

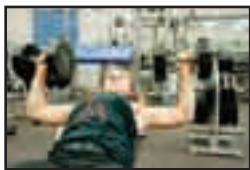
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Valentine's activities  
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**PUMP YOU UP!**  
Class provides  
solid foundation for  
weightlifting  
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# ARMY FLYER

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

VOL. 66 ■ NO. 05

FORT RUCKER ★ ALABAMA

FEBRUARY 4, 2016

## CELEBRATING DIVERSITY

### *Post honors African-American heritage*

**By Nathan Pfau**  
*Army Flier Staff Writer*

Celebrating the contributions of African Americans throughout history is a familiar sight throughout the month of February, and Fort Rucker is no exception when it comes to honoring that heritage.

The installation kicked off its Black History Month celebration with a ceremony at the post exchange Friday that featured lessons in history, musical performances and a crowd favorite – free food.

“Why are we here?” asked Sgt. 1st Class Michael Lukeman, 1st Aviation Brigade equal opportunity adviser, during the kickoff event. “The biggest thing is to make sure that people know how important the contributions from the African-American community are to our history as Americans.”

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.

“The history of African Americans unfolds across the canvas of America,” said Lukeman. “From port cities where Africans disembarked from slave ships, to the battlefields where their descendants fought for freedom, the imprint of Americans of African descent is deeply embedded into the narrative of the American past. One cannot tell the story of America without reflecting on the places where African Americans made history.”

Throughout the event, people were



PHOTO BY NATHAN PFAU

**Deborah and Michaiah Smoots, military family members, perform a song during the Black History Month kickoff celebration at the post exchange Friday.**

able to hear about contributions that African Americans have made, not only to America, but to humanity throughout history.

“We’ve done a lot – we’ve influenced society since the beginning of (human existence),” said Precious Freeman, George Washington Carver Museum executive director, who led a charge for people to “shift the narrative” about how African Americans have been viewed throughout history.

“Turn your focus to things that can grow and things that can show love to our young people,” she said. “You can inspire them by talking to them about their background and letting them know what we have done as African

Americans, and when children know that, you have all races who have respect for one another.

“When all children understand that everyone has something to contribute, it makes a difference and changes everything. That’s what we try to focus on,” she continued. “A lot of African Americans who made a difference and are recognized this time of year were able to overcome obstacles that were overwhelming, and that’s something that anyone can relate to and can be inspired by.”

For many, like Sara Colton, military spouse, observances like Black History

SEE HERITAGE, PAGE A4

## Clinic moves to 1-800 appointment line number only

**By Jenny Stripling**  
*Lyster Army Health Clinic  
Public Affairs Office*

Lyster Army Health Clinic is taking proactive steps to make sure beneficiaries are able to continue making their healthcare appointments in a quick and timely fashion.

Recently, some beneficiaries have encountered busy signals or dropped calls when calling the local LAHC phone number. For this reason, beneficiaries will now be directed to call 1-800-261-7193 to cancel or make new appointments.

“When LAHC switched to the Verizon Call Center in September 2015, the system was forwarding patients who called in on the 255-7000 line to the 1-800-261-7193, causing longer than normal wait times, as well as dropped calls, which forced patients to call back several times to schedule an appointment,” said Capt.

SEE LINE, PAGE A5



## RUN, HIDE, FIGHT

### *Tactical Tuesday focuses on active-shooter scenario*



FILE PHOTO

**Soldiers and emergency response personnel evacuate a simulated casualty from a 2013 active shooter force protection exercise. An active shooter scenario is the focus of Tuesday's Tactical Tuesday exercise.**

**By Nathan Pfau**  
*Army Flier Staff Writer*

With threats and occurrences of active shooters on the rise, Fort Rucker antiterrorism officials want to make sure people on the installation are prepared for any threats that might come their way.

Tuesday is Tactical Tuesday and is focused on active-shooter training for all of the various organizations on post, and Mike Whittaker, Fort Rucker antiterrorism officer, wants to make sure people are doing more than just reviewing their plans by taking a more “boots on the ground” approach.

“With the string of violent crimes across the U.S., people need to be prepared,” he

said. “The stats are staggering for here in the United States to the point where the (Federal Bureau of Investigation) is having trouble keeping up with them.”

The last report put out by the FBI was in September 2014, said Whittaker, and for incidents in the United States alone, there were 160. According to the report, there is an average of 11.4 incidents annually, and 1,043 people are injured and 486 killed, he said.

From 2000 to 2013, the growth rate of these active-shooter scenarios increased from 7 percent of annual growth in the first three years to 16.4 percent annual growth from 2007 to 2013.

SEE TUESDAY, PAGE A5

## Tax center opens to provide free services

**By Nathan Pfau**  
*Army Flier Staff Writer*

The Fort Rucker Tax Center opened its doors to serve Soldiers, families and retirees throughout what many people find to be one of the most stressful times of the year – tax season.

The tax center, located in Bldg. 5700, Rm. 371F, held its grand opening Friday to begin offering its free service to help alleviate the stress of preparing taxes, and it’s set its sights to help more than ever before.

