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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

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CREATIVE LEADERS NEEDED

Army vice chief, USAACE CG speak at AUSA panel

By C. Todd Lopez
Army News Service

ARLINGTON, Va. — In a rapidly changing global security environment, coupled with declining military budgets, the Army needs top-notch Aviators trained by creative and experienced commanders who can wring the most out of what little training budget they have, the Army's vice chief of staff said.

"The creativity you apply in training your units will develop the next generation of leaders and shape the future of our Army," Gen. Daniel B. Allyn said. "Training in garrison cannot be viewed as 'routine.' It must replicate the complexity of flying in Iraq or Afghanistan and it is incumbent upon those of you who have flown and fought in these demanding environments for more than 14 years to train-up the next

generation of pilots."

Allyn spoke at the start of a day-long series of an Aviation-related panel of discussions at the headquarters of the Association of the U.S. Army in Arlington Jan. 14.

Allyn also laid out requirements for Aviation modernization that he said were critical to ensuring Army Aviation's continued prowess on the battlefield. Among those were increased manned-unmanned teaming, an accurate definition of future vertical-lift requirements, improvements to the power and agility of the current fleet, development of "lethality that pairs precision and discrimination for engagements in complex terrain," and enhancements to survivability through improvements in ability to both detect and defeat new enemy capabilities.

"This is not a wish-list," the general



PHOTO BY NATHAN PFAU

In a file photo, three OH-58D Kiowa Warriors prepare to leave Fort Rucker for the last time at Hanchey Army Airfield Nov. 18, 2014.

said. "These are must-haves to deliver an Aviation force capable of dominating future battlefields."

Maj. Gen. Michael D. Lundy, commanding general of Fort Rucker and the U.S. Army Aviation Center of Excellence, laid out the latest details regarding progress with the Army's Aviation Restructure Initiative. The aim of that initiative is to allow the Aviation Branch to continue to provide to the Army and the nation the same asymmetric advantage it has had for the last 14 years.

Lundy said the Army has almost entirely divested all of its aging OH-58D Kiowa Warrior aircraft. There are only two squadrons left.

"We will finish divestiture here during FY16, minus the 1-17th (Cavalry

Regiment (AIR)), which will roll-up and be the last squadron that will operate in (South) Korea. They will do their last deployment," he said.

Also on track is divestiture of training aircraft on Fort Rucker, including the TH-67 Creek and the OH-58 Kiowa. This week for the first time, he said, courses are already under way training new pilots with the new UH-72 Light Utility Helicopter.

Divestiture of UH-60A Black Hawks is behind, however, the general said. "That's an issue." Those Black Hawks, moving out of the National Guard, will be replaced with more modern UH-60Ls, and those will eventually be converted to the UH-60V variant, which features a glass cockpit.

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"The No. 1 priority is to man that CAB. If we do that, it will help us mitigate some of the op tempo issues."



Lundy

REAL ID Act non-compliance affects military base visitors

By Nathan Pfau
Army Flier Staff Writer

People who venture onto post frequently are no strangers to having to show proper identification at the gates, but newcomers and out-of-state visitors may be in for a surprise if their state's identification requirements aren't in compliance with the REAL ID Act.

According to the Department of Homeland Security website, www.dhs.gov, the REAL ID Act of 2005 establishes "minimum standards for the production and issuance of state-issued driver licenses and identification cards, which include requirements for a photograph and certain biographic information."

Federal agencies, including the Department of Defense, are prohibited from accepting non-compliant forms of identification. As a result, the visitor control centers will no longer be able to accept non-REAL ID driver's licenses or identification cards for access to Fort Rucker, said John Tkac, chief of physical security for the Directorate of Public Safety.

There are currently five states that are currently not compliant with the minimum standards or have not filed for an extension to meet those requirements, which include Illinois, Minnesota, Missouri, New Mexico and Washington. Furthermore, there are 23 states that have filed for extensions through Oct. 10 to meet compliance. For a full list of states, visit www.dhs.gov/real-id-enforcement-brief.

If a person is visiting a post and is from a state issuing non-compliant driver's licenses, they must present identification

in the form of a U.S. passport or passport card; permanent resident card or alien registration receipt card (Form I-551); foreign passport with temporary (I-551) stamp or temporary (I-551) printed notation on a machine readable immigrant visa; employment authorization document that contains a photograph (Form I-766); foreign passport with Form I-94 or Form I-94A bearing the same name as the passport; school identification card with a photograph; U.S. military draft record; U.S. Coast Guard merchant mariner cards; transportation worker identification card; or Native American tribal document.

Tkac said that it should be noted that Minnesota and Washington do issue enhanced driver's licenses, which are in compliance with the REAL ID Act, so people with enhanced driver's licenses will not need to show an alternative form of identification.

"If you're going to another military installation, you should contact the proper authorities at that installation to find out what additional identification is required," advised Tkac.

"We live in Alabama, which is compliant (with the REAL ID Act), and most of the surrounding states around us are compliant, so where we'll see the most impact with this is from visitors who might be coming from elsewhere to graduations and things of that nature," he said. "We've already reached out to the units on post and given them the information so that they can start incorporating this information into their graduation packets. Soldiers should (provide) visiting family members, if they're coming from out of state to Fort Rucker, a list of approved IDs that they can show."

Tkac also said that guards stationed at all entrances to Fort Rucker are updated with information regarding state-issued compliant forms of identification. He urges people to come prepared if they require access to the post.

"We will continue to monitor the status of the compliant states and the guards know which states aren't compliant, so people need to make sure they also stay up to date on the information until their state meets the requirements," he said.



PHOTO BY NATHAN PFAU

Michael Miller, visitor control center guard, issues Jodie Lowe, military spouse, a guest pass to be granted access on post Tuesday.



PHOTO BY NATHAN PFAU

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks with attendees of the Commanding General's New Year's Reception Tuesday at The Landing. The general addressed members of the Fort Rucker workforce during the reception to thank them for their efforts in 2015 and wish them a happy new year in 2016.

Fort Rucker honors MLK Jr. legacy

By Nathan Pfau
Army Flier Staff Writer

As the U.S. remembers the life and service of Dr. Martin Luther King Jr., Fort Rucker, too, celebrates the legacy of a man who helped shape a nation.

Hundreds gathered at the post theater Jan. 14 for the Dr. Martin Luther King Jr. Commemorative Program to celebrate King's life and legacy, and keep his dream alive.

The theme for the observance was "Remember! Celebrate! Act! A Day On, Not A Day Off!" said Col. Shannon T. Miller, Fort Rucker garrison commander, during the ceremony.

"We are here today to celebrate and to remember Dr. King's sacrifices, celebrate his accomplishments and to continue to act toward the inclusion of all people," she said. "Dr. King's dedication to the service of the people has transcended over the years, and helped shape the Army and its community into being one of the most diverse employers and communities in the nation. You can see that by just taking a look around the room.

"During Dr. King's lifetime, he encouraged all citizens to pursue the



PHOTO BY NATHAN PFAU

Sgt. Maj. William S. Hayes, U.S. Army Aviation Center of Excellence G-3 Plans and Projects sergeant major, speaks during the Dr. Martin Luther King Jr. Commemorative Program at the post theater Jan. 14.

purpose and potential of America," she continued. "He strived to realize the dream of equality in a nation that affords freedom and justice for all by pioneering

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PERSPECTIVE

SAFETY IST

Tips help keep winter fun from wiping out

By Veronique Hauschild
U.S. Army Public Health Command

The silver lining to the shorter, colder days of winter is the snow and the outdoor sports activities that are typically reserved for this time of year in many areas of the country.

Winter activities such as skiing, snowboarding, snowmobiling, sledding and ice-skating provide fun, excitement, fresh air and good exercise for all ages.

Unfortunately, every year these winter activities result in hundreds of thousands of injuries, as well as many deaths in the U.S. Injuries occur in both recreational and professional athletes alike.

The growing popularity of skiing and snowboarding are now a focus of scientific study as emergency rooms see increases in the numbers and severity of injuries. A recent study of fall-related injuries in the active-duty Army showed that snowboarding and skiing were the leading sports causing such injuries. Many of the injuries occurred during military-unit organized events. Military personnel need to be aware of the injury types, factors that increase risk of injury and the ways to reduce chances of injury.

Injury types

A particular concern is that at least 15 to 20 percent of winter sports injuries involve head trauma, including concussions and mild to severe traumatic brain injuries. Injuries to the head and spine are ones that are most commonly associated with fatalities. Two-thirds of the head injuries are estimated to be mild TBIs.

Overall, bone fractures are the most frequently reported type of injury associated with winter sports. During skiing, injuries to the lower parts of the leg and foot – including knee and ankle – are most common. These include fractures, as well as sprains or ligament tears in joints such as thumbs or the anterior cruciate ligament of the knee. Fractures while snowboarding are more often to the wrist and hand, as well as arm and clavicle. Some data suggests possible long-term impairments from winter sports injuries.

Cold-weather injuries, such as frostbite and hypothermia, are also reported, especially in conjunction with snowmobiling injuries when accidents can occur in unpatrolled or monitored areas. Other conditions considered less severe, but which can still limit further activity and require extended rest, include muscle strains and soreness, dehydration, snow blindness and sunburn.

Factors associated with injury risk

Several studies evaluated winter sports injuries for potential factors associated with higher risk of injury or greater injury severity. Because skiing and snowboarding



DOD PHOTO

are associated with the highest numbers of severe injuries, they are the most studied.

The numbers and severity of injuries appear higher at the start of the season. Recreational skiers and snowboarders are more likely to experience more severe injuries than those experienced by professionals.

However, even today's professionals experience injuries requiring four to six weeks of recovery. More males experience injuries than females, especially those in their late teens to mid-20s. Though nuances of the type of skiing or snowboarding, such as speed races, freestyle, snowboard and cross country, have some different patterns of injury types, increased risks appear more associated with improper use or lack of protective equipment and exceeding one's experience or skill level.

Reducing your chance of injury

Though there are risks, winter sports can be an exhilarating and fun form of healthy exercise. It is important to do what you can to reduce the risk of incurring winter sports-related injuries by following best practice guidelines below.

- Wear a helmet since these are the primary evidence-supported means to reduce risk of severe head injuries.
- Wear wrist guards, especially when snowboarding, to reduce risk of wrist fractures.
- Wear other appropriate clothing and equipment, such as boots and goggles.
- Check that equipment works before each use – test your board or ski bindings.
- Know your level of experience, skill and knowledge of terrain.
- Seek proper training or certifications.
- Try more complicated slopes or techniques only after practicing.

- If at a new location, start slow and easy until terrain is familiar.
- Be wary of poor trail design or unknown, unmaintained areas.
- Use official designated groomed and patrolled trails and sports areas as opposed to backyard private lands.
- Be aware that even some maintained slopes or trails may have black spots, areas known for conditions that have resulted in repeated or high numbers of injuries – merging slopes, narrowing or sharp turning trails and poor grooming.
- Physically condition your body, if new to the sport, at the start of the season or when attempting new techniques or equipment.
- Do exercises to prepare your body for the less stable lower body movements required of many winter sports. Examples include lower body muscle exercises.
- Slowly progress in level of intensity, time and ensure rest breaks.
- Wear layers of clothing to keep warm and dry, including socks and gloves, and replace wet items or layers as soon as possible.
- Use sun protection – UVA/UVB sunglasses, SPF15-plus for exposed skin and lips.
- Stay hydrated.
- Keep a phone or radio as a means to contact help.
- Be a good leader.
- Emphasize the safe practices described above.
- Enforce use of proper procedures and use of protective gear.

For more information, contact the Army Public Health Center's Injury Prevention Program at usarmy.apg.medcom-phc.mbx.injuryprevention@mail.mil.

Rotor Wash

“African-American History Month kicks off with a celebration at the post exchange Jan. 29 from 11:30 a.m. to 1 p.m. Why is it important to celebrate diversity?”



**CW2 Tim Wildes,
1st Bn., 147th Avn.
Regt., Madison, Wis.**

“We’re a country made up of so many different cultures, so it helps to get to better know one another.”



**Sgt. Dan Cutler,
1st Bn., 147th Avn.
Regt., Madison, Wis.**

“I think you’re able to work better as a group if you understand the people that you’re working with.”



**CW5 Sam Baker,
101st Airborne
Division, Fort
Campbell, Ky.**

“You can’t expect people to understand you if you’re not willing to understand where another person is coming from.”



**Pvt. 2 Dale Rowe,
B Co., 1st Bn.,
11th Aviation Regt.**

“We’re a nation of immigrants, so we’re built on diversity. Without it, I don’t think the U.S. would be where it is today.”



