



Shop offers deals, benefits community

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GOLD STANDARD

Group fitness class focuses on senior retirees

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NOVEMBER 16, 2017

HONORING SERVI

Post pays homage to nation's veterans

By Nathan Pfau Army Flier Staff Writer

Fort Rucker honored the service of the nation's veterans with a ceremony at the U.S. Army Aviation Museum Nov. 9. as a way to say 'thank you' to those who have served.

Command Sgt. Maj. Gregory M. Chambers, command sergeant major of the Aviation Branch, presided over the ceremony to thank not only those who have served, but their families, as well.

"I just want to personally thank all of our veterans who have served our country - you are what makes our country an absolutely phenomenal place to live," he said during the ceremony. "Today we pay tribute to those who have served across all components of our Army, Navy, Air Force, Marines and Coast Guard.

"We know that freedoms come at a cost," Chambers continued. "The tremendous acts of courage and sacrifice brave men and women have to answer the call to go wherever and whenever they are needed the service of all of our veterans and their family members is not forgotten."

During the ceremony, veterans from every branch of the U.S. Armed Forces were recognized as the band played their respective songs. A wreath was also laid by Chambers and CW5 Joseph B. Roland, chief warrant officer of the Aviation Branch, to honor past and present service members.

For Willaim Voth, a veteran who served 27 years in the Army, the ceremony was an opportunity to show proper honor to those who have sacrificed throughout their lives to provide the freedoms people enjoy today.

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CW5 Joseph B. Roland, chief warrant officer of the Aviation Branch, and Command Sgt. Maj. Gregory M. Chambers, command sergeant major of the Aviation Branch, lay and wreath and salute during a Veterans Day ceremony at the U.S. Army Aviation Museum Nov. 9 in honor of those who have served and sacrificed.



Runners dash from the starting line of Fort Rucker's annual Turkey Troy 5K, 10K and 1-mile fun run Nov. 11. Area race enthusiasts will have another chance to lace up Dec. 9 during the Ugly Sweater 5K and 1-mile run fun. For more information, see sports briefs on page D3.

REMAIN VIGILANT

Post officials urge fire safety for holiday season

By Nathan Pfau Army Flier Staff Writer

As temperatures fall and the holiday season rolls around, one of the last things on people's minds is fire safety, but installation safety officials want to remind people to stay safe when getting in the holiday spirit.

Some of the leading causes of fires during the holidays can be attributed to decorations, candles, cooking and Christmas trees, according to John Ahern, fire prevention inspector, who said people should take special care when setting up for the holiday sea-

With Thanksgiving around the corner, people across the country will be cooking up their feasts for friends and family to enjoy, and with that increased cooking comes increased opportunities for fire hazards, said Ahern.

Between 2011 and 2015, U.S. fire departments responded to an estimated 170,000 home structure fires that involved cooking equipment, said the

PHOTO BY NATHAN PFAU

Jordy Fault, Fort Rucker civilian fire fighter, inspects the hose equipment on a fire truck Tuesday.

fire prevention inspector, adding that nearly half of all reported home fires were caused by cooking. Unattended cooking was the leading factor in the

Although the majority of the fires occurred on ranges or stovetops, many in recent years are being attributed to turkey fryers, which are becoming increasingly popular, said

"When using (a turkey fryer), people want to make sure to follow the directions," he said. "Thaw out the turkeys completely and make sure not to overfill the fryer with oil. Also, make sure to use them a good distance away from the home."

Many people tend to make the mistake of using the fryers in too close of a proximity to the home, which can cause devastating damage in the event of a grease fire from the fryer, he said, adding that one of the biggest mistakes people make when a grease fire occurs is adding water.

"Never put water on a grease fire – that is the biggest thing," said the fire prevention inspector. Adding grease to the fire causes the oil to expand and erupt rather than smother the flames. Instead, people should have

SEE SAFETY, PAGE A5

Forum gives community voice, input

By Nathan Pfau Army Flier Staff Writer

Tackling tough issues that face the military community is something Fort Rucker and Army leadership are committed to do, and one program provides a forum to make those community concerns heard.

Fort Rucker held its 2017 Army Family Action Plan Focus Groups Forum at the Wings Chapel Nov. 7 and 8 as a means to improve the quality of life of those on the installation by providing a forum where community issues and concerns can be heard and put into the hands of Army leadership, said Vernon Johnson, Fort Rucker Army Volunteer Corps coordinator.

The forum featured four core groups to tackle issues that concern different parts of the community, including community, force support, family support, and medical and dental support.

Teams worked over the course of two days and submitted 36 issues, but of those submitted, five were elevated as the most important and presented to Fort Rucker leadership, including William G. Kidd, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, who said it's because of volunteers who work out these issues that makes a difference in the community.

"Your input, the work that you've done, the investment of your time and your talent, and your initiative, empathy and care has made a difference," Kidd said. "You put together three dozen really good concerns and issues, and we briefed a handful of those today as the top issues, and those are really outstanding issues that will touch the lives of our Soldiers, our families and everyone that serves here at Fort Rucker."

This year's top issues from each group included: damaged and non-existent sidewalks from the community group; impact of mandatory uniform change from the force support group; lack of family fitness area in physical fitness centers and safety of playgrounds in housing areas from the family support group; and inadequate parking at Lyster Army Health Clinic from the medical and dental support group.

The majority of the issues will be worked out at the

SEE FORUM, PAGE A5



William G. Kidd, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, speaks with volunteers during the AFAP Focus Group Forum Nov. 8 at Wings Chapel.

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PERSPECTIVE

FACE OF DEFENSE

First sergeant leverages first-responder skills

By Air Force Senior Master Sgt. Charles Delano 153rd Airlift Wing

CHEYENNE, Wyo. — Air Force Senior Master Sgt. Thomas Turner is a firefighter in Cheyenne. During the week, he responds to fire calls and provides emergency medical assistance to the city's residents. On drill weekends, he responds to the needs of the airmen and families of the Wyoming Air National Guard's 153rd Airlift Wing as a first sergeant.

"When I was growing up, I always wanted to become a firefighter," Turner said. "I like helping people, so becoming a first sergeant was a natural fit."

Turner began his career in the Wyoming Air National Guard as a C-130H engine mechanic. Four years later, he applied to change careers to become a firefighter. He attended the fire academy at Goodfellow Air Force Base, Texas, before the Sept. 11 terrorist attack. Witnessing the selfless acts of first responders during the attack and its aftermath affirmed his decision to pursue his dream job as a firefighter, he said.

Watching the televised images of first responders attending to the injuries of the people in New York and reminded of an injured woman he helped while he was driving down a dirt road in 2000, Turner said. She was badly injured from a robbery and was left bleeding in her vehicle when Turner stopped



Air Force Senior Master Sgt. Thomas Turner, 153rd Airlift Wing first sergeant, takes notes during a first sergeants meeting in Cheyenne, Wyo., Oct. 20. Turner is a firefighter with Cheyenne Fire Rescue and has been a member of the Wyoming Air National Guard for 20 years.

to render aid and drive her to the

"The feeling I had that night and watching those first responders on 9/11 really helped solidify my decision to help people and become a firefighter," he said.

ROAD TO A CIVILIAN **CAREER**

Although he became a firefighter with the Air National Guard, it was still only one weekend a month and two weeks in the summer, he

noted, adding that he worked various jobs as a server, retail clerk and with the railroad before accepting a full-time position with Cheyenne Fire Rescue.

After being hired by the city, Turner attended firefighter training at the Front Range Fire Consortium Fire Recruit Academy in 2007. Since then, he has performed duties as acting lieutenant, has taken on additional duties as part of CFR's public relations committee, and has assisted with community

fundraising projects.

"Tom supports the department in many ways thanks to his experiences in the military," said Lt. Jarrett Demello, Cheyenne Fire Rescue lieutenant of operations. "He is always reliable and willing to help anyone who needs him."

Although he was a first responder with his civilian employer and with the Wyoming Air National Guard, Turner said, he wanted to help airmen more than just as a firefighter. He was approached in



Turner sits on the back of a firetruck in Cheyenne, Wyo., Oct. 16.

2010 by Air Force Senior Master Sgt. Sarah Brewster, 153rd Airlift Wing human resource adviser, who was a first sergeant at the time. She encouraged him to apply his first responder skills as a first sergeant.

"You care about people and take pride in helping others," Brewster said, "so put a diamond on and let your Airmen be your priority."

Turner finished the First Sergeant Academy in 2010 and was assigned as the first sergeant for the 153rd Logistics Readiness Squadron. As the needs of the wing changed, he became the security forces squadron's first sergeant and finally took the first sergeant position for the wing staff. He will retire his first sergeant diamond in December after 20 years with the Wyoming Air National Guard, but he'll still be responding to the needs of the residents of Cheyenne in his civilian career.



LThanksgiving is a time of year that people come together to share what they are thankful for. What is it you have to be thankful for?"



Michael Janik, military family member "I'm thankful for all of my

family and friends."



Jordan Baskins, military family member

"I'm thankful for the life that I've been given and the people who are in it."



Jason Pfau. civilian

"I'm thankful that I have a job that I enjoy and family that supports me with whatever I



Jessica Pfau, civilian

"I'm thankful for my dog he's my whole life.'



Katie Pettengill, civilian

"I'm thankful that I have a family that supports me through life, and that I have friends who are always there for me when I need them. There is nothing else I need as long as I have them."

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FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes

COMMAND INFORMATION OFFICER David C. Agan Jr.

COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF Jim Hughes

ACTING EDITOR. ... 255-1239 jhughes@armyflier.com

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

Nathan Pfau

STAFF WRITER. npfau@armyflier.com

BUSINESS OFFICE

rjesswein@dothaneagle.com

Robert T. Jesswein PROJECT MANAGER.....

Jerry Morgan

REGIONAL SALES DIRECTOR 702-2631 jmorgan@dothaneagle.com

Laren Allgood

lallgood@eprisenow.com

Mable Ruttlen393-9713 DISPLAY ADVERTISING.. mruttlen@eprisenow.com

classifieds@dothaneagle.com CLASSIFIED ADS....

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

SECARMY:

Modernization turnaround worth the effort

By David Vergun Army News Service

WASHINGTON - Vast readiness improvements are a challenge worth taking because if they succeed, Soldiers on the ground will reap the benefits, said acting Secretary of the Army Ryan McCarthy.

That challenge is asking brigade commanders - all seasoned combat leaders eager for command of divisions and corps - to defer that dream and instead lead a cross-functional team that will focus on the Army's modernization efforts.

McCarthy, who spoke at an Association of the United States Army breakfast Nov. 8, said he's optimistic because he and the vice chief of staff of the Army recently met with prospective leaders for those teams, and he saw within them "energy and excitement" about the new mission.

Those team leaders, "the best and brightest the Army has," McCarthy said, will be rated directly by the vice chief of staff. McCarthy, as undersecretary of the Army, will oversee the entire effort, including development of a new Army command that is focused on modernization, and which is expected to stand up by next summer.

The purpose of the teams is to improve the quality and speed of delivery of new materiel and capabilities to the warfighter, which is currently unacceptably slow, he

McCarthy said most brigade commanders are likely not experienced at acquisition, requirements and other aspects of modernization. But what they do know, he said, is what it takes to win the nation's wars.

Each team leader will be surrounded by experts who are familiar with requirements, acquisition, science and technology, test and evaluation, resourcing, contracting, costing and sustainment, McCarthy said.