“We always talk about taking care of Soldiers, retirees and our families, and this is an excellent opportunity for us to do that,” said Col. Shannon T. Miller, Fort Rucker garrison command-

er. “We were able to put money back into the Soldiers’ pockets, save them from the frustration of having to do their own taxes and paying for someone else to do the preparation for them. We’re saving our Soldiers potentially hundreds of dollars.”

Miller set the charge to surpass last year’s numbers, which saw the tax center preparing more than 2,000 tax returns and saving Soldiers and families nearly \$400,000.

“We expect to surpass that this year, and I have no doubt, especially with the excellent team that the (Fort Rucker Office of the Staff Judge Advocate) has put together, that we’ll be able to do that,” said the colonel. “There is a lot of experience and a lot of knowledge here at the tax center

to make sure that our Soldiers, families and retirees are taken care of.”

The tax center is open Mondays-Fridays from 9 a.m. to 4 p.m. through April 15 with service offered by appointment only – including free electronic filing for Soldiers, family members and retirees.

On average, Tod Clayton, volunteer income tax assistant coordinator at the tax center, said that people can save between \$75-150 on filing fees, and with the tax center, both federal and state returns are filed at no cost.

People must have a valid military ID in order to take advantage of the services, and Soldiers on Reserve status must be on

SEE CENTER, PAGE A5



PHOTO BY NATHAN PFAU

**Col. Shannon T. Miller, Fort Rucker garrison commander, and Capt. Rob Juge, chief of client services for the Fort Rucker Legal Assistance Office of the Staff Judge Advocate, cut the ribbon during the grand opening of the tax center at Bldg. 5700 Friday.**



# PERSPECTIVE

## COMBINED INGREDIENTS

*Black history is also American history – vice versa*

By **Larry D. McCaskill**  
*Army Contracting Command*

(Editor's note: McCaskill is the editor of the Army Contracting Command's weekly "NewsBlast" at Redstone Arsenal. He is an Army veteran and native New Yorker.)

February is Black History Month, a time set aside to highlight the achievements of African Americans. As an American, I am more than proud of the contributions made by my ancestors to making this nation, this world, a better place to live.

I remember studying black history in elementary school. My teachers were of various ethnicities and all shared a great sense of knowledge and pride in introducing young minds to the works of authors like Phyllis Wheatly, Langston Hughes and Lorraine Hansberry just like they did when discussing William Shakespeare and Mark Twain. They were just as enthusiastic discussing inventors. If you learned about Thomas Edison, you would also learn about Lewis Latimer – the scientist and inventor who perfected the filament for light bulbs to make them last longer and cost less.

My favorite teacher back then was Mrs. Graham, an intense woman who shared her passion for education with you whether you liked it or not. She opened up a whole new world of possibilities for me. For her, black history wasn't restricted to 28 calendar days. For her, it was a 365-day experience. For her, it was American history.

With Mrs. Graham, there was no other way of explaining it. She was the first one I remember using the analogy of Americans being part of a salad rather than a melting pot. In a melting pot, things blend together to become one. In a salad things are combined, each maintaining their unique characteristics to become something much more than each



ingredient, without each piece losing its own flavor. That made a lot of sense to me. Mrs. Graham taught me that black history is American history and vice versa.

When we honor those who helped build this great country we live in, we need to make sure we do so in a way that unites, not divides. Some may view ethnic celebrations as being for only certain groups. That's anything but the truth. The honoring of the various groups only shows what their contributions meant to this nation.

Until fairly recently, history has been written by those with the power, and more often than not, those people chose to write about themselves and others like them. As Americans became more educated, they also became more aware that some bits and pieces were left out

of the tale of what this nation was built upon.

These moments of remembrance serve as a further opportunity to educate and grow as a people. We should take time to honor those who helped build this great country we live in. You can separate achievements by race, ethnicity or gender all you like but when the rubber hits the road, they – we – are all part of the fabric that is America.

So yeah, we celebrate February as Black History Month. Next month we'll celebrate Women's History Month, and so on and so on.

The one thing that should be taught and never forgotten as we pay tribute to our past is that our past is the foundation of this great nation. The foundation is a solid one built on the aspirations of Americans.

### 'Hell Fighters' from Harlem

(Editor's note: The art and accompanying write-up is taken from the Center of Military History, U.S. Army at [www.history.army.mil](http://www.history.army.mil).)

Meuse-Argonne, Sept. 26 to Oct. 1, 1918. The 369th Infantry fought valiantly in the Allied (Champagne) Offensive as part of the French 161st Division. Attacking behind a fiery barrage, the 369th Infantry assaulted successive German trenchlines and captured the town of Ripont. Against determined resistance, the 369th advanced up the heights north of the Dormoise River and spearheaded the attack toward the town of Sechault. On Sept. 29, the regiment "... stormed powerful enemy positions, ... took, after heavy fighting, the town of Sechault; captured prisoners and brought back six cannons and a great number of machine guns." Despite heavy casualties, the 369th, called "Hell Fighters" by the French and Germans, relentlessly continued the attack at dawn. Raked by enemy machine guns, they assaulted into the woods northeast of Sechault, flanking and over-

whelming enemy machine gun positions. The "Le's Go!" elan and indomitable fighting spirit of the 369th Infantry was illustrated throughout the battle action. Their initiative, leadership and gallantry won for their entire Regiment the French Croix de Guerre.