**Tangi Hill,
retired military**

“The things that make us different are the things that make us great. You might not be able to solve a problem that someone else from another point of view can, so it’s important to learn all you can from the people around you.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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HERITAGE

Fort Rucker celebrates African-American History Month

By Nathan Pfau
Army Flier Staff Writer

As Martin Luther King Jr. day passes and reminds people of the sacrifices of one man, Fort Rucker is also looking to remember all that African Americans have contributed throughout history.

Jan. 29, the 1st Aviation Brigade Equal Opportunity Office will kick off African-American History Month with a kickoff event at the post exchange from 11:30 a.m. to 1 p.m. as a way to promote diversity and remind people of all the contributions that African Americans have made throughout history.

This year's theme is "Hallowed Grounds: Sites of African-American Memories" and focuses on the areas and locations with important historic significance as it relates to African-American History all over the U.S., said Sgt. 1st Class Michael Lukeman, 1st Avn. Bde. EO adviser.

"What we want to do is to get the information out to people to see that there is so much more out there and so much more to African-America History than just African-American History Month, because African-American history is American history," he said. "It's not just for African Americans – it's for everybody – it's American culture. These are things that



PHOTO BY JEREMY HENDERSON

Fashion show participants at last year's African-American History Month kickoff event take a bow. This year's kickoff will be held at the post exchange Jan. 29 from 11:30 a.m. to 1 p.m.

people take for granted and don't even realize."

During the kickoff event, people will get to hear from Precious Freeman, director of the G.W. Carver Museum in Dothan, who will be on hand as the guest speaker, as well as hear musical selections from musical guests and get a sampling of traditional African American dishes with food samplings.

The 1st Avn. Bde. is still looking

for volunteers to provide food sample trays for the kickoff event, so if interested, call 255-2363 or 255-2930.

The Black History 5k and 1-mile fun run will be held Feb. 6 beginning at 9 a.m. Participants can register for the race from now up until the day of the race, and the cost to register is \$12 with no shirt and \$20 with a shirt if registered by Jan. 31, and \$25 after that. Teams of up to eight can also register for

\$120, which includes shirts up to Jan. 31, and \$160 Feb. 1 up until race day.

First, second and third place medals will be awarded in 14 categories for both males and females, as well as trophies awarded to the fastest team. Young children can participate in the 1-mile fun run following the race.

Feb. 12, the Center Library will host book readings, and arts and crafts at 10 a.m. for children up to

6 years old. For more information, call the library at 255-3885.

Feb. 25, The Landing will host the African-American Heritage/Black History Month Luncheon where a guest speaker will talk on the significance of African-American History, and Feb. 28 a free showing of the movie "Selma" will be shown at the post theater to round out the month.

Lukeman said he hopes that with these events throughout the month people will be able to see the significance that African-American history has made to shape the America that they live in today.

"A lot of times people don't realize that they're in the state where the heart of the Civil Rights Movement took place," said the EO adviser. "We just celebrated Dr. Martin Luther King Jr.'s birthday, and there are places in this state that the man physically walked, and people can walk in the footsteps of history.

"The biggest thing for me and the thing that I'm most passionate about is to let people know that this is all part of American History," he continued. "So much of what African Americans have done for us in the past is setting us up for the future, and I just want to help people realize that. I hope that we can get that message out there and help people see the history that is around them."

Morning road closure keeps Soldiers safe during PT

By Nathan Pfau
Army Flier Staff Writer

Early morning physical training is a familiar sight on any post, and post officials want to remind people driving in the early hours that the closure of Ruf Avenue during weekday mornings is critical to Soldier safety.

Ruf Avenue is closed for runners and cyclists Mondays-Fridays from 5:30-7:15 a.m., according to Sgt. Maj. Marvin Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

During these hours, no privately owned vehicles are allowed on Ruf Avenue except for designated crossing points at Novosel and Ruf, Red Cloud and Ruf, and Division and Ruf, where road guards are posted to allow vehicles to cross safely.

"This closure allows formations to run safely without the hazard of vehicular interruption," explained Chief Marcel Dumais, Fort Rucker chief of police. "Unit formations are able to run without having to stop for approaching vehicles or vehicles crossing the PT route."

According to the G-3 sergeant major, Ruf Avenue was chosen as the official run route because it is the straightest road, is well lit, and is the road that officials can

control most easily.

"We would choke up Fort Rucker if we chose a different road," he said. "It was determined many years ago that it was the best choice to have a protected run route."

Vehicles on the road were a severe problem that Fort Rucker faced in years past, but thanks to the concrete columns, reflective signs and bright ropes, Pinckney said that the problem of POVs driving on the road has been dramatically decreased.

"The ropes were installed in 2013 as a more active measure to prevent vehicles from crossing where they are not supposed to, and this has greatly reduced violations," he said.

The road closure is nothing new to longtime residents, but new arrivals to Fort Rucker might find themselves searching for a way across post. If drivers come up to the street, Pinckney said they should turn around or back up to avoid crossing Ruf Avenue until it is safe to do so.

According to Dumais, the roads, once closed, are marked by barriers across all access roads onto Ruf Avenue, and crossing at non-designated crossing points is not only prohibited, but extremely dangerous for Soldiers.

Pinckney has advice for those who



PHOTO BY NATHAN PFAU

One of the signs posted along Ruf Avenue when the road is closed to help keep Soldiers conducting physical training safe.

would still consider ignoring the postings when no one is around.

"Don't even think about it – it's dangerous," he said. "Just because no one is in the immediate area doesn't mean it's OK. It's about being disciplined enough to not disobey the rules."

The regulations are in place for the safety of Soldiers, and although they might serve as an inconvenience for early-morning drivers, Pinckney said that there can't be a price put on safety.

In addition, violating the safety regulation can cause more damage than the citation and fine, he said.

"The MPs are out and patrolling the areas. Besides being ticketed, a driver could potentially have their driving privileges on the installation revoked," said the G-3 sergeant major. "Plus, you could kill someone."

For more information or questions regarding early-morning road closures, call 255-2222 or 255-2511.

News Briefs

Tax center opens

The Fort Rucker Tax Center will host its grand opening at 10 a.m. Jan. 29 in Bldg. 5700 in Rm. 371F. The center offers Soldiers, family members and retirees free assistance in filing 2015 federal and state income tax.

To make an appointment or get more information, people can stop by the center in Rm. 371F, or call 255-2937 or 2938.

Spouse club scholarships

The Fort Rucker Community Spouses' Club is accepting applications for scholarships now through March 1. The FRCSC Scholarship Program applications for the 2015-2016 academic school year are available online at <http://FORTRUCKERCSC.com/scholarship.htm>. Last year, the FRCSC awarded \$17,500 to recipients in the Wiregrass community.

Children and spouses of all military ranks (active duty, National Guard, Reserve, retired or deceased), members of the FRCSC, and dependents of Department of Defense civilians are eligible for the scholarships. Applicants must high school seniors graduating by summer of 2016, or pursuing an undergraduate or graduate degree. Scholarships are also available for students who plan to attend an accredited trade school.

Application information may be obtained through the guidance counselors of the local high schools within the following counties: Coffee, Geneva, Dale, Houston, Pike, Crenshaw, Barbour, Henry and Covington; the Fort Rucker Thrift Shop; the education center; the Center Library; and Army Community Service. A digital version is located online at <http://www.FORTRUCKERCSC.com/scholarship.htm>.

Completed applications must be mailed to the FRCSC, postmarked by March 1 – no extensions will be given. For more information, contact the FRCSC scholarship chair at scholarshipfrcsc@gmail.com with "Scholarships" in the subject line.

Retirement ceremony

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

Tuesday Tracks

Lyster Army Health Clinic's Physical Therapy Service hosts a Tuesday Tracks walk every Tuesday at noon for anyone on Fort Rucker interested in walking a mile during lunch. Those interested should meet in the Lyster Lifespace Center at 11:45 a.m.

Diabetes basics

Lyster Army Health Clinic offers beneficiaries a four-part Diabetes Basics Program where they will learn about prevention and controlling diabetes. Classes are held Thursdays from 9 a.m. to noon at Lyster. The next class begins Feb. 4.

For more information, call 255-7986.

Resiliency Resources

The Lyster and Fort Rucker Resiliency Resources mobile device app is available for free in Android and iPhone mobile app stores. The app can help people find information for Fort Rucker, including addresses, phone numbers and event information, and also information such as where running trails are located, if there is a 5k race coming up, when Bible studies occur and more.

Surveys make a difference

People who receive Army Provider Level Satisfaction Surveys in the mail after an appointment at Lyster Army Health Clinic should not throw them out – they should fill them out. The surveys help provide feedback on people's clinic experience, and help bring money back to the facility to help provide beneficiaries excellent care and service.

Lyster update

Check out Lyster Army Health Clinic's Facebook page for the healthy tip of the day and clinic information, such as class dates and times. Lyster's Twitter feed is at @LysterAHC.

Scholarships, grants

Corvias Foundation recently announced that applications for the 2016 scholarships and educational grants are

now available. Applications for the 2016 scholarships must be submitted by Feb. 11 and will be awarded to high school seniors with plans of attending a four-year university or college. The scholarships are in the amount of up to \$50,000 per person. The scholarship is available to children of active-duty service members stationed at Fort Rucker and a number of other Army and Air Force installations. All scholarship applicants will be notified of their award status by the end of April.

Applications for the 2016 educational grants must be submitted by May 5. Grants are given in the amount of up to \$5,000 to spouses of active-duty service members stationed at Fort Rucker and the other installation. Corvias Foundation will select 20 recipients and applicants may be in any stage of the educational process. All applicants will be notified of their award status by the end of July.

Applications and all necessary paperwork for both the scholarship and educational grant must be submitted by the due date in order to be considered. Selected recipients may begin using their scholarship or educational grant in the fall of 2016. Families do not have to reside in on-post housing in order to qualify for scholarships or grants.

Applications are available now at <http://corviasfoundation.org>. For more information, send an email to info@corviasfoundation.org or call 401-228-2836.

Siren test

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

Retiree council meetings

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

For more information, call 255-9124.

Leaders: CG discusses progress, solutions

Continued from Page A1

Disruptive technology

With programs under way now, the Army is looking to improve an Aviator’s ability to see in degraded visual environments, to field an improved air-to-ground missile with the Joint Air to Ground Missile, to provide improved engines in the Black Hawk and AH-64 Apache aircraft through its Improved Turbine Engine Program, and to enhance aircraft survivability.

Those programs, and others Lundy called “disruptive technology,” are on track and moving forward, despite earlier concerns.

“A lot of these programs were at risk, or they were just

good ideas,” Lundy said. “I will tell you that they are all in very good shape right now. And even though they will come slower than we want because of budgetary concerns, all the programs are safe, they are on track, they are in our long-range plans, and they have got great support across the Army staff.”

Ops tempo

Lundy also said that every Army operation globally involves an Aviation component, and that the operations tempo for Aviators is “higher than what we saw, even during the surge, if you look at a mission tempo perspective. We are expecting Army Aviation to be out there, to be able to do that. We need to be training at a

much higher level to maintain our proficiency, especially as we think about decisive action and combined arms operations.”

An in-the-works solution for dealing with the increased operations tempo, Lundy said, is to finally fill the cockpits of equipment in the 11th CAB with Soldiers. That unit has the gear it needs already, but it now needs personnel. That, he said, is a priority for Army Aviation.

The “No. 1 priority is to man that CAB,” Lundy said. “If we do that, it will help us mitigate some of the op tempo issues.”

Right now, he said, “demand signal is outpacing our capability to support all of it. We are having to make hard choices.”

Legacy: Ceremony celebrates King’s life’s work

Continued from Page A1

the principles of nonviolence to make this country a better place to live. This day represents the opportunity for everyone to start the year off right by making a positive impact in our community through volunteering, and also with treating everyone with dignity and respect.”

Throughout the ceremony, scriptures were read and songs were sung in honor of King, and Sgt. Maj. William S. Hayes, U.S. Army Aviation Center of Excellence G-3 Plans and Projects sergeant major, was on hand as the guest speaker to provide his take on what the legacy of King meant to him.

“Truly, Dr. King lived his calling and was passionate about embracing love because he gave so much for you and I,” he said during the observance.

As he spoke, he talked about when King visited with Mahatma Gandhi, the leader of India’s non-violent independence movement.

At this point in life, according to Hayes, King hadn’t fully embraced the philosophy of nonviolence until hearing a story from Gandhi about a little boy with a temper.