He called this approach a "vertical integration" of effort consisting of subject matter experts from across the Army, as well as some from industry and academia.



Soldiers from the 642nd Regional Support Group prepare to clear a building during an urban operations familiarization event Aug. 22 at Fort McClellan. Soldier lethality is one of the six priorities established by the Army Chief of Staff that will be the focus of six new cross-functional teams focused on modernization and readiness.

rapidly integrating and synchronizing ... to deliver new capabilities to the operating force" that are aligned to the chief's six priorities, McCarthy said.

Those priorities, he said, are development of improved long-range precision fires, a next-generation combat vehicle, future vertical lift platforms, a mobile and expeditionary Army network, air and missile defense capabilities, and Soldier le-

Since there are six priorities, there will be six teams, each assigned to one of the priorities, he added.

Leading the effort to organize the crossfunctional teams and stand up a new Army command focused on modernization, is Lt. Gen. Edward C. Cardon, director, Office of Business Transformation, McCarthy said.

Leading the effort means figuring out "The end state is an empowered team, how U.S. Army Forces Command, U.S.

Army Materiel Command and U.S. Army Training and Doctrine Command will interface with the teams, along with the roles and responsibilities, he said.

Another part of the challenge, McCarthy said, is getting buy-in from personnel across those existing commands.

Funding is another challenge, he said. The amount needed is yet to be determined, but the costs will most likely be reflected in the fiscal year 2019 budget.

Additional authorities may also be required to restructure the Army's modernization effort -- the biggest such restructuring in half a century, he said.

The authorities and funding would need to be approved by the Department of Defense and lawmakers, he added.

McCarthy said he's already been studying the National Security Strategy to ensure modernization command efforts dovetail with it, and he plans to present his recommendations to the National Security Council, via DOD.

The secretary said an end to continuing resolutions and passage of a budget with "some teeth" would go a long way towards furthering Army modernization efforts.

In the meantime, lawmakers can find savings with another round of base realignment and closure, he said, noting the while BRAC may be politically challenging, it is "absolutely necessary."

LOTS OF SOLDIERS, LOTS OF **MISSIONS**

McCarthy noted that both Congress and the administration have voiced support for increasing manning levels in the Army. But he also said they should first take a hard look at U.S. commitments around the world and determine if the Army might be overextended. He said Soldiers are now deployed in 140 countries and their deployment-to-dwell times are such that it poses hardships for troops and families.

McCarthy also said that one of the important places Soldiers are now stationed is South Korea. While he didn't go into the classified details, he did say that AMC has been involved in getting those Soldiers properly equipped, and FORSCOM has been involved in establishing the manning and readiness levels needed in the event of a contingency operation there. The Army's chief of staff has also been closely following events there and is deeply involved in the process, he said.

Lastly, McCarthy said vast improvements have been made in furthering the "One Army" concept, meant to improve communications and the working relationship between the Regular Army, the Army National Guard, and the Army Reserve. In 2009 and 2010 that wasn't the case, with poor communications between the three components. Now, McCarthy said, there's open communication, and Soldiers in all components are treated with respect and as equals.

Synthetic training to become prevalent Army-wide

By David Vergun Army News Service

WASHINGTON — Operating in a synthetic environment, which for Soldiers means combat training in a computer-generated, realistic-feeling environment, will increasingly augment live training at home station and combat training centers, said the commander of the Combined Arms Center.

Lt. Gen. Mike Lundy spoke at the Association of the United States Army Annual Meeting and Exposition in October, where examples of emerging synthetic training were on display at industry booths. Some of the emerging synthetic training ideas were started through Army science and technology funding.

Currently, there are simulators in about 30 locations throughout the Army that are mainly using 1970s technology that cannot adequately replicate today's weapons and environment, he said.

That will change fairly soon, he predicted, offering several rea-

Operating in an increasingly complex environment, where the contested domains of land, sea, air, space and cyber converge,

tions, some of which cannot be replicated in a live environment, he said, due to high cost or hazardous environments, particularly for aviation.

Also, conditions at home station training cannot replicate those at a Combat Training Center, or CTC, where a maneuver force may be training with full or most of its capabilities.

The only way to get that quality of high repetition training that is scalable from a platoon on up to a brigade or division, he said, is through the synthetic environ-

Besides that, different environments, weather conditions, and day and night conditions can all be replicated using simulation, he added.

Lundy said he expects to see affordable synthetic training in the future to occur at home station within the battalion and even company level. He added that synthetic training will even become prevalent at the brigade, division and corps levels.

Synthetic training isn't meant to replace live training, he emphasized. However, it will provide the practice required for

will require many training repeti- Soldiers to get good at what they do before they go to the combat training centers, where all of that training will be validated.

OTHER CHANGES COMING

Going to synthetic training isn't the only change on the way, Lundy said.

Doctrine and tactics are beginning to catch up to threats from potential peer and near-peer adversaries.

A couple of years ago, Soldiers were training specifically for the fight in Iraq and Afghanistan, which was predominately counterinsurgency and mission specific.

Then, within the past year or so, the CTCs added combined arms training for the maneuver force, with tactics against near-peer threats in all domains, he said.

In October, the Army released Field Manual 3.0 "Operations," which details the tactics the Army will use for the next three to five years, he said.

Those tactics spelled out in 3.0 include lessons learned over the last 16 years of war, as well as dealing with more sophisticated threats from adversaries who will



Command Sgt. Maj. James Sims, Army Materiel Command, tries out a scenario in Virtual Battle Space using a set of 3D goggles during the 2015 Association of the United States Army Institute of Land Warfare symposium in Huntsville.

want to deny Americans access to the battlefield through long-range precision fires, unmanned aerial systems and electronic warfare and cyber, he said.

And finally, Lundy said professional military education and leader development is catching up to 3.0 and training at the CTCs.

For example, the curriculum will soon include topics like understanding and managing the complex airspace, virtual recruiting and banking by enemy forces, and psychological assessments of the local population, adversaries, U.S. troops and coalition forces, each of which is involved in shaping the fight.

"Maintaining the will of the coalition is just as important as being able to achieve a victory and breaking the will of your enemy," he said.

The changes in PME, doctrine and tactics like 3.0 are not the final word, Lundy concluded. It will evolve and be re-written over time as gaps and opportunities

News Briefs

Clinic closures

Lyster Army Health Clinic will be closed Nov. 23 for the Thanksgiving Holiday.

Lunch and learn

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

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

The next session is scheduled for Tuesday with the topics of stress management, energy management and attention control.

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

ATM relocation

The Armed Forces Bank ATM located at the Silver Wings Golf Course will be relocated to the Army and Air Force Exchange Service Class VI store Dec. 1. For more information, call Armed Forces Bank at 334-598-2402.

Yoga classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. Participants are encouraged to bring their own mat.

Weight control

The Lyster Army Health Clinic Fit for Performance Weight Control Program consists of six sessions taken over a sixto 12-week period. The program is available to all active-duty military, retirees and family members. Classes are held on Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call 255-7986.

Thrift shop The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Pay office closure

The Defense Military Pay Office closes at 12:30 p.m. on Wednesdays. Also, beginning Tuesday, DMPO office hours will change to 7:30 a.m. to 3:30 p.m. Mondays-Tuesdays, 7:30 a.m. to 12:30 p.m. Wednesdays, and 7:30 a.m. to 3:30 p.m. Thursdays and Fridays.

Specialty printing requirement

Due to a change in printing procedure, document printing services now requires that all documents for printing that require specialty paper be submitted three weeks prior to the requested delivery date.

For more information, call 255-1363.

HONORING SACRIFICE

National Archives pays tribute to Vietnam War veterans

By Devon L. Suits Army News Service

WASHINGTON - To coincide with Veterans Day 2017, a new exhibit opened Nov. 10 at the National Archives. It is meant to educate visitors of the patriotism, service, and sacrifice of the many that served their country during the Vietnam War era.

The exhibit, titled "Remembering Vietnam: Twelve Critical Episodes in the Vietnam War," provides visitors an opportunity to understand the decisions that led to war, the events and consequences of the war, and its lasting legacy, according to archive officials.

"As a veteran of Vietnam myself, I was determined to mark the 50th anniversary of the height of the Vietnam War with an exhibition," said United States archivist David S. Ferriero during a Nov. 8 media day at the archives. "Our records, some recently declassified, continue to yield discoveries and provide insight and evidence to people seeking to understand the war."

The United States committed to the Vietnam conflict more than 50 years ago. Still, archive officials say, historians continue to make discoveries that address three critical questions, including why the United States got involved, why the war lasted as long as it did and why it was so controversial.

Many have expressed their embarrassment about their lack of knowledge when it comes to the Vietnam War, said Alice Kamps, the curator for the exhibit. "Some even seem haunted by these questions. We all need to answer these [questions] to move on."

VIETNAM PILOTS

In support of the exhibit's grand opening, three Vietnam War-era aircraft were on display outside the National Archives building, including a Bell AH-1 Cobra, a UH-1 Iroquois and an OH-58 Kiowa.

A small group of Vietnam veterans were available near the aircraft to answer questions and discuss their lives before, during and after the war.

"It is an honor for us to bring the helicopters here and allow people to look at some Vietnam's history," said Phillip Keith, one of the veterans.

Assigned to the 14th Transportation Battalion during Vietnam, Keith flew 157 missions. Some of those missions provided crash recovery support to Soldiers throughout the region.

"I have lost several friends that were close to me during the Vietnam War," said Keith, when asked about Veterans Day. "Jimmy Crisp, a great friend of mine, left behind a new bride and



PHOTOS BY DEVON L. SUITS

Visitors interact with the UH-1 Iroquois in front of the National Archives during a media day event in Washington, D.C., Nov. 8.

a young baby that he never met. Tom Jones – I flew instruments with him in flight school – left a beautiful wife and a young boy. I reflect on them mostly during this time of the [year]."

Peter Gotch, who was a warrant officer during Vietnam, served two tours in that country. During his time there, he directly supported the 4th Infantry Division as an AH-1 and UH-1 pilot.

UH-1s played a vital role during the Vietnam War. As one of the primary aircraft for MedEvac operations, they helped provide medical treatment and transported the wounded to safety. The UH-1 also supported the logistical needs of Soldiers in the field by delivering food, clothes, and mail, Gotch said.

Not all the wounded Soldiers who were airlifted by the UH-1 made it home alive, however. Gotch knew some of them.

During Veterans Day, Gotch said, "you think about all the good people that never made it back. I have some good close school friends that never made it back. It's tough to deal with it."

Sharve Easterwood, an instructor at Bridges Academy, in Washington, D.C., brought some of the academy's students to the exhibit to learn more about the war, to talk with the veterans there, and to see the helicopters.

"History is one of my favorite subjects," said Easterwood. "[When] kids see these places for the first time, it is nice to see their smiles. I let the kids know that history repeats itself constantly. It's important to learn as much as

Along with his fellow instructors, Easterwood helped lead a small group of academy students through the outdoor exhibit. The



Standing in front of an OH-58 Kiowa, former CW2 Jerry Seago briefs some visitors about the aircraft's capabilities during a National Archives' media day event in Washington, D.C., Nov. 8.

students had a chance to ask the pilots a variety of questions, but many of them were more interested with the internal equipment inside the OH-58 cockpit.

THE WALL

About a mile from the National Archives, another event was taking place in advance of Veterans

In commemoration of the 35th anniversary of the Vietnam Veterans Memorial, a group of veterans, family members, friends, volunteers, and service members participated in a "reading of the names" event.