The citation for the French Croix de Guerre with Silver Star was published in War Department General Orders 11, 1924, and reads:

#### 369th Infantry

*Under the command of Colonel Hayward, who although wounded, insisted on leading his regiment into combat; of Lieutenant Colonel Pickering, admirably cool and courageous; of Captain Cobb (killed); of Major Spencer (severely wounded); and of Major Little, a real leader of men, the 369th Regiment of American Infantry, under fire for the first time, captured some powerful and energetically defended enemy positions, took the village of Sechault by main force, and brought back six cannon, many machine guns, and a number of prisoners.*



ARMY ARTWORK

## Rotor Wash

“The Fort Rucker Tax Center opened its doors to provide free tax preparation services to Soldiers, families and retirees Friday. What tips can you offer to help take the stress out of tax season?”



**Sharon Dorian,**  
military spouse

"Use the tax center. They'll do it for free, so that's less money you need to worry about."



**WO1 Ernest Edds,**  
B Co., 1st Bn.,  
145th Avn. Regt.

"Keep all your receipts that you might be able to write off accounted for."



**WO1 Elliot Hickman,**  
B Co., 1st Bn.,  
145th Avn. Regt.

"Have someone else do your taxes for you."



**WO1 Charlie Bolton,**  
B Co., 1st Bn.,  
145th Avn. Regt.

"Get all of your tax forms in order before you go get your taxes done, and make sure you mention any deductions you might be able to get."



**WO1 Michael Durnam,**  
B Co., 1st Bn.,  
145th Avn. Regt.

"Ask questions about your taxes, so that you're not surprised by anything."

#### COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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The Dothan Eagle is responsible for all printing matters and commercial advertising.

Deadlines are Friday at 2 p.m. for the following week's edition.

All editorial content of the Army Flier is prepared, edited, provided and approved by the Public Affairs Office, U.S. Army Aviation Center of Excellence and Fort Rucker, AL.

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If you would like to contact the Army Flier by e-mail, please contact the editor at [jhughes@armyflyer.com](mailto:jhughes@armyflyer.com).



# FLYING HIGH

## 2016 Aviation Hall of Fame inductees announced

### Army Aviation Association of America Press Release

MONROE, Conn. – Three new members will be inducted into the Army Aviation Hall of Fame, sponsored by the Army Aviation Association of America, in ceremonies at the Hall of Fame Dinner during the AAAA Army Aviation Mission Solutions Summit in Atlanta, Georgia, April 29.

The Army Aviation Hall of Fame honors those who have made an outstanding contribution to Army Aviation over an extended period, a doctrinal or technical contribution, an innovation with an identifiable impact on Army Aviation, efforts that were an inspiration to others, or any combination of the foregoing, and records the excellence of their achievements for posterity.

The actual Hall of Fame is located in the U.S. Army Aviation Museum at Fort Rucker where the inductees’ portraits are hung, along with brief descriptive narratives of their achievements.

All persons are eligible for consideration, except active duty generals and colonels. Department of the Army civilians are eligible prior to their retirement. AAAA membership is not a requirement. Anyone may nominate a candidate for the Hall of Fame.

A Board of Trustees composed of current members of the Hall of Fame selects the candidates among the many nominations received to be placed on a ballot distributed to AAAA.

Including the newly-elected members, there are now 161 members of the Army Aviation Hall of Fame. The first induction was in 1974.

AAAA is a non-profit organization formed to advance the knowledge, efficiency, and overall esprit of those who are engaged professionally in the field of U.S. Army Aviation. Its almost 18,000 members

come from the active, reserve components, Department of the Army civilians, and aerospace industry, as well as a variety of military and civilian Aviation support groups.

The Hall of Fame Inductees at the 2015 AAAA Army Aviation Mission Solutions Summit are listed below.

#### Retired Gen. James D. Thurman

Not since the famous “Howze Board” established the concept of Air Mobility and Air Assault in 1960 has anyone done more to shape the future for Army Aviation than Thurman. In 2003, at the request of the Army chief of staff, then-Major General Thurman convened the first Army Aviation Task Force to revamp the entire structure of Army Aviation. Combining his unique experiences as both an Armor officer and former Army Aviator, he literally set the course for the Branch for the next 20 years.

Earlier in his career as a major, he had served as brigade operations officer for the Apache Training Brigade at Fort Hood, Texas, and personally supervised execution of the AH-64 Apache Single Station Unit Fielding and Training Plan for the first 10 squadrons/battalions. He was recognized as the AAAA Aviation Trainer of the Year in 1987.

As both a senior Army leader and experienced Aviator, he led the Aviation Task Force to redirecting \$13 billion from his recommended cancellation of the RAH-66 Comanche in order to buy 900 aircraft and modernize the existing fleets of AH-64s, CH-47s and UH-60s, as well as Aviation survivability systems, ammunition and unmanned systems. The task force addressed all aspects of Aviation functionality across the total Army and resulted in the Army Aviation force of today.

An operational “Soldier’s Soldier,” Thurman retired after 38 years in Decem-

ber 2013. There is no doubt that his leadership has made his former Branch the most potent Army Aviation force in the world.