Hayes told the story of the boy

whose father gave him a bag of nails to deal with his temper. Every time the boy would lose his temper, the boy was told to hammer a nail into a fence. On the first day, the boy had driven 37 nails into the fence. As time progressed, the boy managed to control his temper and put fewer and fewer nails into the fence, until one day he ran to his father and told him that he hadn’t lost his temper at all.

He told his father of his accomplishment, but the father took his hand and led him to the fence and told him to look at the holes in the fence. The lesson was when you say things or act in anger, they leave a scar, just like the holes in the fence, said Hayes.

“You can stab a person with a knife and pull it out, and ask them for forgiveness over and over, but the scar is there for a lifetime,” he said. “A verbal wound hurts just as deep as a physical wound. Racism, gun violence, police brutality and other injustices of today are just like the nails in that fence. The fence is the American Dream – the fabric of this society.”

Hayes also took the congregation on a journey through 450 Mulberry Street in Memphis, Tennessee, where the National

Civil Rights Museum is located, also famously known as the Lorraine Motel and site where King was assassinated.

He described a trip through the museum and all of the Civil Rights Movement memorabilia throughout, and described the site where James Earl Ray, the man convicted of King’s assassination, sat when he took the shot.

“Pow!” he said. “(Ray) took a shot. I know some of your thoughts and I can see it on your faces – ‘The audacity of you to mention this event today,’ but let me respond with a thought that even Dr. King would say.

“The dream is still alive and well today. I have been deceased over 48 years, and I assure you, my brothers and sisters, Mr. Ray made a shot, but he didn’t kill the dream,” said Hayes. “I ask you all today, will you take a shot? Take a shot at discrimination? Will you take a shot at racism? Will you take a shot at social injustices happening in our community? James Earl Ray was convicted of assassinating Dr. King, but he shot and killed the dreamer, not the dream. Take a shot, ladies and gentlemen, for civil rights and equality in America is our responsibility.”



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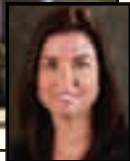
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**OPEN HOUSE 11-1pm
SATURDAY, JAN 23**

36 Brecken Ridge
\$132,000: Great location, one level,
2 BR/2 BA.
SOMMER RAKES 406-1286

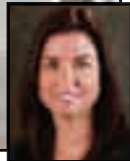
Directions: Boll Weevil Circle to right on
Dauphin Street, right into Brecken Ridge
Terrace



**OPEN HOUSE 1-3pm
SUNDAY, JAN 24**

207 Grey Fox Trail
\$199,800: Contemporary 3bd/2ba brick home
with upgrades galore. Granite, gas log fireplace,
molding, tray ceilings, bronze fixtures, custom
cabinets...Large walk in closet in master. The
huge backyard will fit a pool and has a privacy
fence. Open concept floor plan is great for
easy living and easy entertaining. Gate to the
Kindergarten center is just a few houses down in
the cul-de-sac. **SOMMER RAKES 406-1286**

Directions: Brookwood: Boll Weevil Circle turn
into Brookwood. Turn left onto Grey Fox Trail and
home on the left.



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February 8.



**OPEN HOUSE 2-4pm
SUNDAY, JAN 24**

101 Olive Springs
\$179,900: So much space in this 4/3 you just won't believe
it. New roof in 2007, new flooring in family room, double
ovens, an eat in kitchen, 2 water heaters and a screened
porch are some of the nice features of this home. It even
has an extra room for office/crafts/hobbies. One bedroom
and bath are split from the others and would make a great
teenager or mother-in-law space. Located on a level,
corner lot in an established neighborhood convenient to
Hillcrest Elementary and Dauphin Jr. High, churches, and
shopping. **JAN SAWYER 406-2393**

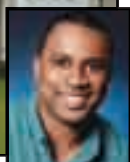
Directions: From Lee Street turn on Alberta. Take second
right on Janice and follow around to Olive Springs. Turn
left and house will be last house on right. Corner of Olive
Springs and Janice.



**OPEN HOUSE 2-4pm
SUNDAY, JAN 24**

301 Jasmine Circle
\$154,000: A beautiful cottage located conveniently
to schools, shopping, golf, restaurants & minutes
from Fort Rucker. Enjoy morning coffee on the
screened porch overlooking a fenced, landscaped
back yard. House is equipped with low E windows, 2"
faux wood blinds, natural gas heat, stove and water
heater, beautiful wood floors in living area, open floor
plan, framed mirrors in baths, tray ceiling in living/
dining area, & one car garage. **CHRIS ROGERS
406-0726**

Directions: Woodland Park Subdivision: From
the bypass turn inside the circle onto Hwy 134/
Damascus Hwy then left onto Jasmine Circle.



**OPEN HOUSE 2-4pm
SUNDAY, JAN 24**

UNDER CONSTRUCTION • 244 JASMINE CIRCLE
\$154,000: The Cottages at Woodland Park: Tucked
in the woods off Boll Weevil Circle. While providing
privacy, they offer the convenience to schools,
shopping, golf, restaurants and minutes from Ft.
Rucker. Security system, stainless appliances,
natural gas heat/cooking/water heater, low E windows,
irrigation system, 2" faux wood blinds, framed
mirrors in bathroom and tray ceiling in grandroom
and fence across back. (Poplar Plan) **CHRIS ROGERS
406-0726**

Directions: Woodland Park Subdivision: From the
bypass turn inside the circle onto Hwy 134/Damascus
Hwy then left onto Jasmine Circle.



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POND, 6 BR/6 BA



835 N CLAXTON: \$215,000: One of a kind home sitting on about an acre with
a small pond, and it features six bedrooms and six full baths, formal living/
dining room combination, large den with doors out to patio for entertaining,
eat-in kitchen, and large laundry/mud room with lots of cabinets and sink.
Carport separates the house from a bonus room that would be great for
entertaining or exercising. Floors are hardwood, ceramic tile and carpet. You
have to make your appointment to see this house because it is bigger than it
looks. **MARGE SIMMONS 477-1962**

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VERY private area, wooded lot. **JAN SAWYER 406-2393**

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**ALABAMA REALTORS® INSTALLS 2016
EXECUTIVE OFFICERS**

The Alabama Association of Realtors®, Alabama's
largest statewide organization of real estate professionals,
announced the installment of its 2016 Executive
Committee officers with Shawn Reeves from the Wiregrass
Board of Realtors® serving as 2016 President. Reeves
and other executive officers were inducted on Monday,
November 16 at the National Association of Realtors®
2015 Realtors® Conference and Expo in San Diego,
Calif.

"With the real estate market making a strong comeback,
it's an exciting time to be a Realtor® and see the positive
impact our business has on the economy," Reeves said.
"It is my goal to further our reach in the real estate
industry, equipping our members with the tools and
resources needed to provide their consumers the best
buying or selling experience possible."

A Texas native now residing in Enterprise, Reeves has
over a 20-year career in real estate. She has been an
active member of the Alabama Association of Realtors®,
previously serving as President-Elect, Government Affairs
Chair, Secretary and Treasurer and a REALTOR with
CENTURY 21 Regency Realty, Inc. in Enterprise, AL.

Other officers inducted for the Alabama Realtors® 2016
Executive Committee are Mugs Mullins, President-Elect;
Sid Pugh, Treasurer; Stacey Sanders, Secretary; Julie
Minto, Immediate Past President; Landa Pennington,
Northern Region Vice President; Susan Hawkins, North
Central Region Vice President; Donna Thigpen, Jefferson,
Shelby, Blount Region Vice President; Slade McElroy,
Central Region Vice President; and Morgan Ashurst,
Southern Region Vice President.

The Alabama Association of Realtors® (AAR) is the
largest statewide organization of real estate professionals
with more than 12,500 members from 29 local boards
and 1,200 real estate companies. United by adherence
to a Code of Ethics, AAR's members work as real
estate professionals in the sale, lease and development
of residential, commercial, rural and resort properties
throughout Alabama. The Association serves as the voice
of the real estate industry in Alabama and as the official
advocate of Alabama's multifaceted real estate industry
before local, state and federal governments.

SECDEF:

Lasting defeat of ISIL depends on coalition strength

By Cheryl Pellerin
Department of Defense News

WASHINGTON — Delivering a lasting defeat to the Islamic State in Iraq and the Levant must be a global effort, and coalition partners and others must step up their contributions to the escalating fight, Defense Secretary Ash Carter said Jan. 13 on Fort Campbell, Kentucky.

Such a lasting defeat also must be achieved and sustained by motivated and capable local forces, the secretary said, and reach beyond the military campaign to enable political stability in the region.

Carter’s stop on Fort Campbell to address Soldiers assigned to the 101st Airborne Division’s headquarters and 2nd Brigade Combat Team, who will deploy to Iraq later this year, was part of a two-day trip to three military bases.

During his speech, the defense secretary said the lasting defeat of ISIL must

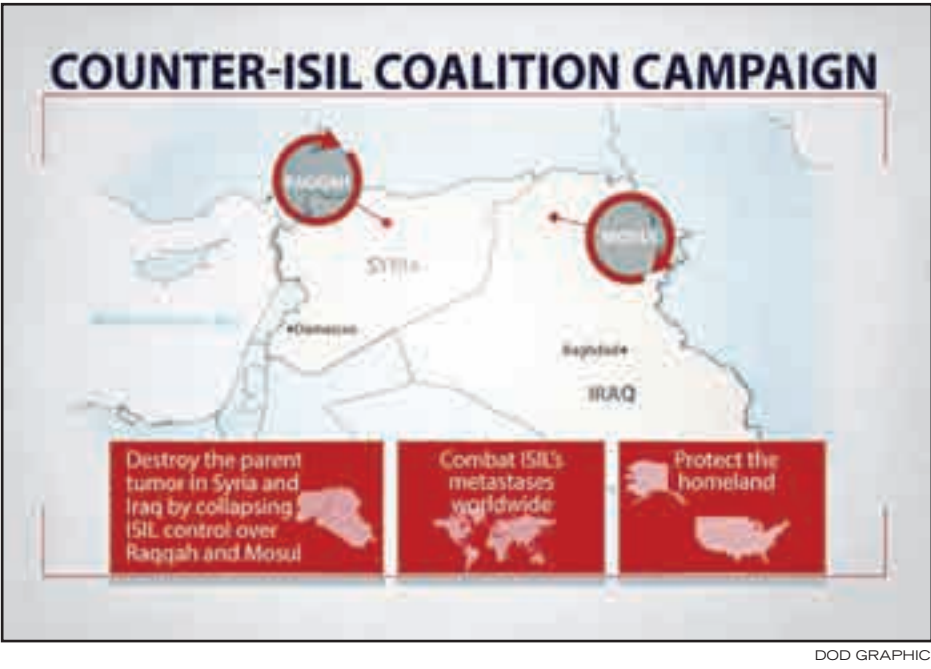
be a global undertaking because the terror group is a global threat.

“Any nation that cares about the safety of its people or the future of its civilization must know this: America will continue to lead the fight, but there can be no free riders,” Carter added.

As the United States invests in accelerating the campaign, he said, so must every coalition partner and every nation in a position to help.

“That means greater military contributions but it also means greater diplomatic, political and economic engagement. It means development and reconstruction (an) actions at home and abroad to disrupt, dismantle and degrade ISIL’s capabilities. It means stepping up,” the secretary said.

Carter said he has personally reached out to defense ministers in more than 40 countries seeking more special operations



Defense Secretary Ash Carter outlined the three military objectives for the coalition’s campaign against the Islamic State of Iraq and the Levant during a speech on Fort Campbell, Ky., Jan. 13.

SEE SECDEF, PAGE B4



ARMY PHOTO

A Soldier with the 3rd Special Forces Group (Airborne) completes a routine safety measure in preparation for a static line jump into St. Mere Eglise Drop Zone on Fort Bragg, N.C., Jan. 6. Soldiers with the 3rd SFG (A) utilized a CH-47 Chinook with the 82nd Combat Aviation Brigade, 82nd Airborne Division to perform their proficiency jumps.

WORKING TOGETHER

25th CAB welcomes 16th CAB Soldiers, Apaches to Hawaii

By Sgt. Daniel Kyle Johnson
U.S. Army Pacific

WHEELER ARMY AIR FIELD, Hawaii — Soldiers of 25th Combat Aviation Brigade welcomed Soldiers of 16th CAB from Joint Base Lewis-McChord, Washington, and their four AH-64E Apache Guardians to Joint Base Pearl Harbor Hickam Jan. 6.

The arrival of the aircrews and airframes mark the start of a six-month training partnership between the 25th Infantry Division and 7th Infantry Division CABs.