The volunteers paid tribute to veterans by taking turns reading aloud each of the more than 58,000 names inscribed there.

"[The reading of the names] is an appropriate way to pay tribute



Former Capt. Phillip Keith briefs a group of students from Bridges Academy about the capabilities of the AH-1 Cobra aircraft.

to everyone that sacrificed during Vietnam," said Col. John Dowling, assigned to the Military Postal Agency in nearby Arlington, Virginia. "Some of my first noncommissioned officers and

officers had experienced combat in Vietnam. I learned a lot from what they have told me.

"We should take a whole month and recognize all veterans for their service," he said.



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Restless Heart and Freedom Quartet **November 30 • 7:00 pm Enterprise High School**



Playing a pop-friendly brand of country-rock, Restless Heart was one of the most popular country bands of the late '80s and early '90s. Restless Heart hits include 26 Billboard hits, 14 top ten hits and six number one hits which include "The Bluest Eyes in Texas", "That Rock Won't Roll", I'll Still Be Loving You", "A Tender Lie" and "Why Does It Have to Be (Wrong or Right)". In 2015, Restless Heart was inducted into the Oklahoma Music Hall of Fame.

 ${f F}$ reedom Quartet was voted "Favorite New Traditional Male Quartet" by readers of Singing News Magazine. Freedom Quartet is among Gospel Music's finest. The quartet has a vocal blend that is familiar and fresh. From rousing renditions of quartet standards like "Hide Thou Me", Burman's bass signature "Operator", to their newest hits "To Lift Somebody Up", and "I Am A Christian!", Freedom Quartet is sure to take the audience on a musical journey through times and emotions rarely experienced.

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By Jim Garamone Defense Media Activity

WASHINGTON — With an increase in troops, the U.S. and NATO strategy in Afghanistan has a good chance of enabling Afghan security forces to do more to secure their country, the Resolute Support mission commander said during a news conference in Brussels in early Novem-

Gen. John W. Nicholson told reporters that Afghan forces have proven their mettle in the time of the greatest risk to the Afghan government.

"We fought most of the year ... at the lowest level of capability that we've ever had in the 16 years [of the Afghan conflict]," Nicholson said. "It was the lowest level of capability and the highest level of risk we've faced in this time."

Part of the problem was that the NATO train and assist mission was not completely resourced. "We were only at an 80 percent fill on our combined joint statement of requirements," he said.

4-YEAR PLAN

The new strategy will help, and it builds on the four-year plan from Afghan President Ashraf Ghani.

The plan calls for increasing the offensive capability of the Afghan military specifically the commandos and air assets. Additional trainers will allow them to go on the offensive and provide security over a greater area of the country, the general

"This, coupled with pressure on the external enablers of the insurgency, as well as social pressure at the ballot box, with the elections over the next two years, is all designed to bring the Taliban to the table," he said. "So this is a fight-and-talk approach."

Nicholson emphasized that the new strategy is conditions-based and not on a set deadline. The modest increase in NATO, U.S. and partner forces will enable more training at lower echelons and focus air support where it is most needed.

New capabilities will join a force that continues to improve, the general said. Afghan security forces went on the offensive this



Gen. John W. Nicholson, NATO Resolute Support commander, greets Afghan Special Operations Command School of Excellence leaders at Camp Command, Kabul, Afghanistan, Oct. 21.

year in ways that they previously haven't, he noted. All six of the Afghan corps conducted offensive operations simultaneously. "We saw a decrease in casualties that occurred in September," Nicholson said. "So, even though there was some very tough fighting, the enemy was unable to accomplish any of their objectives this year."

Last year, there were eight Taliban attacks on cities around the country. This year, there was one. "Whenever the enemy

attempted to mass, he was subjected to U.S. airpower and suffered heavy, heavy casualties – much higher than the Afghans," he

CHANGES AT THE TOP

Leadership played a large role in the successes, the general said, with Ghani replacing five of the six corps commanders at the beginning of the fighting season. "This lowered the average age of the core commanders by 10 years, and they came into their duties with more energy, frankly, and more offensive mindset, and it showed on the battlefield," he said.

Nicholson ticked off the areas of success, including Helmand province, where Afghans working with the Marines of Task Force Southwest expanded the secure areas around Lashkar Gah and retook the Nawa district.

In the eastern part of the country, the 205th Corps was able to expand the security environment around Tarin Kot. There was also an expansion of security around Kunduz, the general said.

Service

Continued from Page A1

"This is a day that our country recognizes veterans for what they did ... and a ceremony like this kind of reinforces your faith in your country," he said. "There are many sacrifices that Soldiers make in addition to risking their lives - they're on call 24/7, they have to leave their families, they miss a lot of activities that their kids are in and it can be a difficult situation, but I wouldn't trade my time in the Army for anything."

Voth flew scout helicopters in Vietnam and retired as a lieutenant colonel, and said he was proud of the time he spend in the armed forces, so honoring those who have served is something he said the nation needs more of.

Veterans Day marks the anniversary of the armistice that ended World War I, said Chambers, but significance of the day didn't hit home for him until his time in service.

"As a young private in my first duty assignment, I can remember one Veterans Day event that stayed with me for the rest of my career," said the command sergeant major. "I came to work one day before Veterans Day and was informed that we would have to work on (that day)."

Chambers said at the time he felt it was no big deal, but a group of his fellow Soldiers were upset at the prospect of working on Veterans Day.

"I asked my best friend what the guys were so upset about and he simply stated if there's one day throughout the year that we should have the day off, it's Veterans Day," he said. "I didn't really know what Veterans Day really meant as a private, but later that day my company first sergeant explained it to me, and from that day on I understood what the day represents."

Chambers said that although having a day set aside to honor those who have served is well deserved, people should remember to honor veterans not just during the holiday, but every day.

"We owe all our veterans so much more, and the best thing we can do is to just take care of them and thank them for their service," he said. "Our great veterans have given us a lasting legacy of service. They have set the example and lived out our Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

"They show us time and time again what those values look like, fight like, and how those values ensure we win every time There is a proud unbroken line of brothers and sisters in uniform that stretches out across American history." He continued. "As we look into the future, we need to seek out our veterans because we need their mentorship like never before. We must make sure the baton of wisdom and experiences passes from era of war fighters to the

Forum

Continued from Page A1

garrison level, and those that can't be dealt with locally will be forwarded up to the Installation Management Command level, said Kidd.

"It takes about a year for AFAP to go through its process," said the deputy to the commanding general. "A lot of those will be worked here at the installation level and you'll get some feedback on what the plan of attack is on some of

Many of the issues take time to work through, said Kidd, so those who worked on the issues during the forum shouldn't get discouraged, but proud of what they were able to accomplish – providing a voice for the community.

"You can look back with pride that you started that here in this little chapel – but that's how things are done in the Army," he

said. "There is no board of directors that figures these things out in the Army – how would they know? If you're in the halls of the Pentagon ... they don't get to see the cracks in the pavements, so your input really pays off."

AFAP is in its 34th year and in that time the program has helped implement 135 legislative changes, 185 Army-level changes and about 205 programs, said the deputy to the commanding general.

In past years, more than 685 different recommendations have gone forward to improve quality of life for Soldiers, family members, civilians and retirees. In 2012, the No. 1 issue at the Armylevel AFAP conference was started at Fort Rucker, and it all begins with the people in the community, said Kidd.

"People like you have put together some concerns that have changed the Army," he said. "This service has allowed us to do some things that have really benefitted family members, Soldiers, retirees and veterans.

"I want to thank you again for what you've done for us here at Fort Rucker," Kidd continued."For putting all of these concerns together, but also for your investment in our Soldiers, our families and in our Army in general, because it really matters. I encourage you to keep that up."

Safety =

Continued from Page A1

an extinguisher handy, he said.

In addition to cooking fires, heating equipment, such as space heaters, has been known to be a leading cause fires, said Ahern. Many space heaters utilize exposed coils to give off heat and if set next to flammable materials, such as a curtain or a tree, a fire can occur.

Half of home heating equipment fires are reported during the months of December, January and February, and Ahern offers up some simple steps to prevent most heatingrelated fires from happening.

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.

- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.

Blazes caused by decorations are another cause of structural fires in homes. Between 2009-2013, fire departments responded to an average of 9,300 home structure fires a year that were caused by candles; and between 2010-2014, an average of 210 fires per year began with Christmas trees, said

"With candles, it's more about the proximity to other items that could catch on fire, and leaving them unattended," said the fire prevention inspector, so people should make sure that candles are out of proximity of anything flammable, and are blown out when not in the room.

Light strands that are used for decorations can also be a fire hazard when used improperly, said Ahern. Each strand has a recommended number of strands that can be plugged together, and by overloading the wiring creates potential for an electrical fire. Coupled with a Christmas tree, the hazard can be devastating.

"If you've ever had a real Christmas tree then you know it's going to get dried out," he said. "The needles falling off the tree is an indication that the tree is drying out. You can keep it watered all you want but it's not going to be like a root system - it won't soak up as much water as it actually needs.

"For those people who are putting their tree up early and leaving it up past New Years, when you plug in a lot of lights on it that are overloaded, then you could run into a real problem," he continued. "You should turn the Christmas tree lights off as much as possible, especially if you have a real tree. You don't have to leave those lit all the time. The best thing to do is unplug everything when they're not in use.'

Ahern said that people should also inspect the lights for frayed wiring if the strands have been reused over the years. With age, the strands can become frayed and cause a fire hazard if the wires are exposed, he said.

Artificial trees are an option people should consider to help curb the threat of fires, he said, adding that each artificial tree has built in fire resistance, and although that may degrade over time, is still a better option for safety than a real tree.

By taking preventative measures, Ahern said that people can ensure a safe holiday season.

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NOVEMBER 16, 2017

HELPING HANDS

Mechanics keep Chinooks flying for Puerto Rico relief effort

By Army Spc. Samuel D. Keenan 65th Press Camp Headquarters

SAN JUAN, Puerto Rico — The maintenance team from the 2nd Battalion, 501st Aviation Regiment has been working nonstop in Puerto Rico since it flew in from Fort Bliss, Texas, Oct. 9.

The crew maintains six CH-47 Chinooks that deliver humanitarian supplies daily to some of the hardest-hit and most remote areas of Puerto Rico following Hurricanes Irma and Maria.

Soldiers need to do 90 percent of the maintenance work at night to allow full usage of the helicopters during the day for essential humanitarian missions, said Lt. Col Chris Chung, the battalion commander.

"At first, night shift was running from 3 p.m. to 1 a.m., sometimes 2 or 3 a.m.," said Sgt. Jason Gonsalves, a CH-47 helicopter repairer. "We were working long days, only stopping to take a break for

thirty minutes."

When the unit arrived, the maintenance team had to reassemble the Chinooks, which they had only recently disassembled to fit on C-5 Galaxy transport aircraft for the trip from Texas, Gonsalves said.

In order for two Chinook helicopters to fit aboard a C-5, their rotor systems and housings must be detached and disassembled, he added.

The maintainers had the helicopters back together and ready to fly within 48 hours, said Pfc. Zachariah Ingram, a CH-47 helicopter repairer.

In addition to regularly scheduled maintenance, the crew has to be vigilant for other problems that come with the operating environment. For example, the salt air and humidity inherent with operating in tropical environments can lead to corrosion, Gonsalves said.

