part of their morning physical training session Wednesday.

Jones suggests replacing sugar in some recipes with artificial sweeteners, or using ingredients that are low-fat or light. Even when a recipe calls for butter or oil, unsweetened apple sauce or mashed bananas are a healthier substitute, she said.

“Also, if you’re making food for a holiday gathering, you want to try to include lots of veggies and fruits, as well, so that everything isn’t loaded with fat and calories,” said the nutrition chief, adding that sugar is one of the biggest culprits when it comes to eating unhealthy and promoting weight gain.

“During the holidays sweets are everywhere, but again it’s about moderation,” she said. “You can enjoy them, but instead of having a huge slice, have a really small slice and taste the food – have it and enjoy it – so that you’re not overdoing it.”

Overeating and eating unhealthily doesn’t only contribute to weight gain but can lead to more serious health issues – especially with quick weight gain, said Jones, which is typical for the holiday season. Quick weight gain can lead to other complications, such as heart disease or contribute to diabetes, stroke, high cholesterol, high blood pressure and even certain



Nicole Crowley, fitness specialist and spin class instructor, helps Sgt. Melissa Glynn, 1-58th Avn. Regt. (Airfield Operations), get a stationary bike ready for spin class.

cancers.

LAHC offers a nutrition class, Fit for Performance, that helps people with weight control by focusing on every aspect of healthy eating and weight loss, including

exercise, healthy cooking, portion control and managing stress, which is a big factor in weight control, said Jones.

The class is held Tuesdays at 9 a.m. at the nutrition department at LAHC, and is available to active duty, retirees and family members.

For more information, call 255-7986.

In addition to healthy eating habits, Jones said exercise and staying active is another way to drive back those extra pounds.

Fort Rucker offers a myriad of ways to stay active, including two physical fitness centers, complete with full gyms, classes and training equipment. There are also trails and tracks, including the air assault track and the Beaver Lake Trail, that people can utilize for their running and walking needs. By utilizing these facilities, Jones said people can combat the holiday weight gain with ease.

“A lot of times we get a lot more sedentary around the holidays and exercise can fall along the wayside, so staying active after a big meal or going for a big walk and not forgetting about working out during the holidays to try to combat those extra calories is important, too,” she said.



COURTESY GRAPHIC

TRICARE CHANGES:

Tips for making a smooth transition with TRICARE in 2018

By Jenny Stripling
Lyster Public Affairs Officer

You may be wondering what action you need to take, if any, to ensure you continue TRICARE coverage in 2018.

If you’re currently enrolled in or eligible for TRICARE coverage on Dec. 31, you’ll transition to your respective TRICARE plan on Jan. 1. If you want to enroll in a TRICARE plan or change coverage after Jan. 1, you’ll need to take action to enroll in the plan of your choice.

“All beneficiaries should take action by making sure their information is current in the Defense Enrollment Eligibility Reporting System,” said Capt. Alyssa Schlegel, chief of managed care at Lyster Army Health Clinic. “If you’ve experienced any changes (for example, marriage, birth, divorce and death), update DEERS as soon as possible to ensure continuous TRICARE coverage.”

Beneficiaries enrolled in TRICARE Prime, either stateside or overseas, as of Dec. 31, will remain enrolled in TRICARE Prime on Jan. 1. If you have

SEE TRICARE, PAGE D3

QUALITY CARE

Health care quality symposium engages patients, care teams

Military Health Systems
Communications Office Staff Report

SILVER SPRING, Md. — Diagnosed with cystic fibrosis halfway to her first birthday, Tiffany Christensen said that struggles with her health, and with the health care system, lent purpose to her life at a young age.

Decades of illness, hospitalizations, and two double lung transplants later, she has taken her history – her “Ph.D. in being a patient” – and applied it to improving the care experience of others. Today she is a patient advocate, author and speaker, and the vice president of experience innovation at the Beryl Institute, a global community of practice dedicated to improving the patient experience.

When Christensen shared her story with the health care providers, staff, patients and family members at the National Capital Region Quality Symposium at Joint Base Andrews Nov. 9, she acknowledged the challenges facing everyone in the room. “I was in health care for just two minutes and I got burned out,” Christensen said of her initial experience as a patient advocate for Duke Health System. “I had such high expectations of the impact I was going to make on people’s lives and I don’t feel like I was able to carry through on that impact.”