“There will be 61 total personnel associated with the 1-229th Attack Reconnaissance Battalion’s Bravo and Delta companies,” said CW3 Kennamer Yates, tactical operations officer, 2-6th Cavalry. “The Killer Spades will be here for six months total, with a personnel rotation expected in March. The Killer Spades are going to fill the void of attack (and) reconnaissance coverage for the 25th Infantry Division following the divestment of the OH-58D Kiowa Warrior.”

“With 2-6th CAV’s retirement of the Kiowas, the Apaches will become a vital asset, not only to 2-6 CAV, but also to 25th Combat Aviation Brigade and 25th Infantry Division,” said Capt. Franklin Worsham, fire support officer, 2-6th CAV. “The AH-64 will be the only organic aerial attack platform to 25ID. The capabilities the AH-64 will give the division are virtually endless.”

The team from the 16th CAB will be providing support to not only help train the battalion on the use of



PHOTOS BY SGT. DANIEL KYLE JOHNSON

Aircrews from the 16th Combat Aviation Brigade and their AH-64E Apache Guardians hover above the tarmac at Wheeler Army Airfield, Hawaii, before landing to train with 2-6th Cavalry, 25th Combat Aviation Brigade Jan. 6.



Aircrews from the 16th Combat Aviation Brigade and their AH-64E Apache Guardians fly in formation on their way to Wheeler Army Airfield.

SEE TOGETHER, PAGE B4

WORLD CLASS

Flying Tigers to receive new facility at NTC

By Gustavo Bahena
Fort Irwin Public Affairs

FORT IRWIN, Calif. — The National Training Center and Fort Irwin conducted a ground breaking ceremony for a facility that will support a unit that operates Army unmanned aircraft systems Jan. 12.

The complex will provide a headquarters for B Company, 229th Aviation Regiment, and house a fleet of 12 MQ-1C Gray Eagle UAS. The unit, known as the Flying Tigers, has operated Gray Eagles since it was re-activated at Fort Irwin Oct. 16, 2014. The unit is organized under the 2916th Aviation Battalion, 916th Support Brigade, and is deployed.

After being reestablished, Soldiers of B Co. began their training and flying Gray Eagles from temporary structures located in a remote area of the Goldstone NASA complex, a neighbor of the NTC in the Mojave Desert. Within a year, the Flying Tigers were ready to deploy for real-world missions and supporting combatant commanders.

At the ceremony, Maj. Gen. Joseph Martin, NTC and Fort Irwin commanding general, explained the most important aspect of the multi-partnership construction project is the impact it will have on the Soldiers of the unit. Their proficiency as UAS operators is tied directly to the training they conduct.

“They are there doing what they’re doing with the training that was built on a foundation that was built right here with this temporary facility,” Martin said.

The general stated the Flying Tigers’ equipment and aircraft is world-class.

He quoted the unit’s battalion commander when describing the MQ-1C Gray Eagle, “It can fly almost a day without landing, carries four Hellfire missiles, and it can watch and count the change you pull out of your pocket.

“It’s an incredible capability, but it takes a bunch of training,” Martin said. “So, we’re going to give them a world-class facility to maintain their equipment in, to train with their equipment in and operate in – and that’s a first of its kind in the Army.”

The new facility will include a 52,000 square-foot hangar, repair shops, company administration offices, aircraft container storage and vehicle parking, said Col. Kirk Gibbs, commander of the Los Angeles District, U.S. Army Corps of Engineers. His office is providing project management.

Gibbs stated the new construction is part of a long history the USACE has with the NTC and Fort Irwin.

“We continue to provide world-class facilities, such

SEE CLASS, PAGE B4



PHOTO BY GUSTAVO BAHENA

Soldiers, of B Company, 229th Aviation Regiment, 2916th Aviation Battalion, 916th Support Brigade, are recognized by leadership, Soldiers, families and community members at a deployment ceremony on Fort Irwin, Calif., Oct. 5.

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SecDef: Local forces key to elimination of ISIL

Continued from Page B1

forces, strike and reconnaissance aircraft, weapons and munitions, training assistance, and combat and combat service support.

“Many nations are already contributing greatly,” he said. “Many can do more.”

Such contributions could include accelerating their own efforts to disrupt networks that enable the flow of foreign fighters and materials through their lands, Carter said, and taking advantage of the opportunity to fight ISIL in Syria and Iraq before it becomes a more serious threat.

“For Muslim-majority nations in particular,” the secretary added, “that means stepping forward and debunking ISIL’s false claims to religious or ideological excuses for brutality.”

“I have seen the strength of our coalition and our success depends on building on that strength,” he said.

Carter said that in the very near future he will meet with defense ministers from six nations that

play a large role in the ground and air components of the counter-ISIL campaign – France, Australia, Germany, Italy, the Netherlands and the United Kingdom.

“Each of these nations has a significant stake in completing the destruction of this evil organization and we must include all of the capabilities they can bring to the field,” he said.

The secretary said that the effort to defeat ISIL includes coalition forces enabling local, motivated forces with a clear campaign plan, American leadership of the global coalition, and capabilities ranging from airstrikes, special-forces raids, cyber tools and intelligence to equipment, mobility and logistics, and training, advice and assistance from those on the ground.

Beyond the military campaign in Iraq and Syria, others must step up and meet critical challenges such as setting conditions for sustainable political stability in the region, Carter said.

“That means everybody has to be in the game,” he added, not-

ing that those who are needed include diplomats and development experts to help the Iraqi government rebuild, and restore opportunity to Sunni regions so local people have a future worth fighting for.

Also needed, he said, are Treasury Department financial experts to cut off the flow of money to ISIL; intelligence agencies to help map ISIL’s networks, leadership and infrastructure; and experts from law enforcement and homeland security.

In Iraq and Syria, Carter said, the coalition is taking ground back from the enemy and gaining openings to take more, and denying ISIL the ability to move fighters and materiel by cutting off key transit routes to Raqqa and Mosul.

Coalition members also are dismantling ISIL’s war-sustaining finances, targeting its oil production and industrial base and using new methods to hit ISIL in its wallet, Carter said.

“Throughout Iraq and Syria we are significantly constraining

its ability either to defend or to attack, and we are working with our partners to take advantage of every opportunity this presents,” he added.

A specialized expeditionary targeting force announced in December is in place, preparing to work with the Iraqis to begin going after ISIL fighters and commanders, the secretary said.

And President Barack Obama – on the advice of Carter, Marine Corps Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff, and U.S. Central Command Commander Army Gen. Lloyd J. Austin III - ordered the most elite U.S. special operations forces to Syria to support the ISIL fight.

The threat posed by ISIL and others continually evolves, changes focus and shifts location, most recently into areas like North Africa, Afghanistan and Yemen, Carter said.

“That’s why the Defense Department is organizing a new way to leverage security infrastructure we’ve already established in Afghanistan, the Middle East,

east Africa and southern Europe into a network to counter transnational and transregional threats like ISIL,” he explained.

From the troops Carter visited in Morón, Spain, in October, to those he visited last month in Jalalabad, Afghanistan, the regional nodes offer a forward presence for responding to a range of crises, the secretary said.

“This counterterrorism network is already giving us the opportunity and capability to react swiftly to incidents and threats wherever they occur,” Carter added, “and it maximizes our opportunities to eliminate targets and leadership.”

The campaign to defeat ISIL is far from over, he said, and extraordinary challenges are ahead.

The campaign will continue to adapt as, with each success, ISIL’s territory decreases, its resources dwindle, and local, capable forces gain the capacity to win the field of battle and lay the foundation for lasting security in the region and a more secure future for the world, Carter said.

Class: Projects aim to boost training facility quality in ‘the box’

Continued from Page B1

as the new hospital and the water treatment plant project among many other things that are currently ongoing,” Gibbs said. “We’ve also had projects here that provide

our Soldiers with quality training facilities downrange or in ‘the box.’ All of these share a common goal – that’s to provide our Soldiers with quality facilities commensurate with the quality of their service and this facility is definitely going to live up to that.”

Gibbs stressed that the project supports an USACE campaign plan goal of supporting national security by delivering innovative, resilient and sustainable solutions to the Department of Defense and the nation.

The site is scheduled to be completed by fall 2017.

Together: Inter-unit cooperation vital to Army operational success



PHOTO BY SGT. DANIEL KYLE JOHNSON

AH-64E Apache Guardians prepare to take off from Joint Base Pearl Harbor Hickam.

Continued from Page B1

the Apache, but also to participate in multiple exercises across the Pacific.

“Their role is to support the 25th Infantry Division as the attack Aviation platform through multiple upcoming training events such as Lightning Forge and (a) combined-arms, live-fire exercise,” Worsham said. “The AH-64Es are a force multiplier for 25th Combat Aviation Brigade and the 25th Infantry Division.”

Inter-unit cooperation is imperative in today’s military. Being able to integrate with a new unit quickly and effectively allows the Army to be more agile in ex-

ecuting rotational missions, Yates added.

“With the Army moving toward a more rotational force, the cooperation between 25th and 16th CAB is instrumental in developing the processes for integrating forces with many different policies and operating procedures,” Yates said.

“Inter-unit cooperation is always a vital part to the success of the Army, particularly here in (U.S. Pacific Command),” Worsham said. “With 16th CAB being the closest combat Aviation brigade to 25th ID, their role as a supplementary force would be vital to any military operation if one were to take place here in the Pacific area of responsibility.”





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JANUARY 21, 2016



CELEBRATES 5th anniversary

By Nathan Pfau
Army Flier Staff Writer

A local hot spot on Fort Rucker celebrated its fifth year in business and held an anniversary party to thank its guests for their patronage.

Mother Rucker's rang in its fifth year of operation with cake, coupons and free giveaways to any and all who ventured through its doors Friday.

"This is our fifth anniversary and we've been doing very well providing some great service to the Soldiers here who we support wholeheartedly," said Derrick Fraley, manager at Mother Rucker's. "People seem to enjoy us here, and we just love having them here and supporting everything they do for us."

During the celebration, servers were on hand to give away free shirts to patrons as they walked through the door, cake as they sat at their tables and coupons for free appetizers that they could enjoy throughout the night. Patrons were also able to take advantage of food and drink specials throughout the night, said Fraley.

"We just really want to say 'thank you' to them," he said. "I feel like our purpose, above anything else, is to support our Soldiers. They need to have a place that is kind of like a home away from home, and we've got a nice facility and we do our best to take care of it, the Soldiers, as well as all the patrons who come and see us."

The facility boasts multiple large-screen TVs mounted on the walls for people's viewing pleasure, as well as pool tables, a full menu and plenty of seating to keep people entertained throughout their visit.

Jane Dreggs, military spouse, said she always enjoys visiting Mother Rucker's with her friends as a way to melt away the stress of the day.

"I like to come out here with my friends and just have a good time after winding down from the day," she said. "We all come out here, get some food and just talk for hours – it's a great time."

"I think it's great that they're here to support our husbands and us," said Lacy Harding, fellow military spouse. "There aren't usually too many places you can go out to have a good time on posts, but this is one that we really enjoy. It's a great place to come out and hang out with friends without having to go off post, and coming in today and getting some free cake and shirts doesn't hurt either. It just makes me glad to have a place where my friends and I can get together and wind down."

For some, like 2nd Lt. Joseph Smith, B Company, 1st Battalion, 145th Aviation Regiment, Mother Ruckers is a place where he gets to hang out with his friends and have a break from a hard days work, while being reminded of why he joined the service.

"I really like it here," he said. "I joined the Army to get into Aviation, and they've got a great atmosphere here with all the Aviation memorabilia on the walls. It really gives a sense of inclusion and makes you feel like you're a part of something bigger."

"I think it's great that I can come out here with some of my buddies and play a little pool and get a bite to eat," he continued. "You really can't beat having a place like this on post that we can come to and hang out, and they're good people here – they keep us out of trouble."



PHOTOS BY NATHAN PFAU

Nicole Biretz, Mother Rucker's employee, hands out shirts and coupons to Capt. Daniel Soria and Maj. Ulysses Comacho, both of the International Military Students Office, during the facility's fifth anniversary celebration Friday.



Derrick Fraley, manager at Mother Rucker's, cuts the cake for the fifth anniversary celebration of the restaurant.



Mother Ruckers staff sort through free t-shirts given as prizes to patrons in appreciation for their continued support during the anniversary celebration.

AAFES promotes healthy eating

Army and Air Force Exchange Service
Press Release

DALLAS — The Army and Air Force Exchange Service is making it easier for service members and their families to stick to their health-related new year's resolutions while dining or grabbing a snack on the installation.