When not working on the helicopters,

SEE CHINOOKS, PAGE B4



CH-47 Chinooks sit on the airfield at Roosevelt Roads, Puerto Rico, Nov. 2. Chinooks are being used to deliver aid to the worst-hit and most remote areas of Puerto Rico as part of the ongoing relief and recovery efforts after the island territory was hit by Hurricanes Irma and Maria.



Helicopters assigned to the 1st Air Cavalry Brigade, 1st Cavalry Division prepare to leave Chièvres Air Base, Belgium, for Germany, Latvia, Romania and Poland, in support of operation Atlantic Resolve Oct. 26.

Cadets explore Army Aviation

By Capt. Brianna McFarland For Army News Service

FORT HOOD, Texas — Army Reserve Officers' Training Corps cadets enrolled at Baylor University received first-hand experience on Army Aviation when they partnered with C Company, 1st Battalion, 244th Regiment, Oklahoma Army National Guard, Nov. 4 at the university.

The 1-244th Assault Helicopter Battalion, equipped with UH-60 Black Hawks, provided air movement to about 60 ROTC cadets from Baylor University to the Fort Hood Leadership Reaction Course. This partnership is built to spark interest in the ROTC community that is interested in Aviation assets.

Professor of Military Science Lt. Col. Steven Tabot spoke about the importance of training events such as this.

"We are training the future leaders of the Army. We want them to get used to doing Army stuff: working with other units, Aviation aircraft, getting comfortable flying, leading Soldiers and leading people," said Tabot. "It gets cadets excited about doing ROTC and seeing the bigger picture at the end of the day."

Capt. Tyler Sharpe, C Co. commander, was the pilot for the Black Hawk and spoke about how the mission was also important to him.

"The purpose [of this event] is twofold: one, to replicate some missions we will be doing in country," said Sharpe. "Secondly, and more importantly, we're exposing these young cadets and future leaders of the Army to the Aviation Branch, and showing them what our capabilities are and hopefully springing up an interest in some of them to become the next set of Aviation leaders."

The pilots and ROTC staff were committed to safety, ensuring that I'm planning on going to medical all cadets had their personal protective equipment. Cadets attended briefings to include a safety briefing



Army Reserve Officers Training Corps cadets enrolled at Baylor University partner with C Co. 1-244th Assault Helicopter Bn., Oklahoma Army National Guard, Nov. 4 to learn more about Aviation assets in the Army.

where they learned how to properly enter and exit the aircraft.

For Cadet Savannah Jacobs, this was more than a simple training event - this was one step to fulfilling a family legacy.

"I'm striving for Aviation because my father was a pilot and that's just something I've always wanted to do," stated Jacobs. "I got to hang out at Fort Hood a lot and that's where I want to be – in the air. I want to cross this off of my list, but I want to fly Apaches."

The Baylor University ROTC program is attached to the Texas Christian University ROTC, which was introduced in 1951. The ROTC program shapes and molds the future leaders of the military and provides great leadership opportunities and educational assistance to do so. Multiple Army ROTC cadets at Baylor University have found the program to be a great pathway to enter the Army's Medical Department.

"I joined ROTC simply because school," stated Cadet Joshua Mihalicin. "The best way I feel I can serve my country is by serving the country's best in the medical field." Cadet Carra Donaldson shared in those feelings and discussed her future aspirations.

"I'm a forensic anthropology premed major. I'd really like to be a medical examiner or anesthesiologist for the Army, so the Baylor University ROTC program really provides a great pathway to that," stated Donaldson. "They provide great scholarships and leadership opportunities for that path, as well."

The cadets thanked the Oklahoma Army National Guard unit for exposing them to Aviation. It provided them information on an Army Branch outside of infantry.

"I really hope that today we have a great training event showing these guys everything about Aviation and what the Army includes, not just infantry," stated Mihalicin.

The 1-244th Assault Helicopter Battalion is attached to the 449th Combat Aviation Brigade headquartered out of North Carolina. The unit is scheduled to deploy later this year in support of Operation Inherent Resolve and Operation Spartan Shield in the Middle

TASK FORCE **MARAUDER**

Soldiers conduct patient load training with Romanians

By Capt. Jessica Donnelly

59th Aviation Troop Command

AFGHANISTAN — Task Force Marauder trained Soldiers with the Romanian armed forces on hot and cold-load procedures for a UH-60 Black Hawk, Nov. 6 in order to know how to safely load a patient in the event of a real-world emergency in Afghanistan where TF Marauder MedEvac responds.

Soldiers with Detachment 1, C Company, Medical Evacuation, 2-211th General Support Aviation Battalion with the Iowa National Guard, currently deployed to Afghanistan, trained more than 150 Soldiers with the Romanian land forces over the course of a week on the proper procedures for calling for a MedEvac and loading a casualty.

Capt. Erin Doyle, Det. 1, C Co., 2-211th GSAB commander, explained the training came as a result of a recent mass casualty attack where members of the previous task force's MedEvac unit responded, and provided medical care and transportation for the Romanian soldiers. The event showed the importance of the ground troops understanding the procedures for calling the MedEvac and how to approach the aircraft with a casualty.

The training covered what information needs to be reported in order for the MedEvac to launch, what equipment and medical capabilities are available in the aircraft, preferences for signaling the aircraft for landing for both day and night, how to prepare and secure a patient before the helicopter arrives, and how to approach the aircraft and interact with the medic to give a patient report.

Overall, the biggest aspect of the training was focusing on safety, added Staff Sgt. Justin Meier, Det. 1, C Co., 2-211th GSAB platoon sergeant.

"Anyone can carry a litter up to an aircraft, so they need to know the safest way to do it," said Meier.

Meier explained that in an emergency situation where there can be a lot of confusion, it is important for the ground troops to understand how to safely approach the aircraft so they don't get injured or further injure the patient. For that reason, the Romanian Soldiers loaded litters while the aircraft was running to practice taking directions from the aircrew.

"It's been great to interact with Soldiers and unit that we are responsible for providing medical services to," said Doyle. "Many of them had not been near U.S. aircraft and enjoyed being able to ask ques-

TF Marauder is made up of Soldiers from South Carolina National Guard, Illinois National Guard, Iowa National Guard, as well as the active-duty component, and provides Aviation capabilities with AH-64 Apaches, UH-60 Black Hawks, CH-47 Chinooks and MedEvac assets in Afghanistan under the 3rd Combat Aviation Brigade while deployed.



Soldiers with the Romanian armed forces trained with Task Force Marauder on hot and cold-load procedures for a casualty on a UH-60 Black Hawk Nov. 6 in Afghanistan.

Task Force Wraith trains to respond swiftly to chemical attack

By Capt. Stephen James For Army News Service

CAMP BUEHRING, Kuwait - Soldiers from the 29th Combat Aviation Brigade's Task Force Wraith completed combined training with the 208th Chemical, Biological, Radiological and Nuclear Company and Camp Buehring's emergency services Oct. 24 to increase their capability to respond to a chemical attack.

The training event was a simulated chemical attack that required an aeromedical evacuation of casualties followed by the decontamination of Soldiers and Task Force Wraith's UH-60L Black Hawk MedEvac helicopter.

"This was the first time that we have ever done any real CBRN training with aircraft," said 2nd Lt. Mitchell Hoh, battalion CBRN officer from Task Force Wraith's 1-147th Assault Helicopter Bat-

Furthermore, this training provided an opportunity for Soldiers from Task Force Wraith to learn from the technical exper-



Soldiers from the 208th Chemical, Biological, Radiological and Nuclear Company decontaminate an UH-60L MedEvac helicopter belonging to Task Force Wraith at Udairi Landing Zone, Kuwait, Oct. 24.

tise of Soldiers from the 208th CBRN Co. and Camp Buehring's emergency management personnel.

"Anytime that we work with other organizations we build capability," said Lt. Col. Scott Bush, the commander of the 1-147th Assault Helicopter Battalion,

Task Force Wraith. "We can learn a lot from each other."

The 208th CBRN Co. taught the air crew how to decontaminate their aircraft, said 208th CBRN Co. 1st Sgt. Billy

"Conducting an operation of this com-

plexity relies upon having the expertise and experience of a unit who is solely dedicated to this mission," said Capt. Larry Halvorson, the 29th CAB's CBRN

The exercise also required coordination and actual training with other emergency management organizations at Camp

Buehring, including the fire department. "This was a great exercise that brought a lot of entities together," said Bush.

This training was a chance for both Soldiers from Task Force Wraith and the 208th CBRN Co. to build solid relationships and further the trust between the two organizations, said Hoh.

Although the training exercise itself occurred over the course of one morning, it will have a far-reaching impact on CAB

"The implications of this training will go beyond what is learned on Udairi Landing Zone and will help shape our tactical standard operating procedures as we continue to provide support within our area of operations," said Halvorson.

Chinooks

Continued from Page B1

the maintainers volunteer to help with the humanitarian airlift.

"I've gone on a flight to help pass out supplies and talk to the populace," said Spc. Juan Betancourt, a CH-47 maintainer.

Betancourt, a native Spanish speaker, uses his skills to help other Soldiers communicate with the island's residents.

"There was a younger girl, maybe 12 or 13, who came up and gave me a hug and said, 'Thank you,'" Betancourt said. "It was heartwarming."

The work of the maintenance crews has not gone unnoticed.

"Our maintainers have done a phenomenal job keeping the Chinooks ... up and running at the missioncapable status that we need

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to continue to achieve mis- us and to be on standby for said. "It's not a small task









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Task Force Wraith trains to respond swiftly to chemical attack

By Capt. Stephen James For Army News Service

CAMP BUEHRING, Kuwait - Soldiers from the 29th Combat Aviation Brigade's Task Force Wraith completed combined training with the 208th Chemical, Biological, Radiological and Nuclear Company and Camp Buehring's emergency services Oct. 24 to increase their capability to respond to a chemical attack.

The training event was a simulated chemical attack that required an aeromedical evacuation of casualties followed by the decontamination of Soldiers and Task Force Wraith's UH-60L Black Hawk MedEvac helicopter.

"This was the first time that we have ever done any real CBRN training with aircraft," said 2nd Lt. Mitchell Hoh, battalion CBRN officer from Task Force Wraith's 1-147th Assault Helicopter Bat-

Furthermore, this training provided an opportunity for Soldiers from Task Force Wraith to learn from the technical exper-



Soldiers from the 208th Chemical, Biological, Radiological and Nuclear Company decontaminate an UH-60L MedEvac helicopter belonging to Task Force Wraith at Udairi Landing Zone, Kuwait, Oct. 24.

tise of Soldiers from the 208th CBRN Co. and Camp Buehring's emergency management personnel.

"Anytime that we work with other organizations we build capability," said Lt. Col. Scott Bush, the commander of the 1-147th Assault Helicopter Battalion,

Task Force Wraith. "We can learn a lot from each other."

The 208th CBRN Co. taught the air crew how to decontaminate their aircraft, said 208th CBRN Co. 1st Sgt. Billy

"Conducting an operation of this com-

plexity relies upon having the expertise and experience of a unit who is solely dedicated to this mission," said Capt. Larry Halvorson, the 29th CAB's CBRN

The exercise also required coordination and actual training with other emergency management organizations at Camp Buehring, including the fire department.

"This was a great exercise that brought a lot of entities together," said Bush.

This training was a chance for both Soldiers from Task Force Wraith and the 208th CBRN Co. to build solid relationships and further the trust between the two organizations, said Hoh.

Although the training exercise itself occurred over the course of one morning, it will have a far-reaching impact on CAB

"The implications of this training will go beyond what is learned on Udairi Landing Zone and will help shape our tactical standard operating procedures as we continue to provide support within our area of operations," said Halvorson.