To achieve impact, Christensen urged providers to enlist help. “When I see organizations talking about high reliability, I think there is one resource not being utilized –



COURTESY PHOTO

Tiffany Christensen, vice president of Experience Innovation at The Beryl Institute, discusses her experiences with cystic fibrosis and the overall patient perspective in the health care experience at Joint Air Base Andrews, Md., Nov. 9.

patients and family members,” she said.

Presenters throughout the day touched on the theme of patient and care team engagement in improving the high-reliability experience. They offered tactics for achieving this transparency.

• Implementing leadership staff rounds. Navy Capt. Mark Kobejla emphasized that his participation in leadership staff rounds enabled him to tap the collective experience of 7,000 lifetimes of work — from the 7,000 staff at Walter Reed National Military Medical Center, where Kobejla is the director of the medical center. Practicing leadership staff rounds gives leaders “presence, discovery, the ability to reinforce pri-

orities, and (the chance to model) the behaviors you expect of leaders in the organization,” he said.

• Hiring chief experience officers. Lt. Col. Kathy Spangler, commander of the Andrew Rader U.S. Army Health Clinic at Joint Base Myer-Henderson Hall, Virginia, and Dr. Jennifer Blake, deputy chief of clinical services there, discussed the benefits of engaging a chief experience officer at Rader, the first facility in the NCR to implement this role.

“When bridging the gap between experience and expectations, you need to understand what those expectations were – what’s important to our team members, what’s impor-

SEE QUALITY, PAGE D3

TRICARE

Continued from Page D1

TRICARE Standard or TRICARE Extra as of Dec. 31, you'll transition to TRICARE Select. TRICARE Select replaces TRICARE Standard and TRICARE Extra on Jan. 1.

If you're enrolled in any TRICARE premium-based plan on Dec. 31, you'll remain enrolled in your plan on Jan. 1 as long as you continue to make your premium payments. These premium-based plans include:

- TRICARE Young Adult;
- TRICARE Reserve Select; and
- TRICARE Retired Reserve.

On Jan. 1, TRICARE will transition its stateside regional contractors from three to two. Beneficiaries who pay premiums or enrollment fees by electronic funds transfer or recurring debit/credit card payment will be contacted

to update their payment information. If you currently pay through a Defense Finance and Accounting Service allotment, your payments will automatically transfer.

If your current TRICARE health plan coverage doesn't automatically transition, contact the TRICARE contractor for your region. There are no changes to the TRICARE For Life benefit. TFL beneficiaries will not have to take any action.

New active-duty service members are automatically enrolled in TRICARE Prime or TRICARE Prime Remote if they live in remote areas in the U.S. Stateside active-duty family members who become eligible for TRICARE on or after Jan. 1 will also be automatically enrolled in TRICARE Prime if they live in a Prime Service Area. If family members live outside a Prime Service Area, they'll be automatically enrolled in TRICARE Select. ADFMs who are automatically enrolled in TRICARE Prime or

TRICARE Select have up to 90 days after the eligibility date to change health plans.

TRICARE Overseas Program ADFMs will be automatically enrolled in TRICARE Select. They will also have 90 days to change their enrollment to TOP Prime or Prime Remote if they are command sponsored.

During December, there will be an enrollment freeze for TRICARE Prime enrollments and a delay for primary care manager changes. You'll still be able to receive care during the enrollment freeze. If you have a problem accessing care, contact your regional contractor.

Visit the TRICARE Changes page at <https://tricare.mil/changes> to learn more about the upcoming changes to your benefit. You can also stay in the know by signing up for email updates at <https://public.govdelivery.com/accounts/USMHSTMA/subscriber/new>. Take command of your health care by staying informed.

Safety

Continued from Page D1

tant to our patients?" Blake said.

Since adding a chief experience officer, Rader has seen improved satisfaction among patients and care team members alike. For example, in July, the facility scored 100 percent for the first time on the Joint Outpatient Experience Survey question 23: Satisfied with Healthcare. They

achieved a score of 99.5 percent Satisfied with Healthcare for the month of September. Additionally, the team has gained a new mechanism for gathering team member comments and utilizing that input to improve experience, e.g., making changes to the break room, offering healthier snack options.

• Using a one-question survey. Air Force Lt. Col. Walter Singh, chief nurse, 11th

Medical Squadron Joint Base Anacostia-Bolling, described how his team distributed a one-question survey to all adult patients at check-in to learn what one thing each patient would like to change about their care experience. He reported that most respondents, at 22 percent, were looking for improvements in the area of access.