#### Col. Harvey E. Stewart (deceased)

Joining the Army in 1945 as an aspiring Aviator and enlisted man at the age of 17, Stewart received the first of his 54 flying medals while serving in Korea as an artillery forward observer in 1953. A Master Army Aviator with over 12,000 flight hours and more than 1,000 combat missions, Stewart received a total of 11 awards for valor, including the Distinguished Service Cross, two Bronze Stars with V device and two Purple Hearts.

As a major, Stewart was known as a legendary Army Aviation commander of the 118th Aviation Company from 1964-65 in Vietnam. During the June 1965 battle of Dong Xoai, the 145th Aviation Battalion’s response to the enemy’s major offensive was largely coordinated by the 118th, led by Stewart, which later expanded to include the entire 145th and received a Presidential Unit Citation for its part in the battle. In addition, during the battle, Stewart volunteered to lead three unarmed helicopters to rescue Vietnamese and Americans in an isolated military compound that was being overrun by hostile forces. Disregarding the withering enemy fire, Stewart landed inside the compound and set up defensive fire positions while evacuating personnel. On takeoff, he piloted his heavily overloaded and damaged aircraft through a barrage of hostile fire and successfully evacuated the besieged personnel. For his heroism he was awarded the Distinguished Service Cross.

His following assignments included a second Vietnam combat tour and training Aviators for combat at Fort Wolters, Texas, as he continued to contribute to the advancement of Army Aviation.

Highly respected for his personal courage, as a military leader and as a person,

#### Retired CW5 Edmund W. Hubard III

Hubard’s 31-year career in Army Aviation combined a unique mix of operational, research and development, and command and staff assignments with over 20 years in special mission units flying an amazingly diverse range of aircraft from UH-1s in Vietnam to piloting the first mission into Afghanistan in a Russian Mi-17.

In fact, Hubard has over 13,000 flying hours in over 150 types of aircraft and helicopters, is basic airborne qualified and trained as a high-altitude-low-opening/high-altitude-high-opening jumper. In the early 1980s, following the failed Desert One Iranian hostage rescue mission, Hubard was recruited into Operation Honey Badger, the second Iranian hostage rescue mission, making him a plank holder in what would become the famed 160th Special Operations Aviation Regiment (Airborne).

Following the release of the hostages, he was nominated to serve in a newly created Aviation unit doing research and development. He spent the rest of his career developing concepts for unique Aviation systems and missions. Many of the helicopter and mission equipment packages that are in use today by conventional Army Aviation were developed and tested by Hubard in combat.

Retiring in 2000, Hubard, as a civilian, continued to support Army Aviation and ground forces, flying the first U.S.-piloted helicopter as part of the Jawbreaker team in Afghanistan, two weeks after the terrorist attacks of 9/11.

No warrant officer has done more for Army Aviation, operationally, tactically and technically than Hubard. He epitomizes the quiet professional and warrior, and is truly Above the Best.

## VA benefits advisers offer transition assistance

By Nathan Pfau  
Army Flier Staff Writer

Transitioning out of the military can be a stressful time for not only Soldiers, but family members, as well, and that’s where a helping hand can come in handy.

And a helping hand is available in the form of benefit advisers for the U.S. Department of Veteran Affairs who stand ready to assist Soldiers and families transitioning back into civilian life, according to Miguel Boschulte, VA benefit adviser.

“We exist to help (Soldiers) understand all of the VA benefits that are available (for them) to receive once they separate or retire,” he said. “We also try to push home the use of all of the available resources where they can find that information.”

The benefit advisers conduct the VA Benefits I and II briefings, which are mandatory for all separating service members, as well as conduct the Career Technical Training Track. Through these courses, Soldiers are able to learn what benefits will be available to them upon separation, including employment services to education, said Liz Legieza, VA benefit adviser and site lead.

“Continuing their education is just one of the things we will



PHOTO BY NATHAN PFAU

Miguel Boschulte, VA benefit adviser, talks to Soldiers about the different programs that can assist them during a class at the education center Monday.

advise them on,” she said. “They will learn how to utilize their Montgomery or Post-9/11 GI Bill for either them or their dependents, and our program has a huge emphasis on employment.”

Advisers can also provide individual assistance on eligibility requirements and application processes for disability compensation, healthcare, home loans, insurance, counseling, pensions and more.

Even if a Soldier is moving away after separation, advisers can link them up with other advisers in different parts of the country, said Legieza.

“We have more than 300 ad-

visers stationed at more than 280 military installations around the world,” she said. “We can also link them up to the Disabled American Veterans, American Veterans and Vets, or veteran service officers and their counties.”

“When separating, especially after a long military career, transitioning back to civilian life can be difficult,” added Boschulte. “That’s where we come in to provide a personal touch to that.”

Nearly all VA benefit advisers are veterans or military spouses, including Legieza and Boschulte, so they are familiar with the unique needs of service members and the challenges they face when

transitioning out of the military.

“It makes me so happy and satisfied to be able to provide this service to people,” said Boschulte. “I retired in 2010 and the program was nothing like it is now. It’s such an honor to be able to relay that to the service members that I work with and be able to give that information. It’s just really rewarding.

“We all need help sometimes, and the only way to make your situation better is to reach out and get that assistance,” he continued. “Stop in and ask that question. We like to go out and do some local outreach and go to people because we don’t expect people to come flock to us, but at the same time, they’ve got to take that step and ask somebody.”