Chinooks

Continued from Page B1

the maintainers volunteer to help with the humanitarian airlift.

"I've gone on a flight to help pass out supplies and talk to the populace," said Spc. Juan Betancourt, a CH-47 maintainer.

Betancourt, a native Spanish speaker, uses his skills to help other Soldiers communicate with the island's residents.

"There was a younger girl, maybe 12 or 13, who came up and gave me a hug and said, 'Thank you,'" Betancourt said. "It was heartwarming."

The work of the maintenance crews has not gone unnoticed.

"Our maintainers have done a phenomenal job keeping the Chinooks ... up and running at the missioncapable status that we need

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to continue to achieve mis- us and to be on standby for said. "It's not a small task sions that are requested of those that are not," Chung and it's not a small feat."









NOVEMBER 16, 2017

GETTING THRIFTY

Shop offers deals, benefits community



Ann Smith, retired military family member, and Anita Taylor, civilian, shop the deals during the Fort Rucker Thrift Shop's early Black Friday sale in this file photo.

By Jeremy Henderson Army Flier Staff Writer

With the holiday shopping season right around the corner, buyers can find the perfect gift at the right price at one of Fort Rucker's hidden gems.

The Fort Rucker Thrift Shop, located on the corner of Red Cloud Road and Ruf Avenue, offers a wide selection of items from clothing to appliances, and it's a local way people can save money during the holidays, according to Donna Woodham, Fort Rucker Thrift Shop manager.

"The FRTS provides a venue for customers to shop, donate, consign and volunteer," she said. "We also have fundraising opportunities available."

For more than 40 years the thrift shop has saved people money and provided a way to give back to the post community.

The Fort Rucker Thrift Shop is a nonprofit 501(c)-3 organization established to generate funds, and those funds are disbursed throughout the community in the form of grants to charitable organizations for the betterment of Soldier and their families, said Terry.

"The Thrift shop raises funds for worthy causes through the sale of donated and consigned merchandise," Woodham said. "Over the years, many organizations have benefited from its financial support.

"We also donate items to the house of Ruth/Christian Charities, animal shelters and missions weekly," she added. "We have awarded over \$350,000 in community grants, over \$150,000 in scholarships, over \$35,000 to local teachers for projects for their classrooms and thousands to our local veterans, not to mention thousands upon thousands for org days and parties for our soldiers and their families."

The thrift shop's store hours are normally Wednesdays-Fridays from 10 a.m. to 2 p.m., with consignment hours Wednesdays and Thursdays from 10 a.m.

The thrift shop will be closed the week of Thanksgiving and from Dec. 16 to Jan. 2, so people are encouraged to get their holiday shopping done early.

However, the shop will open Dec. 2 as a way to say "thank you" to the community



Fort Rucker Thrift Shop volunteers encourage people to shop and consign items for the holidays to go toward helping their local communities in this file photo.

with a special invitation to Army Flier readers, according to Woodham.

"We are opening on [Dec. 2] as our gift to our customers," she said. "We will offer a special invitation to readers to come in at 9 a.m. to take advantage of early bird

shopping." Woodham encourages shoppers who have never visited a thrift store to stop by FRTS and peruse their selection of goods.

"Some might think that a [thrift shop] may be dirty or have dirty items," she said. "However, we take pride in cleaning items the best that we can prior to placement on

"Everything is priced at 1/4-1/3 of the value, unless it is new with a tag and our consignors price their own items," she added. "Soldiers in uniform receive 50 percent off an item every time they come in and we have 50 percent off sales regularly, which is announced on our Facebook.

In addition to providing customerfunded grants, FRTS gives back to the post community in additional savings.

"We provide a service to our military and DOD with consignments allowing them to keep 70 percent of what their items sell for in store," Woodham said. "We also provide a service to local military spouses to sell their crafts and retain 90 percent of what their items sell for. We also allow our home-based vendors and [Family Readiness Groups] to set up a table for free to sell their items and retain 100 percent of what their items sell for."

FRTS supports numerous grants and programs, including:

- 1. Community Grant Program Over \$350,000 has been awarded.
- 2. Teacher Grant Program Over

- \$35,000 has been awarded. 3. Honoring Wiregrass **Veterans** - Thousands of dollars have been awarded
- **4. Scholarships** Over \$150,000 has been awarded
- 5. Borrow! Party! Return! A military spouse can borrow a gown, party all night and return the clean dress when finished with it.
- 6. Hidden **Shopping** Treasures Showcase and Expo — A venue where home-based vendors can set up a table free of charge and sell their

Shopping at the thrift shop is open to the public, but guests on Fort Rucker are reminded that they will need a gate access pass in order to drive onto the installation.

For more information, visit www. fortruckerthriftshop.org, or call 255-9595.

Fort Rucker provides haunting good ti

By Nathan Pfau Army Flier Staff Writer

From insane asylums to a butcher's shop, complete with maimed corpses and killer clowns, the scene was set for a night of fright to give children on Fort Rucker a Halloween they wouldn't soon forget.

The installation hosted a haunted house at the Fort Rucker Youth Center Oct. 28-31 that had more than 1,000 attendees make their way through a maze of horrors that included up to eight different frightening scenes to satiate thrill seekers, according to Lynn Avila, Fort Rucker special events coordi-

The maze featured a coffin scene, clown scene, insane asylum, hall of spiders and creatures, a butcher scene, exploratory area and more. Although the setup was elaborate, the entire production was put together in just a matter of 10 days, said the special events coordinator.

"It was a last-minute setup that we were able to organize and put up as soon as we got the location settled," she said, adding that it wasn't something the installation could have taken on without the help of volunteers.



Volunteers pose as haunting creatures while people make their way through the haunted maze at the Fort Rucker Youth Center Oct. 31.

"It was pretty amazing, some of the things that we were able to pull together," said Avila. "We had Soldiers dressed as clowns and we couldn't have done it without the support of the (youth) center and (Child and Youth Services). We couldn't have done it without of all of the volunteers."

Soldiers from the NCO Academy Senior Leadership Course and Better Opportunities for Single Soldiers, as well as warrant officer candidates from the Warrant Officer Career College, were among those who volunteered their time during the event, providing support by helping set up or playing as actors to scare attendees. The Fort Rucker Fire Department even played a role in making sure the event went off without a hitch.

Since the haunted maze featured a haze of fog, the fire alarms were being triggered as the night went on, which would in turn cause the emergency lights to come on, ruining the haunting effect of the dark-

"Kudos to the Fort Rucker fire department because they were quite instrumental toward the success of the event," said Teresa WhitmanMcCall, BOSS advisor and RDS program manager. "They were able to put the alarms on silent, and they would come out and walk through and inspect to make sure everything was clear."

Members of the fire department came out each day of the event to ensure things were running smoothly, and it's that community involvement that enabled them to create a successfully spooky experience for the children of Fort Rucker, she said.

"It was a true team effort," said the BOSS advisor. "We all tag teamed and everybody came together to put this together for a fun event, and everyone was absolutely willing to be silly and get out of their comfort zone to try and make a good atmosphere."

Although Whitman-McCall said the setup for the event was difficult and even stressful at times, to see the joy and fright on people's faces made all the work worth the effort.

"It was stressful making sure we would meet our goals, but starting the event we had fun," she said. "Once the people were coming up and we were laughing with them, it was great, and we had a lot of great comments coming out."

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

Fort Rucker Right Arm Night

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

For more information, call 255-0768.

Ornament Contest

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

For more information, call 255-9810.

Newcomers welcome

A newcomers welcome is scheduled for Friday from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the newcomers orientation. A free light breakfast and coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

For more information, call 255-3161 or 255-2887.

Turkey Wobble Skate Night

The Fort Rucker School Age Center will host its Turkey Wobble Skate Night Friday. There will be prizes for the best Turkey Wobble dance and the best turkey call. Safety Skate, which will cost \$2, will be from 5-6 p.m.; and regular skate, which will cost \$5, will be from 6-8 p.m. Only cash payments will be accepted for skate night. All participants must have a current pass with child and youth services.

For more information, call 255-9108.

Book club

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served. The club is open to authorized patrons. For more information, call 255-3885.

Thanksgiving feast

The Landing will host its annual Thanksgiving feast Nov. 23 from 11 a.m. to 2 p.m. The feast will be buffet style, featuring Thanksgiving favorites. The menu will include favorites like carved turkey, ham or beef; breaded boneless pork chops; sweet potato casserole; green bean casserole; stuffing and gravy; corn O' Brien; chicken rice; Mac 'n' Cheese Bar; seasoned lima beans; assorted desserts; and more.

The Landing will offer a military family special for \$45.99 for two adults and up to two children ages 12 and under. Individual prices will be \$19.99 for ages 13 and older, \$7.99 for ages 6-12, \$4.99 for ages 3-5 and ages 2 and younger eat for free.

The Landing staff highly encourages people to make reservations. For more information or to make a reservation, call 255-0769.

Spaghetti Dinner

Immediately following the Christmas tree lighting Nov. 30, 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 – Dec. 5. The event, Gingerbread Engineering,



PHOTO BY NATHAN PFAL

Christmas tree lighting

The annual Fort Rucker Christmas Tree Lighting Ceremony is scheduled for Nov. 30 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.

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 pen 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 Dec. 5 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 Nov. 30.

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

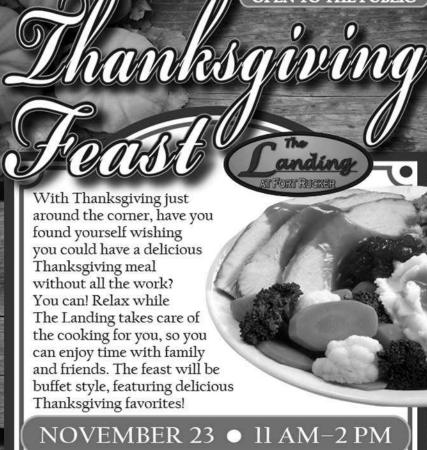
The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700. in the Army Community Service multipurpose room, with the next session Dec. 7. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose 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 Monday. Free childcare is available with







- Carved Turkey, Ham or Beef Sweet Potato Casserole
- Green Bean Casserole Stuffing and Gravy
- Corn O' Brien
- Mac 'n' Cheese Bar
- Seasoned Lima Beans Assorted Desserts, Rolls and More!
- For more information or to make a reservation call The Landing, (334)255-0769.

rucker.armymwr.com

Holiday craft

Program friendly.

call 255-3765 or 255-9631.

registration.

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

For more information and to register,

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.

RUCKER MOVIE SCHEDULE FOR NOVEMBER 16-19 FORT

Thursday, November 16

Friday, November 17

Thor: Ragnarok (*PG-13*)4 p.m.

Saturday, November 18

My Little Pony (*PG*)4 p.m. **Blade Runner 2049** (*R*) 7 p.m.

Sunday, November 19

My Little Pony (*PG*) 1 p.m. **Mountain Between Us** (PG-13)4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

Cadets get rare access to senior leaders, decades of experience

By Sean Kimmons Army News Service

WASHINGTON - When the Army Senior Leader Forum began four years ago, Cadet Karriem Davis was a freshman, new to Howard University's ROTC program. Ever since, the forums have allowed him to learn more about the Army by picking the brains of some of its top leaders.

Meant to produce a solid core of second lieutenants to lead the Army into the future, the annual forum has given Davis and other cadets exclusive access to high-ranking leaders they may not get elsewhere.