By bringing the broader NCR team to-

gether, alongside world-renowned experts inside and outside the Military Health System, the symposium offered an avenue for sharing information and best practices, whether through posters or collaborative discussion. Lt. Col. Downing Lu, chief quality officer for the NCR and host of the symposium, noted, "Reliability in our system is a team sport – it requires participation among all team members."

FORT RUCKER SPORTS BRIEFS

Ugly Sweater 5K

The Fort Rucker Physical Fitness Center will host the annual Ugly Sweater 5K and 1 Mile Fun Run Dec. 9. Runners are welcome to wear their ugliest Christmas sweater for the ugly sweater contest that will begin at 7:30 a.m. Race day registration will take place from 7:30-8:45 a.m., with the 5K starting at 9 a.m. The Fun Run will begin after the 5K race is complete, and will be open to all children, free of charge. Each fun run participant will receive a medal from Santa at the finish line. The cost for the 5K is \$20 per individual with a T-shirt through Sunday, or \$25 with a T-shirt while supplies after Sunday up to race day. There is also a \$15 no-shirt option. Teams cost \$120 for eight participants (each additional teammate pays the normal registration fee) through Sunday with T-shirts, or \$160 with a T-shirt while supplies last after Sunday up to race day. Trophies will be awarded in various categories. Refreshments will be provided and the event will be open to the public.

Participants are encouraged to pre-register at either PFC. For more information, call 255-2296.

Tactical Throwdown

The Fort Rucker Physical Fitness Center Tactical Throwdown's fourth quarter challenge runs Monday through Dec. 8. The challenge for the fourth quarter is the tactical movement challenge. Participation in this challenge is free and open to all Fort Rucker active-duty Soldiers. Official attempts will be conducted during posted dates and times, or by appointment with a functional fitness specialist.

For more information and a complete listing of the challenge rules, call 255-2296.

Rucker Gold Fitness Jump Start

The Fortenberry-Colton Physical Fitness Center will host its Rucker Gold Fitness Jump Start class Wednesday from 11 a.m. to noon. This class is designed for people who are 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 improve health. Due to limited space, pre-registration is recommended.

To register or get more information, call 255-2296 or 255-3794.

Intramural basketball coaches meetings

The Fort Rucker Physical Fitness Center will host intramural basketball coaches meetings Dec. 12 at

9:30 a.m. and again at 5:30 p.m. The meetings will be open to anyone interested in coaching a basketball team. Meetings will be held in the Fort Rucker PFC's conference room.

For more information, call 255-2296.

Holiday Ham Golf Shootout

Silver Wings Golf Course will offer people a chance to win a holiday ham at its Holiday Ham Golf Shootout Dec. 16. Tee times will be from 7-9 a.m. Participants must tee off no later than 9 a.m. Cost is \$20 per person, plus cart and green fees, if applicable. The game will be a Stableford tournament where participants' U.S. Golf Association handicaps will be used to determine the number of points they must pull. Weekend dogfight points can be used if a USGA handicap is not established. Hams and gift certificates will be awarded as prizes to the winners. Registration deadline is Dec. 16 at 9 a.m. The event will be open to the public.

For more information, call 255-0089.

Youth soccer registration

Youth spring soccer registration will run from Dec. 21 to Jan. 19. All interested participants must have a current sports physical, and a valid child and youth services registration. Children must meet the age requirements by July 31, 2017. Cost is \$25 for youth ages 3-4 years and \$45 for youth ages 5-14. Additional children will receive a percentage discount to be determined at parent central services during registration. Parents who used Webtrac to register their children need to call 255-22548 to let the staff know what size shirt and shorts to order. Practices will begin around Jan. 29 and the season will begin Feb. 20. There will be a parents meeting Jan. 24 at 6 p.m. in Bldg. 2800, the youth center, located on Seventh Avenue. To register, visit parent central services or use Webtrac.

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

Saturday Afternoons on the Range

Silver Wings Golf Course hosts its Saturday Afternoons on the Range with PGA professional Ty Andersen Saturdays from 1-2 p.m. Cost is \$10 and can be paid at the pro shop before the session starts at the driving range. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

Deer season

The Fort Rucker 2017-2018 Deer Season has begun. Archery season continues through Feb. 10. Gun

season continues through Feb. 10. Antlered bucks only, with three points or better on one side for both archery and gun deer season.