Although Soldiers get almost all the information they need in the benefits briefings, Legieza and Boschulte said they understand that all of the information can be overwhelming, and that’s why they offer individual sessions.

“After the class, since it can be so overwhelming, we encourage them to come in and talk with us,” said Legieza. “We not only help them with education benefits online, but we can help them with disability, applying for home loans, and we work really well with the education center to

help them get on the right career track.”

The Career Technical Training Track is another course offered by the benefit advisers, which is a two-day course that shows service members what options they might have in a career field after the military.

“If they’re a military police officer in the military, and when they transition out, they might not want to be a police officer, but they might want to work in the same field,” said Boschulte. “What I do is give them the resources, and go through a career scope and see what their interests are, because, in the long run, we all want to wake up in the morning and be happy about getting up and going to work.”

The course also helps them to look and see if their career options are viable.

“At the end of the day, they have a plan on what they want to do in their career, whether it’s going to school to continue their education, getting out and doing what they were doing in the military, or something different,” he said. “It gives them a broader scope of things in terms of their career – it takes their blinders off.”

For more information, visit Bldg. 5402, Rm. 203, or call 255-1868 or 255-2085.

## News Briefs

#### Road repaving

A contractor is scheduled to begin work to repave Novosel Street starting Monday. The section of Novosel to be repaved runs from Andrews Avenue to the intersection at Ruf Avenue near the Center Library. The work is expected to last about four days. During the effort, the road will be limited to single-lane traffic and no parking will be allowed. The timeline is subject to change if weather affects the work schedule.

#### Ash Wednesday services

All are invited to attend the Fort Rucker Ash Wednesday services Wednesday. Ash Wednesday is the traditional beginning of the season of Lent – the 40 days leading up to Easter. Catholic Mass is scheduled for 12:05 p.m. and 5 p.m. at the Main Post Chapel. The Protestant worship is scheduled for noon at the Headquarters Chapel.

For more information, call 255-2989.

#### Clinic closures

Lyster Army Health Clinic will be closed Feb. 15 for the Presidents Day holiday, and beginning at noon Feb. 17 for training.

#### Weight control program

The Lyster Army Health Clinic Fit for Performance weight

control program consists of six sessions taken over a six- to twelve-week period. The program is available to all active duty military, retired military and family members. Classes are held Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call the nutrition care clinic at 255-7986.

#### 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.

#### Military pay briefing change

Starting Feb. 16, the Defense Military Pay Office briefing for Soldiers scheduled to separate due to expired term of service or involuntary separation (non-retirement), will change from a walk-in basis to a weekly group briefing. The new ETS briefing will be held Tuesdays at 1 p.m. in Bldg. 5700, Rm. 371B. Soldiers should bring the following documents to the briefing: two copies of separation orders and amendments, DA 31 - Request and Authority for Leave (if approved) and the original or notarized copy of documents to support changes in marital status not

previously reported to the DMPO.

The DMPO will continue to provide desk-side briefings for Soldiers who do not receive orders in time to attend a group briefing. Command teams with Soldiers who cannot attend a regularly scheduled briefing due to time constraints should call 255-3939, 255-9182 or 255-3115.

#### AAAA membership meeting

The Army Aviation Association of America Aviation Center Chapter will host its general membership meeting Feb. 25 at 5 p.m. at The Landing. The meeting will feature a guest speaker, and free food and beverages.

For more information, call 389-1637.

#### 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.

For more information, call 255-7986.

#### 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.



# REBUILDING FORCE

*Army chief assesses ‘aggressive’ Russia, others, as challenges for U.S., ally security*

By C. Todd Lopez  
Army News Service

WASHINGTON — Army Chief of Staff Gen. Mark A. Milley has always said readiness is his No. 1 priority.

The Army has a legal and moral obligation, he said, to be prepared. During a presentation Jan. 21 here, the general laid out some ideas of what he believes the Army must be ready for – some examples of why readiness is important.

Chief among the examples of what to be prepared for is Russia, a nation whose recent activities he characterized as being “aggressive.” Russia, he said, poses the “No. 1 threat” to the United States.

It’s a nation, he said, that, at least for now, is the only one that poses an “existential threat” to the United States, due to its capabilities – in particular, its nuclear capability.

But what makes Russia a threat, he said, isn’t capability alone. It’s primarily its intent. While determining intent is difficult, looking at its recent activities in Europe gives a good indication.

“Russian behavior, internationally, since 2008, has been aggressive,” he said. He pointed to its activities in Crimea, Ukraine and Georgia as examples.

“Those have been independent, sovereign countries since the collapse of the Soviet Union and the fall of the Berlin Wall in 1989 and 1991,” he said. “For 25 years, these have been internationally recognized countries in the United Nations. And their borders have been violated by military armed force – some surrogate and some actual.”

That kind of activity in Europe, he said, has not really been seen since World War II. Today, Russian activity there “has fundamentally changed people’s view of the security situation in Europe.”

At the same time, the Russians have raised spending on their military; are modernizing their military, including aircraft, tanks and ships; have restructured their ground forces; modernized field artillery capabilities, air defense, electronic warfare and cyber capabilities; and modernized their military doctrine.