Attending his last forum, the 21-yearold senior, who hopes to commission as a medical service officer, was linked up with acting Army Secretary Ryan D. McCarthy as he escorted and introduced the service's most senior leader before his speech Tuesday at this year's event.

"A lot of cadets might be hindered earlier on in their [military] career because they don't get to talk to the right people or just feel the presence of a senior leader in the Army," the cadet said. "I'm lucky that Howard affords me that opportunity."

This year, McCarthy and a dozen Army staff principal officers from an array of career fields provided mentorship to inquisitive cadets from Howard, a historically black university, and many other colleges.

At the lectern, the acting secretary spoke of his own experience as a young officer in the 75th Ranger Regiment, where a collection of Soldiers from various backgrounds worked as a team.

"The Army has proven capable of forging the diverse communities of American life together because no matter where they come from, Soldiers are all here for the same core reason – we want to make a difference," he said.

Within his unit, he said, there was a Native American platoon sergeant from North Carolina, an African American team leader from a tough part of Detroit, and a squad leader from a rural Texas town, among other Soldiers from across the country.

Then there was McCarthy, who grew up as a kid in a comfortable home on the north side of Chicago. He said back then that he never had to step outside his way of life or his view of the world.

"I had no humility and no appreciation of what hard times felt like," he said. "That all changed when I joined the Army."

McCarthy said that as he experienced the joys and arduous times of military life alongside his fellow Soldiers, especially his NCOs, he learned from them what makes this country special.

He told the cadets gathered at Howard University that he still uses lessons he learned from his former platoon sergeant in his current role to make a positive impact for more than 1 million Soldiers and their families.

"No one could have known it at the time, but think of what a difference [that sergeant] made just by taking the time to mentor Lieutenant McCarthy," he said. "That is making a personal difference. That is what you can do in the Army."

As commissioned officers, he explained, the cadets will meet Soldiers who may not think or behave the way they do. But it will still be their job to change their lives for the better as others did for him, he said.

"Each of you had an inspiration that



Acting Army Secretary Ryan D. McCarthy poses for a selfie with Army ROTC cadets during a Senior Leader Forum at Howard University in Washington, D.C., Nov. 7.

brought you here today, in our country's uniform," he said. "Be that inspiration in your platoons, in your schools, and in your communities. Be a trailblazer for those who are following after you."

After his speech, a panel of senior leaders, ranging from a colonel to three-star generals, fielded questions from the cadets.

Lt. Gen. Gwendolyn Bingham, the Army's assistant chief of staff for installation management, offered some advice on what has helped her throughout her 36-year ca-

"If you keep a positive attitude, you read and learn your craft and be the very best officer as you can, you too will find success,"

Bingham acknowledged that many cadets and Soldiers are hesitant, at least initially, to make a career of the Army. When she first put on a uniform, for instance, she had only wanted to serve for four years.

"But something happened along the way," she said. "I fell in love with this vocation called the U.S. Army and I've been better for it as a Soldier, wife, mother and citizen."

Before the panel, Cadet Catherine Lynch and other future officers had more opportunities to interact with the senior leaders during a lunch break.

"This is invaluable experience," said Lynch, a 20-year-old junior from Mount St. Mary's University in northern Maryland who spoke in-depth with Bingham about

While both of Lynch's parents are Army officers, she thought the forum gave her a unique chance to rub shoulders and learn from the service's top brass.

"It is huge to just have that experience and have that face-to-face time. They may not remember us, but I will certainly remember this forever," said Lynch, who is trying to be a military intelligence or quartermaster officer.



Lt. Gen. Gwendolyn Bingham, the Army's assistant chief of staff for installation management, offers advice to Cadet Catherine Lynch from Mount St. Mary's University during a Senior Leader Forum at Howard University in Washington, D.C., Nov. 7.



McCarthy responds to questions from Army ROTC cadets during a Senior Leader Forum.

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Protestant Service

Main Post Chapel, Bldg. 8940 8:30 a.m. Catholic Confessions

9 a.m. Catholic Mass 11 a.m. Collective Protestant 12:05 p.m. Catholic Mass (Tuesday-Friday) 4 p.m. Catholic Confessions (Saturday) 5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036

9:30 a.m. Protestant Sunday School

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

Spiritual Life Center, Bldg. 8939

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

BIBLE STUDIES

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

Protestant Women of the Chapel

Wings Chape, 9 a.m. and 6 p.m.



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 200shot Range Model air rifle with a compass in the stock and "this thing which tells

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

and viewed on television by millions ev- 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.



VIREGRASS 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. 4-9— The Southeast Alabama Community Theatre is selling tickets to its production of "A Christmas Story," which is scheduled to be performed Dec. 4-9 at the Cultural Arts Center. Tickets are available online at www.SEACT. com or by contacting the SEACT Office at 334-794-0400. The SEACT office is open for ticket sales between 10 a.m. and 2 p.m. and is located inside the Cultural Arts Center at 909 S. St. Andrews Street. Tickets for "A Christmas Story" are \$40 with dinner or \$20 each for show-only seating.

ONGOING — Disabled American Veterans Chapter 87 meets the third I hursday of each month at 6 p.m. at the Doug Tew Recreation Center. For more information, call 334-86-0217 Ext. 122 or email daychapter87@gmail.com. The chapter maintains office hours at 545 West Main St. (Mixon Business Center, Rm. 122), Mondays, Tuesdays, Wednesdays and Thursday from 9 a.m. to 2 p.m. to assist, free of charge, disabled veterans and their spouses with disability compensation claims and other benefits.

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

ENTERPRISE

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 reserved vendor spaces. Some 10-foot by 10- foot exhibition Church. For more information call 447-8507.

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

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

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Town Hall (old armory building) at 706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

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

OZARK

NOV. 19 - The public is invited to a first-ever bridal fair from 2-5 p.m. at the historic Holman House on Broad Street. The event is free to those interested in touring the historic home, which includes a bridal suite. Clothing, catering, photography, rentals, flowers and event planning businesses are among the 20 vendors who have already

spaces are still available. For more information, call 334-733-0132.

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

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

PINCKARD

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

SAMSON

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

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

TROY

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

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

WIREGRASS AREA

NOV. 28 - The Army Aviation Association of America will host its general membership meeting, holiday social and Toys for Tots drive from 4:30-7 p.m. at The Landing. Guest speaker will be retired Col. Mike Barbee. AAAA members and guests are welcome to attend, and also to bring an unwrapped toy or gift for the Wiregrass Area Toys for Tots program. For more information, visit www. ruckeraaaa.com.

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

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

Beyond Briefs

Artist market

The Montgomery Museum of Fine Arts will host its eighth annual Artist Market Nov. 17 from 5:30-8:30 p.m. and Nov. 18 from 10 a.m. to 4 p.m. The event is free and open to the public. The event will feature the wares of regional artists. Guests will have the opportunity to buy local and hand-crafted art from a variety of artists.

For more information, visit www.mmfa.

2017 Capitol 10 Miler

capitol10.com/.

The Capitol 10 Miler race course will start and finish on the south side of the Capitol Building in downtown Montgomery Nov. 18. The course will wind through many beautiful and historic areas of Montgomery, including downtown, Oak Park, Alabama State University and Old Cloverdale, according to organizers. Proceeds from this event will benefit Centerpoint Missions, River Region Chaplains and Girls on the Run.

The registration fee is \$40 until race weekend when it costs \$50 - military and first responders receive a 25-percent discount during pre-registration.

Click here to register online. For more information and to register, visit

Funksgiving music, food festival

The fourth annual Funksgiving is scheduled to return to downtown Montgomery at Lower Dexter Avenue Nov. 24 at 4 p.m. This year's musical lineup includes CBDB, Funk You, Soul Mechanic and the Talismen Band. The event will feature a wide variety of local restaurants, craft vendors, artists and activities for children. Tickets may be purchased https://www.liveandlisten.com/pages/ tickets.

information, call 334-For more 657-2804 or visit www.facebook.com/ events/479755462396741.

'A Christmas Carol'

The Alabama Shakespeare Festival will put on its production of "A Christmas Carol" by Charles Dickens at various times between Nov. 19-Dec. 24. Tickets may be purchased at http://tickets.asf.net/single/PS-Detail.aspx?psn=11828.

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

Dog show

The Dixie Jubilee Cluster Dog Show is scheduled for Nov. 24-26 from 9 a.m. to 4 p.m. at the Garrett Coliseum, 1555 Federal Drive, Montgomery. The show is an opportunity to see the different breeds, and be able to talk to exhibitors and breeders, according

to show organizers. The show offers conformation, obedience and rally competitions. The only cost is a \$5 parking fee.

For more information, visit www.montgomerykennelclub.org/shows.html.

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 bySanta, 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-

'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 weekends pass, and admission is free to those 18 nd 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/annualgem-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.

Army scouts latest drone technology at SOCOM ThunderDrone event

By Nancy Jones-Bonbrest Army Rapid Capabilities Office

YBOR CITY, Fla. - Enter the unassuming brick building in historic Ybor City and there's the buzz of drones in the air and sound of robots on the ground.

There's an autonomous drone that launches from a moving truck or boat to support a convoy on the move, then tracks the vehicle while orbiting around and monitoring nearby threats. There's a pistol-packing robot that can sneak into buildings, climb stairs, send 360-degree views of the site and then lock on a target and shoot. And there are drones that work together in a swarm to relay information and then autonomously reconfigure their position to reestablish communications if a fellow drone goes down.

Welcome to ThunderDrone.

The U.S. Special Operations Commandled event, which used prototyping and demonstrations to understand the potential and limitations of drones, robotics and artificial intelligence, began in September and culminated with a rodeo last week at the SOCOM SOFWERX facility in Ybor

Highlighting 30 experiments from more than 20 companies, the collaborative event underscored the success of uniting freethinking innovators and the military. The Army joined each of the other military services in sending experts, designing experiment scenarios and scouting technologies that could support current and future operations.

"This revolutionary explosion of commercial technology is enabling a lot of things for the nation, our military, special ops, but it is also creating a lot of threats that we need to think about," said James "Hondo" Geurts, the acquisition executive for SOCOM. "What we found is where we have these really complex issues, the best way to solve them is to get a diverse set of folks together. That's what ThunderDrone is really meant to do: how do we as a nation bring together the best minds, best companies ... day in and day out to solve that very challenging problem?"

The prototyping rodeo experiments were based on feedback from military officials during a series of rapid prototyping events that took place in September and October, which began with a Tech Expo featuring more than 100 companies and 400 attendees. The next step for participants included "Tech Sprints," which were aggressive, short-term periods to conduct experiments focused on SOCOM warfighter problems and feedback. The experiments ended just prior to the prototyping rodeo, where companies had an opportunity to demonstrate their results.

"The warfighting community is bringing ideas based on their experiences and in their environment, and industry is bringing ideas that talk about understanding the art of the technology," said John Coglianese, the ThunderDrone lead at SOFWERX. "And when those things come together, it's pretty powerful."