Around the world, AAFES food courts and Express locations are stocked with healthy options for smart choices on the go.

"In addition to exercise, proper nutrition plays a major role in maintaining fitness," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted adviser. "The Exchange is doing its part to make sure our troops

are mission-ready in body, mind and spirit."

Popeyes Louisiana Kitchen offers a live-well menu with more than 20 items with less than 350 calories. The blackened chicken entrée salad is exclusive to the Exchange at only 300 calories, while a chicken and sausage jambalaya is just 220 calories. Popeyes operates more than 75 Exchange locations on Army and Air Force installations.

When dining at one of the Exchange's 200 Charleys Grilled Subs locations, military shoppers will find a variety of items with 150 calories or less, including grilled chicken, steak and garden salads. Charley uses 100 percent USDA choice steak, 100 percent all-white meat chicken breast and

fresh deli meats.

Subway is also taking wellness to heart by offering a Heart Healthy menu that includes meals less than 700 calories with 30 percent or less calories from fat. Subway is the first restaurant to receive the American Heart association Heart Check. The Exchange operates 206 Subway restaurants.

Besides food court staples such as Subway and Popeyes, the Exchange is enlisting new restaurants to keep the focus on health. In 2015, the Exchange added Freshens restaurant to its portfolio. Freshens is known for health-conscious offerings such as crepes, salads, rice bowls, flatbreads, smoothies and yogurt. Locations and opening dates are still being finalized.

For customers who need to grab a quick bite, Expresses offer good-for-you choices for on-the-go snacking and light meals. Snack Avenue is a special area inside Express stores specifically geared to customers looking for a quick healthy meal or snack. Expresses have added several new items to Snack Avenue including Fiji water, bottled smoothies, juices and hard-boiled eggs.

"Good dietary habits greatly enhance our service member's ability to perform at their maximum potential," Applegate said. "It's about making good choice and the Exchange is providing customers those choices."



FILE PHOTO

Then Second Lts. Kevin Bubolz and Keegan Wisheart of D Company, 1st Battalion, 145th Aviation Regiment, stop in for breakfast at the Subway in Fort Rucker's AAFES food court in 2013.

Art class takes youth to Australia

By Jeremy Henderson
Army Flier Staff Writer

Youth are invited to travel through art to Australia and learn about other cultures during a special class at the Center Library Jan. 30 from 1-3 p.m.

"Let's Learn About the Australian Aborigines" is free and open to children ages 8 and up. All materials will be provided, but space is limited to the first 30 registrants.

According to Cameron Hill, library technician, the event provides an opportunity for children to broaden their horizons.

"Learning about other cultures is always important, especially for military families who often live abroad," she said. "When kids learn about other cultures, it helps them understand and feel engaged in the world. Hopefully they will become interested enough to want to learn more."

Hill said Donna Stevens, a local artist, will lead the special art class.

"Australia is a place I always wanted to visit," Stevens said. "The Aborigine art is a great inspiration for children. The children can learn about telling their stories through art."

Improving communication isn't the only educational benefit of this special art class, according to Hill.

"Art can be a great tool for teaching academic subjects," she said. "Studies have shown that when children are introduced to a new concept, they learn it better and retain it longer if they do an art activity to reinforce the learning."

"The goal is to get kids excited about reading," she added. "We'll have books available during the class that go along with the Australian theme."

What makes art a good vehicle for promoted literature and reading?

"To put it simply, literature is art," she said.

Other upcoming library events on post include the monthly craft Feb. 9 from 3:30-4:30 p.m. and Dr. Seuss week from Feb. 29 through March 4, which will feature a variety of games and activities throughout the week. Children's Book Week is May 2-6 with drawings and activities throughout the week to celebrate.

ON POST

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

Quarterly sponsor training

Army Community Service will host quarterly sponsor refresher training Friday. Sponsor training is also provided on an as-needed basis. To reserve a slot, or get more information, such as time and location of the training, call 255-3161 or 255-2887

Youth biking activity

The Fort Rucker School Age Center invites youth, ages 8-10, to join its SAC’S Young Bikers bike riding activities Saturday. The bikers head outdoors to explore their environment from 2-3:30 p.m. Parents and guardians are welcome to join in the fun. SAC will conduct a safety briefing, provide the bikes, safety gear and a map of routes. Children must know how to ride a bike. The number of bikers is limited, so people are encouraged to sign up early at the SAC. To sign up, youth must be a child, youth and school services registered member.

For more information, call 255-9108.

Family member resilience training

Army Community Service will host family member resilience training Monday from 9-11:30 a.m. The training gives family members the tools they need to become more resilient when facing the challenges life throws at them, according to ACS officials.

For more information, including location, call 255-9647 or 255-3359.

Comedy Live

The Landing will host the latest round of Comedy Live Jan. 29 from 8-9:30 p.m. in its ballroom. Comedy Live will feature Rocky Dale Davis and Lucas Bohn performing. The event is open to the public for ages 18 and up. Tickets are \$12 through Jan. 28. Tickets on the day of the show will be \$16. VIP tables are available for \$150 and seat 10 patrons. Tickets may be purchased at The Landing, MWR Central, or the Coffee Zones at Lyster and Bldg. 5700. VIP tickets are only available at The Landing.

For more information, call 598-2426.

Art class at library

The Center Library is offering an art class for older children Jan. 30 from 1-3 p.m. The project is entitled “Let’s Learn About the Australian Aborigines.” The cost is free and all materials will be provided. The activity is designed for ages 8 and up, and space is limited to the first 25 registrants.

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

Parent Advisory Council meeting

Child, youth and school services will host its Parent Advisory Council meeting Feb. 2 from 5-6 p.m. at the school age center in Bldg. 2806. The meeting is open to all Fort Rucker parents. PAC Meetings give parents the opportunity to provide input about administrative policies and developmental programming for CYSS services, and also establish volunteer opportunities. PAC meetings are held quarterly on the first Tuesday of the month from 5-6 p.m. PAC members will earn two parent participation points per meeting, and when they accumulate 10 points they will receive 10 percent off monthly child care fees.

For more information, call 255-2958.

Anti-Bullying Campaign

The Fort Rucker Youth Center will host its free Anti-Bullying Campaign Feb. 5 from 5-7 p.m. for youth center members – who may each bring one guest. The campaign seeks to help reduce and prevent bullying, and also encourage awareness from partnerships and supporters within the area. The event will feature guest speakers, refreshments and more.

For more information, call 255-2147.

Heart 2 Heart Skate Night

The Child, youth and school services school age center will host its Heart 2 Heart Skate Night Feb. 5. There will be a contest for the best dressed boy and girl. Safety skate is from 6:15-7:15 p.m. and costs \$2, and regular skate is from 7:30-9:30 p.m. and costs \$5. Exact change is appreciated.

For more information, call 255-9108

Black History Month story time

The Center Library will host a children’s story time to help celebrate Black History Month Feb. 5 from 10:15-11 a.m. The event



PHOTO BY NATHAN PFAU

Right Arm Night

The Landing Zone will host Right Arm Night today from 4-6 p.m., hosted by garrison command, Defense Commissary Agency, and Army and Air Force Exchange Service. 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 598-8025.

will be open to authorized patrons and will be exceptional family member friendly.

For more information, call 255-3885.

Mardi Gras in Mobile trip

MWR Central will host a day trip to Mobile Feb. 6 to take in the city’s Mardi Gras festivities. Participants will spend the afternoon along the parade route. The cost of this trip is \$25 per person, and includes transportation to and from Mobile, and a set of beads. There are a total of five parades along the route. The parade route and schedule will be provided to registered participants. The trip will depart Fort Rucker at 8 a.m. and arrive in Mobile around 11:30 a.m. Departure time from Mobile will be 8 p.m. with an anticipated return to Fort Rucker at about 11 p.m.

For more information, call 255-2997.

English as a Second Language

English as a Second Language will be offered to spouses on the installation Wednesdays in January from 9-11 a.m. at the Allen Heights Community Center. Participants will practice their communication and written skills, and hopefully have some fun, as well, according to Army Community Service officials.

For more information, call 255-3161.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at The Commons. The playgroup is for families with children ages birth to 3 years old.

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

Newcomers welcome

Army Community Service will host a newcomers welcome Feb. 19 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register 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.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftruckermwr.com/acs/army-family-team-building/> to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices.

For more information, call 255-9637.

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 multipur-

DFMWR Spotlight

pose room, with the next session Feb. 18. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

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

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BE AWARE

Training, awareness critical in fighting human trafficking

By Lisa Ferdinando
Department of Defense News

WASHINGTON — The signs of human trafficking could be all around Defense Department personnel: A subcontractor withholds passports and delays payment to its employees or a company forces potential workers to pay a large fee to obtain a contract job on a DOD installation.

January is National Slavery and Human Trafficking Prevention Month, and DOD is highlighting the issue and its efforts to fight trafficking, said Army Col. Joshua Burris, deputy chief of staff for Mission and Installation Contracting Command at Joint Base San Antonio-Sam Houston, Texas, and the executive director for DOD's Operational Contract Support Joint Exercise 2016.

Human trafficking is modern-day slavery, Burris said, adding that DOD has zero tolerance for violations.

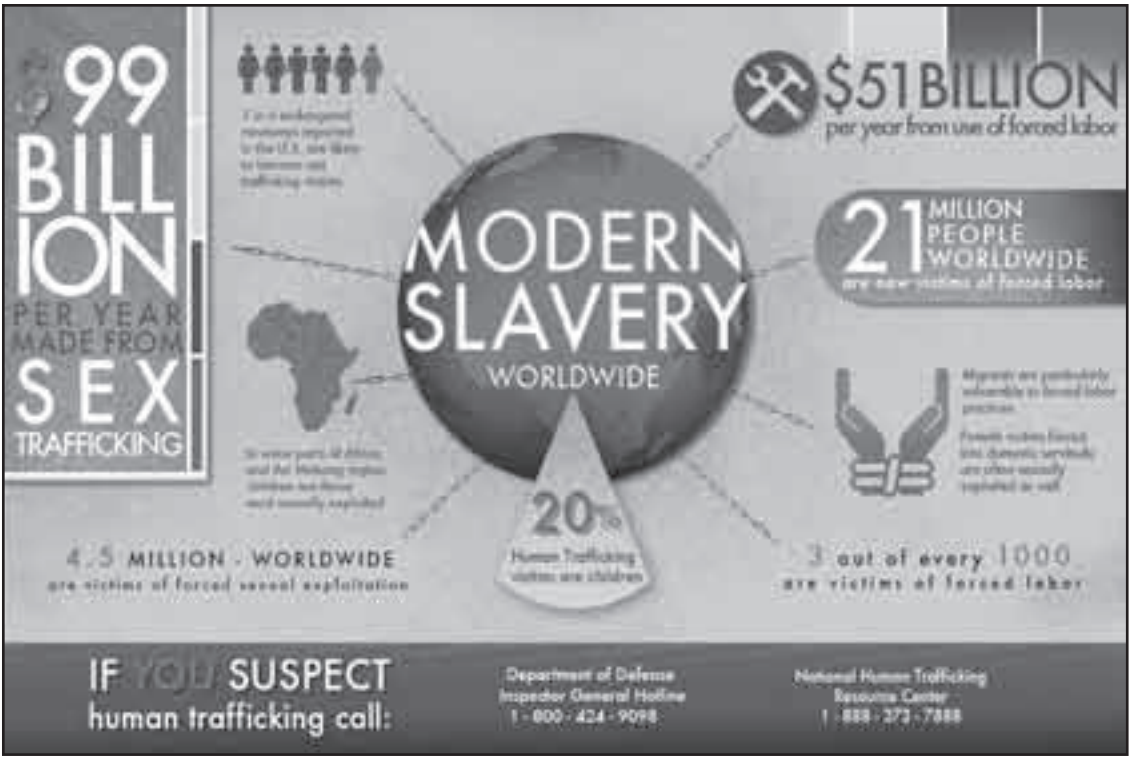
DOD wants its service members, civilians, contractors and others associated with the agency to be able to recognize the signs of human trafficking and know how to report suspected violations, he said.

Worldwide problem

Human trafficking includes using force, fraud or coercion to compel a person to provide labor, services or sex, Burris said.

It is a violation of basic human rights, he said. It is a global problem — it happens in the United States and around the world.

"This is a heinous, awful thing



DOD GRAPHIC

that happens. It's very important that we eradicate it," he said.

The three most common forms of trafficking, according to the DOD's Combating Trafficking in Persons office, are labor trafficking, sex trafficking and child soldiering.