For more information, call 255-4305.

Fort Rucker Big Buck Contest

Fort Rucker Outdoor Recreation hosts its Big Buck Contest through Feb. 10 during daylight hours. The entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and the buck must be harvested on Fort Rucker to qualify. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a hunter education card.

For more information and to register, call 255-4305.

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.

Disc golf

The Directorate of Family, Morale, Welfare and Recreation offers disc golf – played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only.

For more information, call 255-2296.

Outdoor recreation mentorship

The Fort Rucker Outdoor Mentorship Program is being created to foster an environment of good stewardship in all areas pertaining to the great outdoors, according to ODR officials. Mentors will be connected with Soldiers and civilians in and around the installation based on experience levels of both the mentor and the novice. Mentors age 18 or older may sign up in one of the following areas: hunting, fishing, camping, water sports and general outdoor sports.

For more information, call 255-4305.

Super Crossword

Answers

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

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Isaac Bashevis Singer
2. Graceland
3. Denali (Mount McKinley)
4. Lady Nancy Astor
5. The Nobel Peace Prize
6. The study of fingerprints
7. A spoonful
8. Diamond
9. Hernando de Soto
10. Dandruff

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Harlem Globetrotters entertain Soldiers

By Noriko Kudo
U.S. Army Garrison Japan
Public Affairs

CAMP ZAMA, Japan — The Camp Zama Directorate of Family, and Morale, Welfare and Recreation hosted The Original Harlem Globetrotters presented by Navy Entertainment and Armed Forces Entertainment Nov. 8 at the Yano Fitness Center.

According to TOHG's official website (<http://www.harlemglobetrotters.com/>), the team was founded more than 90 years ago. They played their first road game in 1927 and have entertained more than 144 million fans in 122 countries and territories worldwide.

"Bull" Bullard, member of TOHG, said he has done four military tours during the past 10 years.

"Every time I come to any military base, I love it," said Bullard.

Bullard said he especially enjoys to engage with the families.

"I love the family aspect," said Bullard.

Bullard said this is his first time being in Japan.

"Everything about it is great," said Bullard.

Prior to the show, members of TOHG visited Soldiers of the U.S. Army Aviation Battalion Japan.

Sgt. Alexander Roth, assigned to USAABJ, gave TOHG a command briefing and showed them a UH-60 Black Hawk in the hangar.

Afterward, members of TOHG had an opportunity to get a hands-on experience,



PHOTOS BY NORIKO KUDO

Sgt. Alexander Roth, assigned to USAABJ, gives members of The Original Harlem Globetrotters a command briefing in the Aviation hangar during the team's tour of Camp Zama, Japan, Nov. 9.

sitting inside the helicopter.

At the end of their visit, Soldiers of the USAABJ were invited to take photos with members of TOHG and to get their autographs. The community members started to form a line before the door opened at the Yano Fitness Center. The bleachers

were quickly filled, some overflowing, and spectators had to sit on the floor or stand to wait for the show to start.

The show started with loud music and announcements, and TOHG entered very energetically, constantly bouncing the ball around from a payer to a player. TOHG performance kept the spectators on feet from the beginning until the end.

Volunteers from the audience were given the opportunity to go onto the court with TOHG. TOHG played games and tricks on the volunteers that continuously made the crowd laugh.

After the show, Maj. Christopher Alferez, assigned to U.S. Army MEDDAC-Japan, said he initially wasn't sure what to expect.

"I thought it was a very fun and hilari-

ous event," said Alferez.

Alferez said it was a great deal to have entertainers from the states come so far to interact with Soldiers and family members.

"It shows their support for the troops and brings up the moral," said Alferez.

Journey Taylor, 11, Arnn Elementary School student, said her favorite part of the show was when one of the players got up on the basketball hoop and started dancing.

"It was just wow," said Journey.

Brianna Webb, 12, AES student, said she really liked the show.

"They couldn't have done better," said Brianna.

TOHG put a smile on Camp Zama's community members' faces.



The Globetrotters lead a 'YMCA' dance performance during the team's visit to Camp Zama.



"Flip" White, member of The Original Harlem Globetrotters, gets up on the rim and dances.



"Jet" Rivers signs autographs for fans.



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