22 Nov (1700)

24 Dec (1600)

24 Dec (2200)

25 Dec (0900)

31 Dec (1700)

Fort Rucker Chapels
—————
Holiday Worship Services &
Events Schedule

CATHOLIC (MAIN POST CHAPEL, BLDG 8940)

Thanksgiving Eve Mass

Christmas Eve Mass

Christmas Day Mass New Year's Eve Mass

(Holy Day of Obligation)

2-10 Dec (1700)

22 Nov (1130)

Children's Christmas Eve Mass



PHOTOS BY AIR FORCE MASTER SGT. BARRY LOO

Brandon Tseng commands an autonomous drone during the ThunderDrone Tech Expo at SOFWERX in Tampa, Fla., in September. The expo provided an opportunity for industry, national laboratories and academia to discuss and promote new and innovative drone technology with the special operations community. The event culminated with a rodeo last week highlighting 30 experiments from more than 20 companies.

The company Ghost Robotics showed off a legged robot known as the Minitaur that can climb stairs and scale fences. Fellow participant Shield AI demonstrated a quadcopter called Hivemind Nova that can autonomously explore buildings, tunnels and caves while live-streaming video and maps to operators.

Josh Wells, founder and CEO of Planck Aerosystems, demonstrated his drone that can launch from and land on a moving vehicle autonomously. For him, ThunderDrone represented a chance to connect to a larger audience and show off technology that was originally designed to operate in the maritime theater, but now is quickly transitioning to the land domain and ground convovs.

"Our guiding mantra initially was 'A drone on every boat," Wells said. "But that translates really well to a drone on every Humvee, every tank. Why should a Humvee go into a village and not have the ability to launch a drone with the push of a button that can go out and scout? For us an event like this is two-pronged: one, we generate excitement and awareness of what we are doing by demonstrating it, but we are also getting feedback.

For others, ThunderDrone was also an opportunity to meld ideas together. That was the case for Endeavor Robotics, which had a small, throwable and rugged ground robot called FirstLook; and Asylon, which had DroneHome, an automated way of replacing drone batteries. Although the companies didn't know each other prior to ThunderDrone, in less than four weeks they partnered to develop a way to not only continuously resupply a drone's batteries

2017

"For God

Country"

JEWISH

(MAIN POST CHAPEL, BLDG 8940)

Hanukkah

PROTESTANT

(HEADQUARTERS CHAPEL, BLDG 109)

Thanksgiving Service

but also to deliver and resupply the rugged

The ThunderDrone event, conducted in coordination with the Department of Defense's Strategic Capabilities Office, included representatives from industry, small businesses, academia and from all military branches, including the Army. This collaboration enables the Army to leverage ongoing technical efforts and reduce duplication in employing drone and swarm technologies.

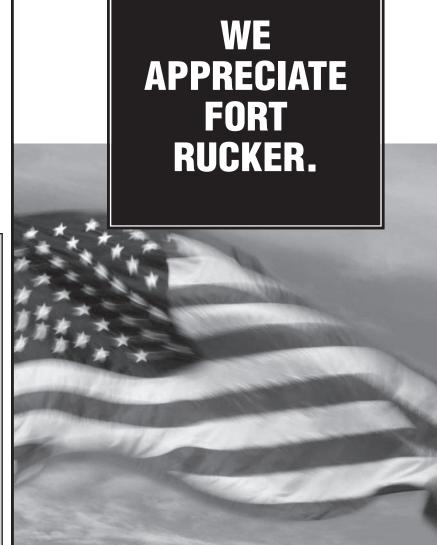
"We want to see what we can bring back to support the concept of the future fight," said Maj. Johnny Vuong, an acquisition integration officer for the Science, Technology, Research and Accelerated Capabilities Division of the Army Capabilities Integration Center (ARCIC), part of the Training and Doctrine Command. "We want to get a feel for what is out there and who's doing what. On the other hand, we also want to reach out to these folks and tell them what

we need, what the gaps are in the Army."

For the Army Rapid Capabilities Office, which is tasked to rapidly bring in promising new technology as prototypes that meet strategic gaps identified by Combatant Commanders, ThunderDrone helped demonstrate the "realm of the possible" for application of drones, robotics and artificial intelligence to aid conventional land forces in the near term.

"Many of the technologies displayed are the building blocks to pull together a solution to support potential needs and wants from the operational conventional forces," said Rob Monto, the RCO's Emerging Technologies director. "An event like this highlights the power of collaboration and the ability to work together and solve hard problems."

SOCOM and the Strategic Capabilities Office expect to hold two addition Rapid Prototyping Events in 2018 at the SOFW-ERX facility.



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medical staff thank Fort Rucker for its commitment





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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UGLY SWEATER 5K

The Fort Rucker PFC will host Ugly Sweater 5K Dec. 9

See Briefs on Page D3

NOVEMBER 16, 2017

GOLD STANDARD

Group fitness class focuses on senior retirees

By Nathan Pfau Army Flier Staff Writer

When it comes to fitness, there is no age limit on when to start the journey to wellness, and one fitness class is helping people get on the right track regardless of their

The Rucker Gold Fitness program takes place Dec. 9 at the Fortenberry-Colton Physical Fitness Center at 11 a.m., and is designed for people of ages 50 and older by meeting the unique needs of seniors in terms of health, according to Stephanie Kraczkowski, fitness specialist.

"Rucker Gold seeks to meet the mind, body and spirit needs," she said. "As we age and approach retirement, life slows down. Many times people become isolated, homebound and generally their health begins to

"Multiple studies indicate that exercise and fitness are the miracle cure, if you will, for all that ails us, and senior fitness is not any different," she said. "Exercise and fitness can slow the aging process and improve quality of life."

The class is a comprehensive program that includes Fit for Life, Yoga Gold and Posture Clinic, all of which are meant to cater to those 50 and older.

Fit for Life includes many aspects of training, such as cardiovascular training and endurance, strength training and muscular endurance, and flexibility and balance.

"Since seniors can do everything that younger people can, and this class takes participants to their ultimate fitness level," said Kraczkowski. "The exercises are simply modified. The exercises in this class do not include lowering the head below the heart, hyperextension of any joint or the wringing of the wrists. The key is motivation and modification.

"I have been working with seniors since 2013 and I am amazed all the time. Many times, (seniors) are unaware of what they can accomplish and they are surprised at what they can do," she said. "Whatever your fitness level is, ambulatory or not, this class is for you."

Kraczkowski said that the class is catered to the unique needs of each individ-



Participants take part in an exercise class while utilizing resistance bands during their Strong Bodies workout at Fortenberry-Colton Physical Fitness Center in previous years.

It's an experience that is more than just showing up to a fitness class — it is a network of people who are in this together."

- STEPHANIE KRACZKOWSKI, FORT RUCKER FITNESS PROGRAM **SPECIALIST**

ual, whether they be physical, emotional or

The Yoga Gold portion is based on the same principle as Fit for Life, but the goal of this class is to nurture the health and wellness of joints and connective tissue, said the fitness specialist.

"Flexibility is addressed with Yoga Gold

but so is mental centeredness, stress management, emotional balance and health,"

Yoga Gold is modified to not include floor exercises, but rather have all movements done in a chair or standing position to cater to the needs of participants and reduce

The Posture Clinic is another class that's intended to improve the wellness and health by correcting alignment issues that affect the entire body, said Kraczkowski.

"Posture can be thought of as the foundation of fitness," she said. "Weight gain, inflammatory conditions, autoimmune illness and pain can cause a deterioration of posture. When posture is out of alignment, the rest of the body falls out of balance.

"A chronic knee pain is just enough to throw off the back, neck, hips, ankles and feet, so poor posture becomes a habit and imbalances spread throughout the body to cause widespread chronic pain and disorders," said the fitness specialist. "We will cover alignment for each part of the body and balance, and the class is only 30 minutes long because the exercises are specific and prescriptive, so the focus is intense."

In addition to the fitness benefits people will build while taking the classes, the program is a great way for people to make connections with others with similar interests, which can be just as important for health and wellness, said Kraczkowski.

"The motto of the program is, 'Spend vour golden years with your golden peers." she said. "All of the classes in the program are subject to team building and social activities and the classes can become deeply personal. It's an experience that is more than just showing up to a fitness class – it is a network of people who are in this together."

TAKE COMMAND

People can enroll now for 2018 TRICARE coverage

By Jenny Stripling

Lyster Public Affairs Officer

On Jan. 1, there are a number of changes coming to people's TRICARE benefit.

This includes a change to the current TRICARE regions. The current three regions - North, South and West – will become two regions – East and West.

There will be new regional contractors for the new East and West regions. Humana Military will manage the East Region and Health Net Federal Services, LLC, will manage the West Region. In preparation for this change, enrollments in TRICARE health plans will be delayed while beneficiary files are transferred to the incoming regional contractors.

The delay period, or an enrollment freeze, will begin Dec. 1 and last about three weeks, or until the data transfer is complete.

"You'll still have access to care during the enrollment freeze. However, if you wish to make changes to your TRICARE coverage, I encourage you to do so as soon as possible," said Capt. Alyssa Schle-

SEE TRICARE, PAGE D3

This is Your Benefit! **Are You Ready?**

Take command of your health care and prepare for the upcoming changes to TRICARE:

- Update your personal information in
- Make sure you have a current DS Logon; · Sign up for eCorrespondence in milCon-
- Sign up for TRICARE benefit updates. For more information, visit www.tricare.mil/ changes, and follow TRICARE on Facebook and Twitter.

Gift of a kidney bolsters bond between classmates

Military Health Systems Communication Office Staff Report

SILVER SPRING, Md. - Air Force Col. Dave Ashley's schedule since May included climbing a mountain, completing a 40-mile trail run, competing in a multiday athletic event that included bicycling and kayaking, and achieving a perfect

score on his military physical fitness

test – his seventh in a row.

Ashley accomplished all of these feats after donating a kidney. And what began as an impulse to help a desperately ill former classmate has turned into a campaign to make sure other service members know the Military Health System supports

gan donors. "I worried I might get pushback because I'm an active-duty, senior officer," Ashley said. "But I received outstanding help from my flight doc and the entire medical chain of command as I went through the pro-

those who want to become living or-

According to the National Kidney Foundation, more than 100,000 people in the United States are on the waiting list for a kidney donation. For many, time runs out. On average, 13 people die each day while waiting for a kidney transplant, according to U.S. Department of Health and Human Services data.

Chris Connelly was close to becoming part of that statistic. The U.S. Military Academy graduate and fivevear veteran of the 101st Airborne Division was in seemingly excellent health until the fall of 2015.

"I'd been gradually gaining weight and my legs were swollen," said Connelly, who works in the financial services industry in New York.



West Point classmates Chris Connelly and Air Force Col. Dave Ashley pose for a photo the day after Ashley donated a kidney to Connelly.

"I couldn't figure out why because I ate healthy and exercised regularly. I'd had a physical six months earlier, and everything was fine."

During a weekend at West Point with his wife and young son, a walk on a campus trail left him struggling for breath and nauseated. After returning home, he went to his physician's office. Blood tests showed high creatine levels. Creatine is a chemical waste byproduct of normal muscle function, and usually is filtered by the kidneys and eliminated through urine. High levels in the blood indicate kidney damage or disease.

Connelly's doctor recommended he make an appointment with a kidney specialist. But that night, he

went into a seizure and was taken by ambulance to the hospital.

"That's when I found out I had complete and total kidney failure," Connelly said.

Discharged a week later, he began dialysis, the process of removing toxins and excess water from the blood by machine. It was a grueling schedule: five hours a day, three days

a week. Connelly was a candidate for a kidney transplant, but his parents and two sisters weren't medically eligible to donate. The wait for a deceased donor kidney was seven

By March, Connelly was back in

SEE GIFT, PAGE D3

OWNITM









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Just Like Cats & Dogs

that lose their leaves? family name?