“They clearly are expanding, or at least trying to re-establish their global influence and their global presence,” he said.

Domestic issues, he said, are also good examples of the intent that is driving its activities. The Russian population, for instance, is in decline.

“If you’re a significant leader in the Russian government, you are seeing a demographic decline of the ethnic Russian population. That’s worrisome,” he said. “And if you look at that in combination with other things – health care, for example – there is a steady decline in birth rate. There is a high mortality rate. And they have a stressed and poor health care system. And their labor force is declining in pretty significant rates. Even a rudimentary look at the Russian economy shows an economy under significant stress that is struggling.”

A look at Russian history also contributes to a better understanding of intent, when it comes to recent aggression. Russians, he said, likely view NATO differently than how Americans or Europeans do. In 1990, Germany reunified, bringing the entirety of that country inside NATO. Since then, three former Soviet nations have become part of NATO: Estonia, Latvia, and Lithuania. NATO is growing, and its border is moving “closer and closer” to Moscow.

“That’s worrisome” for them, he said. “It creates fear in the mind of Russian leadership. This is a country (that) has a living memory of a land invasion that was brutal to their country: the Nazi invasions of World War II,” he said. “There are many veterans and folks alive today that clearly remember those days, which were horrible to the Russian psyche.”

Russian nationalism and pride are also on the line – significant contributing factors to an understanding of Russian intent.

“They were part of a large empire back under the czars. They were a superpower in the Soviet era,” he said. “Current leadership in Russia has clearly indicated in public speeches that they thought the collapse of the Berlin Wall and the collapse of the Soviet empire was the most significant negative event that has happened in the last 100 years. There is an attempt ... to recoup their place.”

Couple that with ongoing land disputes, he said, and “all that adds up to a potential for bad things. And you just don’t know,” he said. “We can’t with precision predict exactly what will happen. It is a situation that clearly bears closer scrutiny.”

## Aggressive vs. assertive

In Asia, he said, there are two significant ongoing security situations. First is North Korea, the other is China. There are now more than a million service members amassed on each side of the demilitarized zone on the Korean peninsula.

Koreans on both sides of the border, he said, constitute a divided ethnic-linguistic group.

“And like most ethnic-linguistic groups, at some point in time, they end up being one whole people,” he said. “I have little doubt that at some point in time in the future, the peninsula will be whole again.”

How and when that will happen and what the environment will look like afterward, he said, is uncertain. Also uncertain is how that event will play out for the United States. A recent testing of a nuclear weapon in North Korea has made the situation on the peninsula tenser.

“For us, vigilance and readiness are fundamentally important,” he said.

In China, he said, there is an “entirely different set of geopolitical logic at play.”

China is a rising economic power, Milley said, adding that there is now under way a shift from a North Atlantic-based global economy to a North Pacific-based global economy, though he emphasized that it is “shifting,” rather than having already shifted.

It’s a process he said that he believes will be permanent, but could take several generations to be complete.

With such shifts in economy, he said, military power follows. And the Chinese military “is significantly modernizing their capabilities.”

Milley contrasted China and Russia by differentiating them with the words “assertive” and “aggressive.”

“The Chinese are not an enemy,” he said. “Their behavior internationally, at this time, in my view, is assertive. It’s different than aggressive. The Chinese, to date, are not invading foreign countries, crossing borders, doing things that would be internationally categorized with the word aggression.

“That can change, but it hasn’t changed yet,” he said. “They are developing their capabilities, but I would caution anybody from saying that China was an adversary, from a military national security standpoint, or an enemy, at this time.”

Milley said the Chinese are now interested in becoming a great international power, and to “have a say in how the rules are written,” though he said he doesn’t believe the Chinese are interested in war.

The general also said that his predecessor, retired Gen. Ray Odierno, has, in the past, met with and had a dialogue with his counterpart in China’s People’s Liberation Army.

Milley said he, too, plans to have a similar dialogue, but has not yet made that happen. It’s something that’s critical to have happen early, because such relationships can be useful to have in place were conflicts to arise later on.

“In the moment of crisis, you don’t want to be meeting a person for the first time during the crisis,” he said. “If there is a crisis and you can literally pick the phone up and literally talk to that person, because you have known each other for a while, that tends to take the edge off.”

The Middle East, he said, is wrought with instability now, and that instability has provided opportunity for the rise of threats such as the Islamic State or al Qaeda. He also made clear that he believes that neither the United States, not any other country outside the Middle East can solve the instability problems there.

“We can help and advise and assist and do a lot of things,” he said. “But solve? It’s not going to happen – the ultimate solution has to come from the peoples of those countries.”

Iran, he said, remains a “maligning influencer, sponsoring terrorism” that “requires vigilance and bears close watching.”

So Iran, North Korea, China and Russia, plus the rise of non-state actors like the Islamic State and al Qaeda “present threats or challenges to U.S. national interests,” he said. “Any one of which could result in significantly more conflict than already exists, none of which we can anticipate. And each of which has a unique strategic, operational and tactical challenge.

“We have to be prepared as an Army or as a military for all of it,” he said.