DOD relies on contractors at installations around the world, Burris said. The human trafficking violations the agency sees most often are labor abuses involving debt bondage.

Debt bondage is when a person is required to pay a large fee to obtain a job, putting the person in extreme debt in which the individual works a year or more just to pay off the debt, Burris explained.

The contract workers on bases are the ones who make meals, pump gas or do other tasks to support the military, he pointed out. They face dangers, as well, including indirect fire at installations in warzones. They must be treated fairly and in accordance with laws and DOD regulations.

Raising awareness

Five-hundred people, including service members from Army and Air Force South, U.S. Special Operations Command, the 1st Armored Division, and acquisition and financial management professionals, will take part in a joint, interagency exercise in March and April at Fort Bliss, Texas.

A focus of the Operational Contract Support Joint Exercise includes scenarios in human trafficking, Burris said. The exercise will evaluate current policies and approaches via the DOD supply chain.

"It's especially important because it is happening worldwide," Burris said. "It's something that we need to take a look at and make sure our people know."

The exercise includes Army South partner nations. They will observe human trafficking and Operational Contract Support training to incorporate lessons into next year's U.S. Southern Command's PANAMAX, he said. Scenarios are based on coalition forces responding to an

armed conflict and follow-on stabilization operations.

The exercise will use role player scenarios so participants will better recognize signs of human trafficking, and what actions should be taken, Burris noted.

"We have to keep an eye out and be able to identify these signs, and that's why the training presents this in our exercise," he said.

The signs of labor trafficking include an employer confiscating identification documents or forging legal documents, subjecting a person to unsafe working conditions, providing inadequate living conditions or denying the worker medical care, Burris said.

Training, awareness key

Members of the military and DOD civilian personnel are required to take at least one Combating Trafficking in Persons training course every fiscal year. Specialized training is available for service members, law enforcement personnel, senior leaders and contracting professionals.

Signs are posted around military bases so workers know their rights, Burris said. DOD has supplemental exercises each year on fighting human trafficking.

DOD officials said everyone can do their part in fighting trafficking. Incidents of human trafficking can be reported to the DOD Inspector General hotline at 1-800-424-9098, 703-604-8799 or DSN 664-8799, or at www.dodig.mil/hotline.

Pick-of-the-litter

Meet Oliver, an approximately 2-year-old male beagle mix available for adoption at the Fort Rucker stray facility. He is sweet and full of energy, although shy at first. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.



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

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

Weekend family event offers dinner, storytime

From Staff Reports

Army Flier

The Pike Piddlers Storytelling Festival takes place Jan. 29-30 in Brundidge and Troy. Jan. 29, activities take place in Brundidge at 6:30 p.m. at the We Piddle Around Theater with supper and stories. The festival continues Jan. 30 with three storytelling concerts, 10 a.m., 2 p.m. and 6:30 p.m., at the

Trojan Center Theatre at Troy University in Troy.

The festival features some of the country’s top storytellers and includes pre-show music by popular old-time bands, according to organizers. Cost is \$25 for the supper event, and \$10 for the Jan. 30 morning concert and \$15 for the afternoon and evening concerts.

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



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

JAN. 23 — Temple Emanu-el Sisterhood will host a gala art exhibition and auction with a preview at 6 p.m. and the auction at 7 p.m. Admission is \$10. A portion of the proceeds will benefit local charities. There will be a take a second look event Jan. 24 from 10 a.m. to 2 p.m. Bagels and coffee will be served. Temple Emanu-El is located at 188 N. Park. For more information, call 792-5001.

FEB. 2-5 — The Tibetan Monks of Drepung Gomang Monastery will visit the Spiritual Enrichment Center of Dothan and the public is welcome to attend the events. Organizers said the highlight of the trip is the creation of the Sacred World Peace Sand Mandala in the classroom behind the center. To get more information, including a full schedule of events, or to purchase tickets, visit <http://www.secdothan.org/>

index.php/tibetan-monks-visit.html.

ENTERPRISE

JAN. 21 — Chicago’s legendary sketch and improv comedy theater performs at the Enterprise High School Performing Arts Center at 7 p.m. with “The Second City: Fully Loaded.” For information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com. Performances are made possible by support from corporate and individual memberships, by the Alabama State Council on the Arts and the National Endowment for the Arts.

JAN. 27 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will hold its next monthly luncheon program at 11 a.m. at Ryan’s Steakhouse Restaurant. The guest speaker will be Chris Alexander from Blue Cross Blue Shield Health Insurance who will point out the latest personal health insurance benefits and procedures that apply to current and retired federal employees. All federal employees, active or retired, are invited to attend the luncheon programs at the same time and place every fourth Wednesday of the month. For more information, call 393-0492.

JAN. 30 — The Friends of the Enterprise Public Library will hold its “Owls About a Great Deal?” book sale from 9 a.m. to 2 p.m. in the second floor meeting room at the library. Selected stock will be priced at 25 cents. The library is located at 101 East Grubbs Street. Fiction and nonfiction hardback and paperback books for all ages, as well as music CDs, books on tape, and videos, will be on sale. Money raised by the sale funds library projects, such as the summer reading program, a redesign of the library’s website and library materials. For more information, call 347-2636.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on the first Tuesday

of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John 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 718-5707.

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

JAN. 21 — The Ozark Chamber of Commerce will host a loan information workshop for small businesses from 11:30 a.m. to 2 p.m. The workshop is free for chamber members and costs non-members \$20. Lunch is included. To attend, call 774-9321. The workshop will offer information on guaranteed loans for small businesses from the State of Alabama and from the U.S. Small Business Administration.

JAN. 24-FEB. 20 — The Dale County Council of the Arts and Humanities will feature a photography show that any living artist ages 16 and older is eligible to participate in. The entry fee is \$25 for the first entry and \$5 for each additional piece, with a maximum of three entries per artist. Take in dates for the art work is Jan. 16 from 1-4 p.m. and Jan. 18 from 1-6 p.m. at the Ann Rudd Art Center, 144 E. Broad Street. An opening reception and award presentation will be Jan. 24 from 2-4 p.m. For categories, submission requirements and prize descriptions, call 794-2827.

PINCKARD

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

SAMSON

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

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

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

ONGOING — The U.S. Army Officer Candidate School Alumni Association, Inc., located in Columbus, Georgia, and adjacent to Fort Benning, represents and supports all Army officers commissioned through an Army Officer Candidate School, regardless of location or branch. Meetings, activities and reunions are conducted throughout the year. The annual USAOCS Hall of Fame Induction Ceremony and USAOCS Alumni Association Reunion is scheduled for April 26-30 at Fort Benning. For more information, call 813-917-4309 or send an e-mail to ocalumni.com.

Beyond Briefs

Second Friday Art Walk

Mobile’s Second Friday LoDa Art Walk celebrates the arts downtown. The free monthly showcase of visual and performance arts starts at 6 p.m. second Friday of every month now until Dec. 9, when galleries, restaurants, shops, institutions, etc., in the Lower Dauphin Arts District open their doors for a family-friendly evening of exhibitions and entertainment by area artists.

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

‘A Day in the Life of a Civil War Soldier’

The Independent Rifles will host “A Day in the Life of a Confederate Soldier” at historic Fort Gaines Jan. 30. The event showcases the day-to-day life of a Confederate soldier while on duty at Fort Gaines. The cost is \$4 for ages 5-12 and \$8 for ages 13 and older to experience a living history day for the whole family. A blacksmith demonstration will be ongoing all day, and there will be demonstrations of military drills and training, as well as the firing of the cannons and other daily duties. The Fort’s museum and gift shop will be open, as well.

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

Americana Music at the Lodge

Camp Helen State Park in Panama City Beach, Florida, will host its free Americana Music at the Lodge now through March 5, recurring every two weeks on Saturdays, with doors opening at 6 p.m. and concerts starting at 6:30 p.m. The concert series will feature Americana musicians who are touring the country Jan. 23, Feb. 6 and 20, and March 5. Admission to the park and the concerts is free, but donations are requested and will go to benefit the park.

Seating is limited to 150 inside the lodge.

For more information, call 850-233-5059. The park is located at 23937 Panama City Beach Parkway.

Beach Boomers

The Panama City Beach, Florida, public library will host its free Beach Boomers series of adventures in learning for adults now through March 8, recurring weekly on Tuesdays at 2 p.m. Topics include local history, art experience, mystery writers, genealogy, collectibles, Florida archaeology, digital photography, parks and recreation, and yoga.

For more information, call the library at 850-233-5055. The library is located at 12500 Hutchison Boulevard.

2016 Polar Bear Triathlon

The Montgomery YMCA will host its 2016 Polar Bear Triathlon, a free indoor triathlon, Jan. 23 from 7:30-10:30 a.m. Participants will swim, spin and run to complete the challenge. Registration is limited to the first 100 registrants. To register, visit ymcamontgomery.org/miscellaneous/2016-polar-bear-triathlon/.

For more information, call 334-271-4343 or visit the website.

‘Star Wars’ Day

The Science and Discovery Center of Northwest Florida, Panama City, Florida, will host its military appreciation event, “Star Wars” Day Jan. 23 from 10 a.m. to 3 p.m. The event will feature a day filled with science and activities – people are welcome to come in costume. Military families will be admitted for free while others will need to pay \$5 for admission to the event.

For more information, call 505-660-0057 or visit www.sdcnwfl.org.

Chocolate 5K

NR Road Racing will host its Chocolate 5K in Mont-

gomery Jan. 31 from 9 a.m. to noon. The family friendly 3-mile course will feature sweet treats and water stations. The cost to enter is \$35 before the race and \$40 the day of the race. Proceeds will benefit the Autism Society of Alabama.

For more information, visit nroadracing.com/races/thechocolate5k-montgomery-al-16/.

Mardi Gras at the Beach

Panama City Beach, Florida, will host its free Mardi Gras at the Beach event Feb. 5-6 at Pier Park. The event will feature parades, floats, Mardi Gras festivities, food, fun, music, fireworks and pirates in a family-friendly environment.

Late Night Romance Cruise

Montgomery Parks and Recreation will host its Late Night Romance Cruise Feb. 14 on the Harriott II Riverboat. The cruise will feature dessert, a beverage and 1 entertainment. Boarding begins at 10 p.m. and the boat will cruise from 10:30 p.m. to 12:30 a.m. Tickets cost \$75 per couple.

For more information, call 334-625-2100 or visit <http://www.funinmontgomery.com/announcements/late-night-romance-cruise>.

Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statutory honoring Olympic heroes. People are invited to take a stroll through the outdoor gardens and experience flowers blooming throughout each season. Tours are available for groups of 20 or more.

For more information, call 334-263-5713 or visit www.jasminehill.org/. Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.

FACE OF DEFENSE

Army Africa colonel's work supports peacekeeping efforts

By Army Staff Sgt. Lance Pounds
U.S. Army Africa

VICENZA, Italy — A U.S. Army Africa colonel has been a lot of things throughout his life: a star athlete, a scholar, a police officer, and currently the only American serving at the Center of Excellence for Stability Police Units located at Vicenza.

Col. Darius Gallegos serves as the center's deputy director and as a liaison for U.S. Army Africa. His mission is assisting in the training of civilian police forces from 96 countries for pre- and post-conflict engagements to better conduct stability and policing operations during United Nations missions.

"Right now, we are focused on the African continent," he said.

Gallegos said the center parallels and supports the efforts of U.S. Africa Command and U.S. Army Africa. "It's been my job to synchronize those efforts and to support one another for the final end-state of our missions," Gallegos said.

Assisting partner nations

The civilian aspect of U.N. policing missions helps to stabilize partner nations, Gallegos said. "Without civilian police and law enforcement (and) the rule of law, we would just have chaos," he explained.

Gallegos said the Center of Excellence supports U.S. Army Africa by training police officers to keep good order and discipline within their countries, cities and regions.

Gallegos' position at the center is relatively new and is unique in that he is the only American



PHOTO BY STAFF SGT. LANCE POUNDS

Col. Darius Gallegos, CoESPU deputy director and U.S. Army Africa liaison, Amb. John Phillips, U.S. Ambassador to Italy, and Italian Lt. Gen. Tullio del Sette, Carabinieri general commander, lead attendees to a banquet during a ceremony marking the 10th anniversary of the Center of Excellence for Stability Police Units Dec. 1 at Vicenza, Italy.

serving at an Italian facility. The center is an international organization, managed by Italian officials and funded by the U.S. State Department. He was selected to serve as the center's deputy director by the Army's provost marshal general, Maj. Gen. Mark S. Inch, while serving on the Joint Staff at the Pentagon.