Rodriquez

by Dave T. Phipps

1. GAMES: In Scrabble, what is the point value of the letter K?

2. ANIMAL KINGDOM: What breed of dog is known as a firehouse

3. U.S. STATES: What is the only American state to begin with the letter

4. SCIENCE: What do you call trees

5. LITERATURE: In Shakespeare's "Romeo and Juliet," what is Romeo's

6. DISCOVERIES: Who is credited with inventing the 3D printer?

7. U.S. PRESIDENTS: Who was the first president to be born in a hospital? 8. GENERAL KNOWLEDGE: What is the name of someone who

shoes horses? 9. BIOLOGY: What percentage of

people in the world have blue eyes? 10. MOVIES: Which actress has won the most Oscars?

See Page D3 for this week's answers.

Super Crossword

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adorable

32 Old film critic

35 Entire scope 37 Too — price

ACROSS

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- 21 Obstinate reply 22 Nobelist
- Hemingway 23 Phnom
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- 28 Purplish-red flower 30 Apple
- product 31 "Beats me!"
- 33 Fashion's Anna -34 Aries, e.g.
- 36 Home of Columbus 40 Kitchen raiders 41 Neighbor
- of Mexico [2005] 44 Kenya's home [2001]
- 46 Zina 47 Virginia 48 Varieties

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50 They're part of French Polynesia

- [2002] 55 Country with the capital Vila [2004]
- 59 Sailor's site 60 Big Apple NFL team, on score-
- boards 62 Umlaut pair 63 High-five sounds
- 65 Conduct, as business 68 Legal exam 70 "Adios!"
- 72 Harvest 73 Where
- Tagalog is spoken [2012] **76** "Finished!"
- 80 Sailing 82 Biology div. 83 Inventive 85 Cola brand
- 88 Comic Foxx 90 Log cutter 92 Paradises 93 "Hail, Livy!"
- 94 Luzon province north of Isabela [2014]

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- is Daniel Ortega [2010] 100 One who dawdles
- 102 Cartoon yell 104 Tram cargo 105 Where balboas are spent [2006] 106 World's
- largest rain forest [2003] 110 Cotillion girls 114 Hose mishap 115 "Pardon?"
- 116 – tu" (Verdi aria) 117 Diner staple
- 119 "Mamma Mia!" quartet 122 Treatment process 125 Greek vowel
- 126 Central American archipelago [2003]
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REALITY

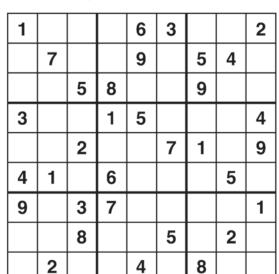
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- time 112 "Vamoose!" 113 Gazed
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- **124** Noel 126 Wooden nail **127** Yale
- attendee 128 Pie — mode 129 Chop (off) 131 RBI part

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See Page D3 for this week's answers.

Weekly **SUDOKU**

by Linda Thistle



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

DIFFICULTY THIS WEEK: ◆

♦ Moderate ♦ ♦ Challenging

♦ ♦ ♦ HOO BOY! © 2017 King Features Synd., Inc.

See Page D3 for this week's answers.

KID'S CORNER



A GHOSTLY QUIZ!

00 BOO! 6 BOO 8 BOO bending it at one end. When you push it into the bottle, it will wedge itself in place, and you will be able to lift the bottle easily

your friends to lay them out, as they would in a game, while your back is turned. Then, without looking, tell them what two numbers are at each end of the line. What's the secret? wer: Secretly pocket one of the dominoes before dumping them on the table. The two hobers on this piece are the same as those on the ends of the line of dominoes.

THE "I" PYRAMID! As you move down the word pyramid shown here, each word

contains the same letters as the word above it, plus a new letter. We give you all the

THE DOMINO EFFECT! Dump a box of dominoes on the table and tell

1. Symbol for iodine (given). 2. Main player in a game of tag. 3. Equal number of votes. 4. To prepare for publication Exhausted, fatigued.

I's. Here are some hints from the top down.

6. How a wedding cake is built. 7. Joined metal sheets. 8. Turned upside down Answers: I, it, tie, edit, tired, tiered, riveted, inverted.



9. Another name for a pirate.

7. Rural, backwoods country.

Don't let these words scare you.

The grid to the left has room for nine words, and they all contain

the word "boo." We also give

you plenty of hints to help you

2. A boorish person (sl.).

4. A small, bound pamphlet.

3. Very long grass.

8. A Western jail.

5. A recurring problem

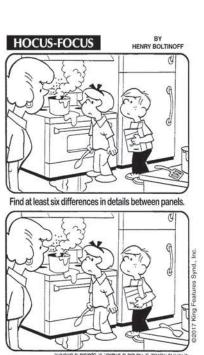
that's hard to fix. 6. A young child's game

Wishing 🏝 Well® P N A O В S W 5 6 8 2 6 4 6 4 8 KE OEU T O Н 2 6 5 8 5 8 6 7 4

Т Ε ORG R Т S M 3 7 8 2 2 4 8 5 R E 0 3 5 5 F F S R U A S C R 3 8 5 8 4 3 Y E E E 0 S E M 2 5 7 3 2 5 3 CNVAEGSEDSES

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

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TRICARE

Continued from Page D1

gel, chief of managed care at Lyster Army Health Clinic.

People who would like to switch to a different TRICARE health plan, or enroll in a plan for the first time, need to take action before Monday. People can enroll in certain TRICARE plans online, by phone or by mail. To learn how to enroll in or purchase a health plan, visit https://tricare.mil/Plans/

People don't have to enroll in TRICARE Select if they're a TRICARE Standard ben-

eficiary as of Nov. 30. People will be automatically converted to TRICARE Select on Jan. 1 as long as they're registered in the Defense Enrollment Eligibility Reporting System and are eligible for TRICARE. To learn more about TRICARE Select, visit https://tricare.mil/About/Changes/Select.

Beginning Nov. 20, people will not be able to use the Beneficiary Web Enrollment website to enroll in or disenroll from TRI-CARE Prime options and select or change primary care managers.

Additionally, eligible beneficiaries will not be able to use BWE to enroll in TRI- CARE Young Adult or TRICARE dental options. While the BWE website is unavailable, regional contractors will accept enrollment applications through other communications channels – for example, phone and mail. Regional contractors will process these applications once the freeze is complete. Visit www.tricare.mil/changes/enroll to find instructions on how to submit TRI-CARE enrollment forms during the enrollment freeze.

People will still have access to care during the enrollment freeze. People should save their pharmacy and other health care receipts while their enrollment is pending, so that they can get reimbursed for TRI-CARE-covered expenses once the freeze is complete and their enrollment is processed.

People experiencing a problem accessing care while their enrollment is pending should contact their regional contractor https://tricare.mil/About/Regions. People experiencing a problem getting their medications while their enrollment is pending should contact Express Scripts at https:// www.express-scripts.com/TRICARE/index.shtml.

Continued from Page D1

the hospital for two weeks with a life-threatening blood infection. After recovering, "I decided I needed to prepare my family for a future without me."

He moved with his wife and son to his hometown of Plymouth, Mass., continuing dialysis while teleworking for his New York firm when he felt well enough. Meantime, two West Point friends suggested posting a notice about living organ donation on the Class of 1997's closed group Facebook page.

"I said absolutely not," Connelly said. "Our class had already been through so much. Too many had died in battle in Iraq or Afghanistan or come home with missing limbs, or had suffered other significant hardships. I didn't want to be out there asking for something like this."

His friends did it anyway.

"I knew who Chris was, but we hadn't kept in touch after graduation," said Ashley, then a staff officer in the Office of the Secretary of Defense, who learned about Connelly's condition from the Facebook post. "Still, the brotherly bond coming from a service academy is strong."

"I thought the odds of me being a match were probably pretty slim," Ashley said. "But getting tested seemed like the right thing to do."

Transplant coordinators at Brigham and Women's Hospital in Boston sent Ashley a testing kit. Ashley asked Col. John Oh, his physician at the Pentagon Flight Medicine Clinic, to help him complete and return it. Oh is also chief of preventive medicine for the Air Force Medical Support

Agency at Defense Health Headquarters.

"I did the first test, and then a second one, and then another one," Ashley said. "It got to the point where I finally asked how many people were still involved in the testing process and they said, just me. That's when I thought, oh, boy, I'd better talk with my wife."

He also needed official permission from the military. Service members who want to become living organ donors must submit a package of documents for approval after they've been matched with a recipient. Army and Navy service members' requests go to the Army Surgeon General's Office. Ashley's request package was coordinated through the Air Force Medical Operations Agency for review and approval.

The request package must include a letter from the potential donor's commander granting permission, and a letter from the donor's primary care physician asserting the potential donor is in excellent health and has been advised of any risks. Those risks include complications after the surgery that might limit or even end military service.

"I thought he'd be a really good candidate because he was in excellent health," Oh said. "And I wrote that I was honored to do this for him."

Connelly didn't know he was getting a transplant until early December 2016, when the transplant coordinator called to say not only had a match been found, but the donor was a former classmate. Did Connelly want to know who the donor was? Of course he did.

"I immediately recognized the name 'Dave Ashley,' and I could even put a face to it," Connelly said. "West Point cadets remember their classmates – especially those

few who branch Air Force."

The transplant surgery took place in January. "I felt pretty rough afterward," Ashley said. "It took about six weeks before I was able to go into work and stay most of the day and focus."

After several months, Ashley began easing back into his fitness routine as well.

"Sure, there's a short-term impact to you physically," said Ashley, senior materiel leader for the Air Force's Advanced Extremely High Frequency satellite program office at Los Angeles Air Force Base. "But I feel completely recovered now. I'm doing all the things I was doing before the surgery."

Oh notes that when someone donates a kidney, the overall kidney function doesn't drop by half. Instead, the remaining organ compensates for the loss. "Your body adapts," he said.

As for Connelly, "I'm doing great, and I feel outstanding," he said. He's resumed swimming, running, and working, and has returned to New York with his wife and

"Being a living donor genuinely saves lives," Connelly said. "Dave effectively saved my life - and also made a really positive difference for my wife and my child."

"In the Air Force we talk about our core values: Integrity first, service before self, and excellence in all we do,' Oh said. "I think someone who donates a kidney is personifying those core values."

"I would encourage folks that if becoming a living donor is something you want to do, don't think of military service as a reason why you couldn't do it."

FORT RUCKER SPORTS BRIEFS

Deer season

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

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.

Turkey shoot

Silver Wings Golf Course will host a turkey shoot Stableford tournament Saturday. People need to tee off by 9 a.m. Cost is \$10. For more information, call 255-0089.

Tactical Throwdown

The Fort Rucker Physical Fitness Center Tactical Throwdown's fourth quarter challenge runs Dec. 4-8. 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-

Rucker Gold Fitness Jump Start

The Fortenberry-Colton Physical Fitness Center will host its Rucker Gold Fitness Jump Start class Dec. 6 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.

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.

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.

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 Dec. 3, or \$25 with a T-shirt while supplies after Dec. 3 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 Dec. 3 with T-shirts, or \$160 with a T-shirt while supplies last after Dec. 3 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.

PUZZLE ANSWERS

Super Crossword



Weekly SUDOKU ___ Answer

Answers 1. Five Dalmatian 3. Pennsylvania Deciduous . Montague 6. Chuck Hull 8. Farrier 9.8 percent 10. Katharine Hepburn, with Oscars and 12 nominations







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