## Moral obligation

For the Army, he said, the role in being ready is to deliver ground combat power, and to “win wars in defense



PHOTO BY STAFF SGT. CHUCK BURDEN

**Army Chief of Staff Gen. Mark A. Milley attends the Institute of Land Warfare Breakfast as the key-note speaker in Arlington, Va., Jan. 21.**

of the United States,” he said. The Army has a mandate to prepare, so readiness is the Army’s No. 1 priority.

“We have a moral and ethical obligation to our Soldiers and the American people to ensure our people are ready,” he said. “It’s the fundamental driver of all of our commanders, organizations and staff throughout the Army.”

Readiness, he said, means manning units to the right strength. It means ensuring Soldiers have been to the professional military education schools they need to attend, and it means that units, from the squadron to the division – at all levels – are collectively trained.

Equipping, as well, is critical, he said, “to make sure Soldiers have the best equipment, and that it is well maintained.”

And development of leadership for those Soldiers, he said, is a “key component of combat power – perhaps the most important component.”

Development of that readiness, he said, takes a long time. And it’s perishable as well, he said. “It takes many years to develop platoon sergeants and battalion commanders. It takes years to build the cohesion, the teamwork necessary to fight at a collective level. It takes a long time to build ready ground forces.”

Milley also said a critical component of readiness is taking care of a Soldier’s family. A Soldier’s “first order of loyalty” is to his family.

“If you are expecting a Soldier to focus and fight in ground combat, you must ensure his family is taken care of,” he said. “Their first love is always going to be their children or spouse. If they know their children or spouse is being taken care of, they are not going to worry about that, and they will focus on ground combat.”

## Rebuilding the force

By the end of fiscal 2018, the active Army expects to have drawn down in size from 490,000 to 450,000. The service will also shrink the size of several brigade combat teams and will cut 17,000 civilian employees. Were a conflict to rise quickly, the Army might need to grow in size again to accomplish its mission, he said.

Milley said one idea the Army is looking into to make that process happen more quickly is the development of several “very, very small” train, advise and assist brigades. Each of those brigades would look like a regular unit, insofar as chain of command is involved, but “you just wouldn’t have Soldiers. So maybe you have one per combatant commander. You have five or six of these brigades in existence, and they would on a day-to-day basis train, advise and assist foreign armies on behalf of the U.S.”

Were conflicts to arise that require the Army to grow quickly, he said, “at least you have cohesive chains of command” that exist. “You can take Soldiers from basic training and Advanced Individual Training, and roll them underneath those existing chains of command and it would significantly shorten the amount of time it would take for that brigade to become combat effective.”

## Heritage: Food, fashion, race honor African-American history

*Continued from Page A1*

Month are about not only celebrating the contributions of African Americans, but also celebrating the diversity in the U.S.

“I feel like it’s important to be able to look back and see everything that (African Americans) have given to our society,” she said. “The start of our country comes from a pretty dark place, and to be able to look past that and see the good that is able to come from that darkness I think is an amazing thing.

“(Freeman) had a point when talking about people who are able to overcome overwhelming odds, and I think that’s an incredible lesson that

anyone can take away from learning about African-American history,” said Colton. “When you think about it, it’s all really incredible.”

Throughout the month, other events will be held to commemorate the contributions of African Americans throughout history, as well.

The Black History 5k and 1-mile fun run will be held Saturday 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 \$25 with a shirt. Teams of up to eight can also register for \$160, which includes shirts while supplies last.

First-, second- and third-place medals will be awarded in 14 catego-

ries 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.

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# Line: Method further streamlines access to care

Continued from Page A1

Ryan Schiel, chief of managed care at LAHC.

“The 1-800 phone number has always been in addition to the local number,” said Schiel. “We are completely phasing

out the 7000 number as the main appointment line and will only offer the 1-800 phone line for appointments.”

Now, when beneficiaries call the 7000 phone line, they will receive an automated message, providing them with directions to call the 1-800 number.

“We understand many people are accustomed to using the local phone number when making an appointment here at Lyster,” said Col. Gary Wheeler, LAHC commander. “Our No. 1 priority is taking care of our beneficiaries by providing easy access to their healthcare. This is just one step we’re taking

to improve that access to care.”

To schedule or cancel an appointment at LAHC, call toll free 1-800-261-7193. The appointment line call center is open from 7 a.m. to 4 p.m. Mondays through Fridays, and is closed on holidays and days of no significant activity.

# Tuesday: Post officials urge public to remain aware

Continued from Page A1

“We never know where these shooters are going to come from,” said the antiterrorism officer. “It might be a friend, relative or coworker, but the reaction has got to be the same. Every action or inaction you take effects, not only you, but a family member, friend or coworker. It doesn’t matter where you are, you’ve got to be proactive when reacting to a scenario such as an active shooter.

“Run, hide or fight,” he said. “That’s what people are going to have to do. Don’t depend on someone else to act or for a supervisor to show up – it’s a team effort.”

Whittaker said rather than simply going over their plans for an active shooter this Tactical Tuesday, people need to actually play out the scenario, so that they’ll know what they can or cannot do in that moment.

“If, in your plan, it says to move a safe in front of the door in order to stop an active shooter from gaining access, then you’ve got to get your team together and physically move the safe to see if it’s possible,” said the antiterrorism officer. “It wouldn’t be too good if an event happens and you find out you’re not able to move that

safe into place.”