"This job allows me to work internationally and strengthen bonds with our partners and allies, as well as the bilateral agree-

ment we have with Italy," Gallegos said.

Well-traveled

Gallegos is no stranger to overseas assignments. More than 15 years of his life have been spent living in European countries.

In high school and throughout college, he was a football player and, more notably, a wrestler. Gallegos was a European wrestling champion.

"Winning the European cham-

pionship was self-gratifying," Gallegos said. "It is a one-on-one sport, but you wrestle on a team for a school. As I was the team leader, it meant a lot to me to lead by example."

Gallegos said leadership is what he knows. "It's in my blood."

Military roots

Gallegos hails from a military family with a combined total of nearly a century of Army service. He said his family is what makes

him strong, referring to them as his cornerstone or foundation.

Gallegos said he frequently travels in support of the 12 courses the Center of Excellence offers, all taught to U.N. standards.

"A great course, right now, is our train-the-trainer course," he said. The course consists of an initial four weeks of classroom and field training and an additional four weeks of mentorship as attendees return to their home country to share what they learned within their organizations.

Ugandan students

"Recent graduates of the course were from Uganda," the colonel said. "They are back home now, preparing for the final four-week mentorship portion of the course."

He added that U.N. diplomatic peacekeeping operations would later validate the Ugandans, allowing the Ugandan police forces to conduct U.N. missions.

Gallegos said he also intends to travel to each U.S. combatant command, and inform leaders about the Center of Excellence and its capabilities.

"People from 96 countries attend training here, a great portion of them from the African continent," he said.

The civil disturbance training site located in Longare, about 20 minutes from the center, features instructors training attendees in hand-to-hand combat, pat-down-and-search techniques, room clearing and tactical movements, firearm qualifications and riot control, including reacting to crude incendiary devices such as Molotov cocktails.

"And all that training happens here," he said.



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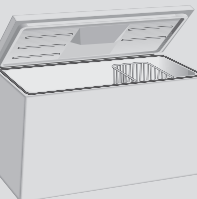
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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Liturgical Protestant Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions
Saturday
5 p.m. Catholic Mass Saturday

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

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

BIBLE STUDIES

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

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

Adult Bible Study
Spiritual Life Center, 7 p.m.

Wednesdays
Catholic Women of the Chapel
Wings Chapel, 8:30 a.m.

Above the Best Bible Study
Yano Hall, 11 a.m.

1-14th Avn Regt Bible Study
Hanchey AAF, Bldg 50102N, Rm 101,
11:30 a.m.

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DOWN TIME



TRIVIA

1. GEOGRAPHY: Where is the country of Belize located?
2. HISTORY: In what country did the 1960 Sharpeville massacre occur?
3. LITERATURE: In what state did poet Emily Dickinson live her entire life?
4. MOVIES: What was the name of the spaceship in "Alien"?
5. GENERAL KNOWLEDGE: A strong, cool wind called the mistral is associated with which country?
6. MYTHOLOGY: What kind of creature is a griffin?
7. TELEVISION: Which character on "The Addams Family" spoke the catchphrase "you rang"?
8. THEATER: Which play's title character was nicknamed "The Demon Barber of Fleet Street"?
9. MUSIC: Who wrote the song "Lucy in the Sky with Diamonds"?
10. ANCIENT WORLD: What figure is depicted by the Colossus of Rhodes?

See Page D3 for this week's answers.

Super Crossword

DAANGEROUS CURVES AHEAD

ACROSS

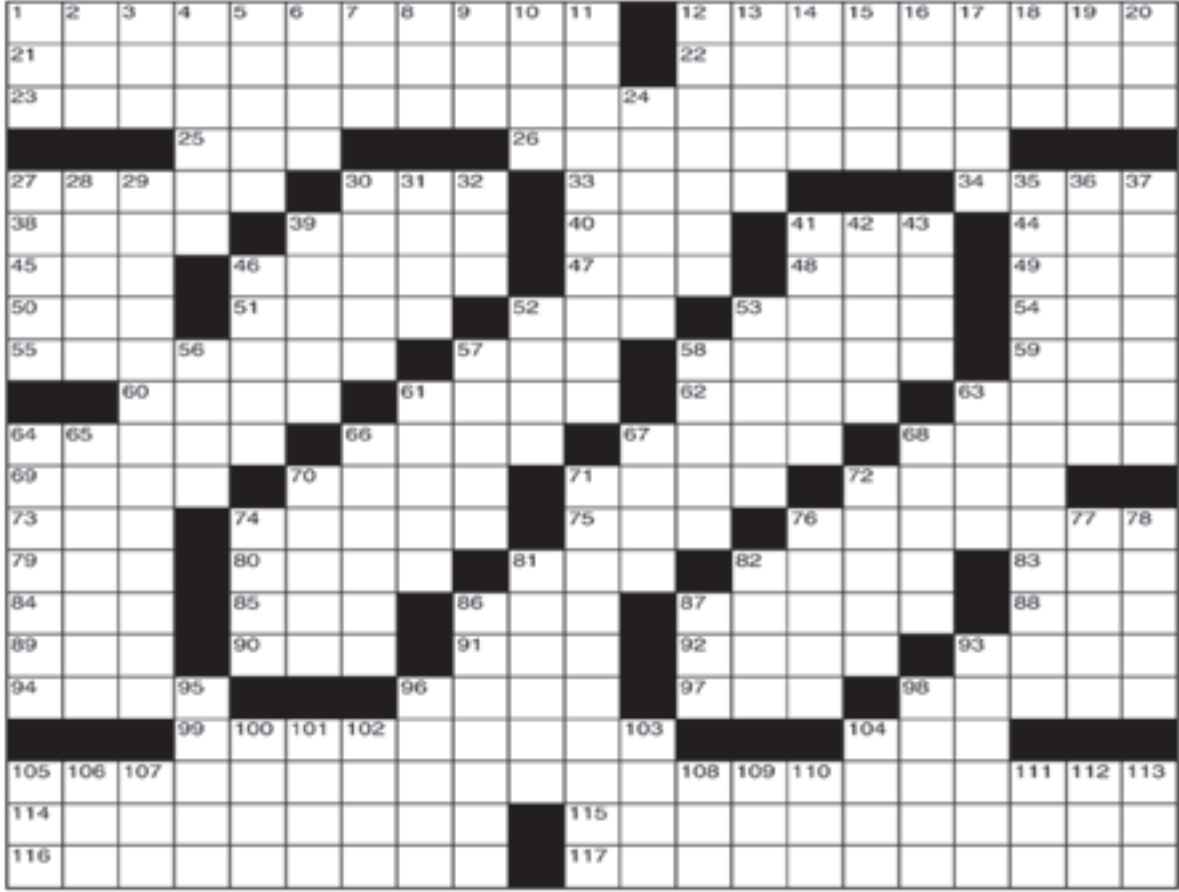
- 1 Allured by
12 Where water remains after an ebb
21 Direct results
22 Big-band singer called "The Jezebel of Jazz"
23 Common types of thrill rides
25 Co.'s top dog
26 S.F. thoroughfare famous for its hairpin curves
27 Fog or mist
30 Bulge (out)
33 Gas in signs
34 State north of Neb.
38 Oahu, e.g.
39 Flower-holding jar
40 Boston Bruin Bobby
41 Status —
44 Kimono sealer
45 Disco fan on "The Simpsons"
46 Mended a hem, e.g.
47 Port in Brazil, for short
48 Indefinite article in Italy

- 49 Psychic "gift"
50 Triceps site
51 Fired
52 Hooting bird
53 — Van Dyke
54 Maple stuff
55 Dried out, with "up"
57 Constricting serpent
58 Window components
59 Pub draft
60 "Zounds!"
61 Thickly fibrous
62 Sneaky guy?
63 Lab helper with a hump
64 "Hammerin' Hank"
66 Sharp changes of direction
67 Sharp changes of direction
68 Seniors' dances
69 Reduced
70 Zestfulness
71 Claudius I's successor
72 Italian "Bye!"
73 Audit org.
74 Zestful
75 Limonite, e.g.
76 Dad's dad
79 Jon — Jovi
80 Scottish sort

- 81 L-P middle
82 Renoir of film
83 Put a label on
84 Quiet — mouse
85 Bush spokesman
86 Holiday tree
87 Bizarre, slangy
88 Capacious coffee pot
89 — choy
90 Viking's place
91 Verb suffix in Sussex
92 Amiss
93 Tribe of Canada
94 Baldwin of "To Rome With Love"
96 Spiteful
97 Suffix with infant
98 Frog locales
99 Really hitting the sauce
104 Water, in Toulon
105 #1 Beatles hit of 1970
114 Actress who co-starred in "The Help"
115 Very simple
116 Unfinished business

- 117 2011-13 secretary of defense
DOWN
1 Deed
2 AAA job
3 Prefix for "three"
4 Revolver, in old slang
5 With 56-Down, secondary personalities
6 Classic Liz Taylor role
7 Pothole fill
8 Foul up
9 Italian for "God"
10 Relate
11 Capital in Scandinavia
12 Seat of North Carolina's Edgecombe County
13 Old Peruvian
14 Christian —
15 Somewhat
16 Scottish girl
17 Actress Annie
18 Poem type
19 Boat paddle
20 Fleur-de —
24 "Bam!" chef
27 Entry stamps
28 Houston ballplayer

- 29 Pipe-clearing tool
30 Chatted
31 "Get — to it!"
32 A Kennedy
35 Acts the Samaritan
36 Favorite son of David
37 Some cured herrings
39 Tormented
41 See 72-Down
42 Quitter's cry
43 Acom bearers
46 Food wrap
52 "My bad"
53 San — Zoo
56 See 5-Down
57 Swamplike
58 Meager
61 Rock Starr?
63 Shah's land
64 "Arabian Nights" figure
65 Spray can suspension
66 Bright, showy flower
67 Not a one
68 Spinet, say
70 Old name of the Congo
71 Bad news for magazine publishers
72 With 41-Down, patchworks
74 "— the night before ..."
76 Music class
77 Whittled
78 De Mille of dance
81 Total up incorrectly
82 Dowlap
86 Actor Ralph
87 Moo goo — pan
93 Route
95 Tab and RC
96 "— my big mouth!"
98 Wiccan, e.g.
100 Snout
101 Opening bet
102 Weed — (lawn care product)
103 Go upward
104 New Age superstar
105 Rolodex no.
106 Med. service
107 Comic Philips
108 Prefix with conservative
109 Veep Quayle
110 MSN, e.g.
111 Go (for)
112 Bit of land in a river
113 Narc's agcy.



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

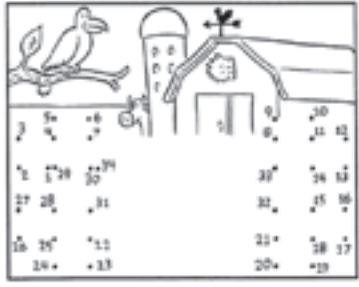
DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER



ON A FARM, what runs all around the yard but never moves? Connect the dots to find out!

THIS PUZZLE IS "TWO MATH"! Using seven 2's, try writing a math expression that is equal to 21.
2 2 2 2 2 2 2
2 = 22 - 2222 + 2 (easy)

THE "OTHER" FAST FOOD! Below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid B contain the same letters as the corresponding words in Grid A.

Grid A

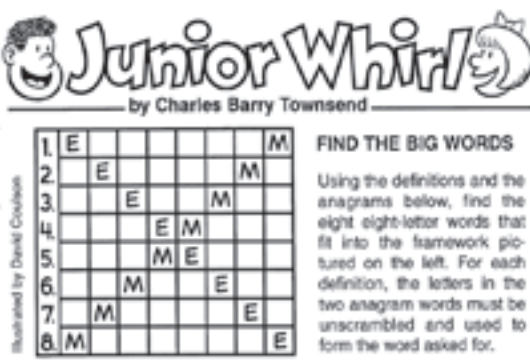
1	C	A	T	C	H	E	S
2	T	A	C	H	E	S	
3	C	A	T	C	H	E	S
4	C	A	T	C	H	E	S

Grid B

1	C	A	T	C	H	E	S
2	T	A	C	H	E	S	
3	C	A	T	C	H	E	S
4	C	A	T	C	H	E	S

1. A protective covering.
2. Placed down.
3. Medieval war club.
4. Show how to use.

1. Catches things.
2. Part of a clock.
3. To have arrived.
4. Current fashion.



FIND THE BIG WORDS

Using the definitions and the anagrams below, find the eight eight-letter words that fit into the framework pictured on the left. For each definition, the letters in the two anagram words must be unscrambled and used to form the word asked for.

DEFINITIONS:

1. A large retail store.
2. A French policeman.
3. Needed for board game.
4. Some houses have one.
5. Records distance traveled.
6. Used by bodybuilders.
7. Kissed for a while.
8. A very small particle.

ANAGRAM:

- mime + pour
hans + cans
beam + tons
tome + rode
bulb + mold
shed + come
clue + mole

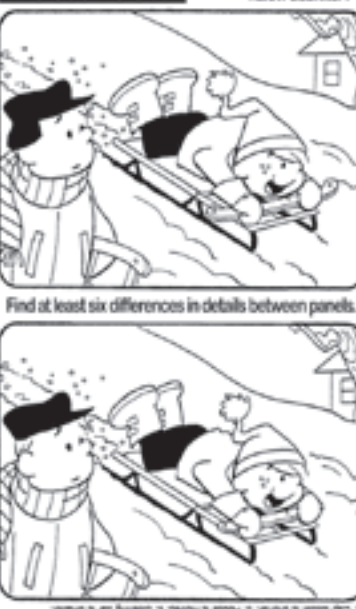
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HEALTH OF THE FORCE

Medical experts look beyond drugs for sleep solutions

By David Vergun
Army News Service

FALLS CHURCH, Va. — One in 20 active-duty Soldiers are on sleep medications, according to the Army Office of the Surgeon General “Health of the Force” report released in December.

“These Soldiers are less likely to be medically ready to deploy,” the report cautions.

Lt. Col. Jacob Collen, a sleep-medicine physician, who also specializes in pulmonary issues on Joint Base San Antonio, Texas, said physicians usually prescribe Ambien to Soldiers suffering from insomnia.

He and others spoke at the OTSG-sponsored Performance Triad Sleep Summit in mid-December.

Ambien — a commonly prescribed brand of zolpidem — is a sedative and it’s also known as a hypnotic, said Lt. Col. Ingrid Lim, sleep lead for Performance Triad, OTSG.

While it does work in getting Soldiers to fall asleep, zolpidem “may impair your thinking or reactions,” she said. It’s something “you don’t want to over prescribe.”

Collen said that since there are only 24 sleep specialists in the Army, serving some 1 million troops, the attending physician may not realize that besides Ambien, there are non-prescriptive treatments that are effective for sleep issues.

Currently, the most effective treatment is cognitive behavioral therapy for insomnia, he said.

In addition, brief behavioral therapy for insomnia is not only effective with sleeping problems, but can also be used with patients who have medical and psychiatric conditions, and it can be delivered in a primary care setting, Lim



ARMY PHOTO ILLUSTRATION

Col. Vincent Mysliwiec, a sleep medicine specialist with 121st Combat Support Hospital, Brian Allgood Army Community Hospital in Yongsan, South Korea, strongly discourages looking at the clock while sleeping.

said.

CBTi treatments last several weeks and BBTi less, she said. Both involve encouraging change to thought patterns and behaviors that are the underlying causes contributing to poor sleep.

While CBTi and BBTi are evidence based and clinically proven to be effective, there are, unfortunately, “watered-down versions” of those therapies that are out there, Collen said. These pseudo-versions cherry-pick from the manual, rather than using the full approach.

“We want Soldiers to get the rigorous, evidence-based version,” he said. “It would be better to have no treatment at all than to get the wrong one.

“There are a lot of dissatisfied people who’ve taken the watered-down version,” he continued. “When they find it doesn’t work, they tell others about their experience and they quit going to the (medical treatment facility).”

The solution, Collen said, is to provide more physicians – not just the 24 sleep specialists – training in CBTi and BBTi. Mobile training teams could be used to educate health care providers, including integrated behavioral health consultants.

Lim said that besides insomnia, the second sleep-related issue Soldiers have is obstructive sleep apnea.

Sleep apnea occurs when breathing stops and then starts in cycles. She said the treatment for that is a Continuous Positive Airway Pressure that pumps oxygen into the nasal passage to restore normal breathing.

Lim said the third sleep-related issue Soldiers have is inadequate sleep, meaning less than seven or eight hours.

The Health of the Force report

notes that one-third of Soldiers get five hours or less of sleep per night and 62 percent of Soldiers get less than seven. The report lists possible effects of inadequate sleep:

- Increased musculoskeletal injuries;
- Risk of behavioral health disorders;
- Greater susceptibility to illnesses; and
- Likelihood of developing symptoms of anxiety, depression and post-traumatic stress.

And finally, the report notes that “individuals who routinely get five to six hours of sleep perform much like a person with a blood alcohol content of 0.08.”

Lim said that besides getting medical help, there are steps Soldiers can take themselves.

Researchers who study sleep, activity and nutrition – the three prongs of what the Army calls Performance Triad – have found

FORT RUCKER SPORTS BRIEFS

Winter Fling Disc Golf Tournament

The Winter Fling Disc Golf Tournament is scheduled for Saturday. The tournament will be 18 holes with people paired up randomly, followed by another 18 holes paired by age groups and scores. People can sign up at the Fort Rucker Physical Fitness Center or MWR Central for \$25.

For more information, including times, call 255-2296.

Youth spring soccer registration

Fort Rucker Child, Youth and School Services youth spring soccer registration will take place throughout January. Cost is \$20 for youth, ages 4-5 and \$40 for youth, ages 6-14. If parents pay for child by WebTrac, they will need to call in their child’s shirt and short sizes. League ages are Training League, 4-5; Pee Wee League, 6-7; Mites League, 8-9; Junior League, 10-11; and Senior League, 12-14. A current sports physical and a valid CYSS registration are required for participation. The children must meet age requirements by Aug. 1, 2015. There will be a parent’s meeting Feb. 3 at 6 p.m. at the youth center gymnasium, Bldg. 2800, on Seventh Avenue. The season begins Feb. 22 and runs until March 25. Soccer practice begins Feb. 8. Coaches are needed. Those interested in coaching should call 255-0950. There will be no extensions on registration. Special requests for coaches or players will not be honored.

For more information or to register, call 255-2257, 255-2254 or 255-9638.

Youth T-ball, baseball, softball registration

Fort Rucker Child, Youth and School Services will run registration for youth T-ball, baseball and softball throughout February. The cost is \$25 for 5-6 year olds, and \$45 for 7 year olds and up. There will

be a parents meeting March 3 at 6 p.m. in the youth center gym, Bldg. 2800 located on Seventh Avenue. If coaches are in place, practices will start March 8. The regular season will start on or about April 4.

People interested in coaching or registering should call 255-0950.

Black History Month 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Black History 5K and 1-Mile Fun Run Feb. 6. Registration on the day of the event will begin at 7:30 a.m. and end at 8:40 a.m. at the Fortenberry-Colton PFC. The run will start at 9 a.m. Participants are encouraged to pre-register for the event at either PFC. The fun run is free and open to all, and will begin after the 5K is completed. Each fun run participant under the age 12 will receive a medal. For the race, the cost is \$12 for individuals with the no-shirt option, \$20 by Jan. 31 with the shirt option, or \$25 Feb. 1 and after with a shirt, while supplies last. Teams are \$120 for teams of eight, (each additional person pays normal registration fee) up to Jan. 31, which includes shirts, or \$160 Feb. 1 and up to race day, which includes shirts while supplies last. Refreshments will be provided. Event is open to the public. Medals will be awarded to overall male and female, first place medals in 14 age categories, and medals for second and third place in 14 age categories. A team trophy will be awarded to the fastest team and team streamers will be awarded to the Top 10 teams.

For more information, call 255-3794.

Super Bowl party

Mother Rucker’s will host a Super Bowl party Feb. 7. The party will feature food and drink specials, and door prize s. The party is open to the public for ages

18 and over. For more information, call 503-0396.

Weightlifting Foundation Class

The Fort Rucker Physical Fitness Center will host its four-week block Weightlifting Foundation Class starting Feb. 15 designed to give people a knowledge base of various phases of lifting properly, including dynamic warm-ups, and lifting techniques on squats, deadlifts, pull ups, bench press and other lifts. Cost is \$50 per person.

For more information, call 255-3794.

Presidents Day Stars and Strikes

Rucker Lanes will host its Presidents Day Stars and Strikes special Feb. 16 from 10 a.m. to 10 p.m. The special features bowling for 25 cents per game and 50-cent shoe rentals. For more information, call 255-9503.

Hunting Incentive Program

In an effort to control the coyote and feral pig population, Fort Rucker has developed a Hunting Incentive Program that runs now through Aug. 31. Registered hunters who shoot 20 feral pigs or five coyotes during the 2015-2016 hunting season will receive a free Fort Rucker Post Hunting Permit for the 2016-2017 hunting season. People who trap five or more coyotes July-September are also eligible for a free permit. Hunters must be registered to hunt on Fort Rucker, be a registered participant of the Hunting Incentives Program and verify, through an outdoor recreation staff member or the Fort Rucker Game Warden, all animals shot or trapped on the installation. After verification with an ODR staff member or the game warden, hunters may remove the animal.

For more information on how to participate, call 255-4305.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Central America
2. South Africa
3. Massachusetts
4. Nostromo
5. France
6. A lion’s body with an eagle’s head, wings and claws
7. Lurch
8. “Sweeney Todd”
9. John Lennon and Paul McCartney
10. The Greek sun god Helios

Waves: Certification course provides path to employment

Continued from Page D1

skills such as CPR and First Aid, but will also learn how to properly identify swimmers in distress, rescue a drowning guest, how to provide stabilization for head neck and spinal injuries while in the water and on land, learn the importance of water

chemistry and water quality, and learn how to deal with upset patrons and provide excellence in customer service while on duty,” Koren said. “Upon successful completion of the American Red Cross lifeguard training program, participants will receive a certificate reflecting certification in swimming pool lifeguarding,

waterfrontlifeguarding,waterpark lifeguarding, first aid, CPR for the Professional Rescuer/AED, and Preventing Disease Transmission: Bloodborne Pathogens.”

The next lifeguard training classes are Feb. 12-15, Feb. 26-28 and March 5-6 at various times depending on the specific day. “These training programs

provide passing candidates with possible employment opportunities with the Fort Rucker DFMWR Aquatics Department as a professional lifeguard during the summer and winter months, depending on available positions at that time,” Koren said. “All perspective candidates are encouraged

to continuously check USAJobs.gov for employment opportunities as recreation aids (lifeguards) with Fort Rucker DFMWR.”

For more information on adult swimming lessons, lifeguard training courses and summer 2016 employment, call at 255-9162.

Blood: Short shelf life creates constant need for donations

Continued from Page D1

But on the collector’s end, there’s a lot more to the process before it’s ready for patient use. During the four-day West Point drive, Taylor said they expected to collect about 500 units per day. Those units must be processed, tested and labeled before they can be shipped to support warfighters and family members worldwide.

Here’s how they make it happen. Once the blood drive starts, all donations will be shipped daily to a designated Army blood donor center, where they’ll be processed into components like plasma, platelets and red cells, and then tested for

transfusion-transmitted diseases. All of the products that meet the stringent regulatory requirements are then labeled and ready for shipment to support patients around the world. Some units are shipped to the Armed Services Whole Blood Processing Laboratory to support our warfighters, while other units are shipped directly to medical treatment facilities.

“The goal is to get the labeled units to the ASWBPL within four days of collection, because it’s going to take a few more days to reach the final destination,” Taylor said.

Once the units leave the laboratory, they’ll be sent to their first stop in theater,

the Expeditionary Blood Transshipment Center, which will check the shipment, place the units in storage and prepare smaller shipments. Those shipments then move on to blood support detachments, which will repeat that process and ship the units to medical treatment facilities in theater.

The West Point blood drive might collect a lot of blood at one time, but it by no means will last throughout the year. Keep in mind that blood and blood products have an expiration date. The red blood cells will expire in about 42 days after they are collected, while the frozen plasma will expire

in one year.

So, while one donation is great, more is constantly needed.

“Blood is one of those things that you don’t really think about, but when you need it, it’s always there,” Taylor said. “We like people to become regular donors so that the ASBP is ready to provide support when called upon.”

Those interested in becoming regular donors can give whole blood every 56 days. People can even visit <http://www.military-blood.dod.mil/Donors/default.aspx> to see if they’re eligible to donate again.



PHOTO BY MARK SALCEDO

Army Staff Sgt. Isaiah Yslas, Kendrick Memorial Blood Center representative and NCO in charge of the 2016 West Point blood drive, and Anselmo Martinez, Army Blood Program lookback coordinator, stand next to an outgoing shipment of blood at the U.S. Military Academy of West Point, N.Y., blood drive Jan. 12.

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