The exercise is designed to figure out what people are capable of doing in case of an actual active-shooter incident. Additionally, people need to figure out what to do in the event that they’re not able to evacuate, because running will not always be an option, he said.

In the event that people have to “hunker down” in their offices, they should make sure that they try to alert the authorities as soon as possible and remain as quiet as possible.

There won’t always be a way out, said Whittaker, and in those cases, people are going to have to fight for their lives.

“In some of these offices, there is usually one exit and one entrance, and if an active shooter enters one of those buildings, there is no hunker-down scenario,” he said. “They’ve got to be prepared to fight off the attacker if they want to survive – that’s the grim reality that they’ve got to discuss.

“If you’ve got no place to go, you’ll be fighting for your life and that’s what people need to keep in mind,” he continued. “You can’t wait for someone to save you at that

point. You’ve got to take action – it’s either going to be you or him.”

As grim as it may seem, people should go over the types of weapons that they can use against an attacker, and Whittaker stressed that people have to work together as a team in that last-case scenario.

This doesn’t apply to only facilities on military installations, he added.

“This also goes for churches, schools, medical facilities – this can happen anywhere, so people need to be prepared in case it does,” said Whittaker. “You see it on a global scale, and people always think ‘it can’t happen here,’ but that’s always what people think that it happens to.

“Wake up and be aware, and use a little common sense,” he said. “We’re not trying to tell people how to run their lives, but we are trying to give people information that they might need to potentially save their lives.”

# Center: Appointments available now

Continued from Page A1

Title-10 orders and bring their call-to-active duty orders in order to use the center.

Clayton advises people to use a professional service, which includes the tax center, when filing, in order to make sure they get the maximum return possible.

“If they file on their own, they may miss some credits or deductions that they might be entitled to,” said Clayton. “We’re all trained by the (Internal Revenue Service) in certain aspects that deal with military personnel, so that’s a major advantage that people will have.”

The tax center also offers a drop-off tax service for single Soldiers. Single Soldiers can come in and drop off their 2015 income tax paperwork and return in 48 hours to go over their complete return with a tax representative, said Clayton. Soldiers must return between the hours of 9-11 a.m. Mondays-Fridays for their returns.

“We don’t need a full one-hour appointment to do most single Soldiers’ tax returns, so this frees up a lot of time for us to serve as many people as we can,” he said.

Single Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms.

When visiting the tax center, people should remember to bring all tax

forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous year’s return if available; power of attorney papers if available; 1099-G forms for gambling winnings, unemployment compensa-

tions, etc.; and 1099-MISC for payments received for non-employment compensation.

People should also bring their bank routing numbers, as well as their account numbers, if they wish to have their returns deposited directly into their bank accounts. The numbers can be found on a check tied to the specific account they wish to use.

Although the tax center

is an invaluable resource to people on the installation, the facility is limited in the services it can provide. The center can’t provide services for businesses or for those with more than one rental property, but most simple tax returns shouldn’t be a problem, said Clayton.

For more information or to schedule an appointment, call 255-2937 or 255-2938.

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FEBRUARY 4, 2016

# ON THE HORIZON

## Army to go universal with UAS operator training

By J.D. Leipold  
Army News Service

WASHINGTON — The Army is working toward a universal control interface for unmanned aircraft systems that will help operators pilot more than one type of UAS.

“Probably one of the biggest and most impacting changes that we’re looking forward to in our strategy is that of a universal operator and a universal control interface,” said Col. Paul Cravey, Training and Doctrine Command capability manager for UAS.

Currently, 15W Soldiers are trained on a singular platform, either the Shadow or the Gray Eagle, he said.

“Once qualified on that universal interface, they then can control the assets that are apportioned to the brigade combat team or the ground commander who is being supported in that environment,” Cravey explained at an Association of the U.S. Army “Hot Topic” forum on Aviation Jan. 14.

“We look for that universal control interface to be scalable, tailorable and modular so it might be in an Army Intelligence and Security Command formation, inside a Tactical Operations



ARMY PHOTO

An Army MQ-1C Gray Eagle sits on a runway at Fort Huachuca, Ariz.

Center or permanent base, maybe in a Joint Light Tactical Vehicle or the cockpit of an Apache,” he said.

“We’re working the interface, building both a government-developed option that works on current materiel while considering alternatives that might be tailorable off-the-shelf to our cur-

rent products.”

By moving to Tactical Open Government Architecture, the Army will also be able to reduce the number of 15Ws and at the same time allow those operators the capability to control whatever small UAS is in their air space, said Col. Courtney Cote, project manager for UAS, Program Ex-

ecutive Office Aviation.

“TOGA is something that will allow us the opportunity to integrate smaller UAS and control it and also put that on the Soldier and help define some of the boundaries between us like Net Warrior and some Soldier-born sensor things that are evolving now at the Maneuver Center,”

Cote said.

Cravey added that TOGA should be in the hands of warfighters in the next couple of years and will control all small UAS. He also said the Raven and the Puma continue to be the Army’s basic small UAS. A short-range micro is currently in development as well.

He added that the Army was also teaming with the science and technology community to build both large and tactical UAS with a focus on runway independence for vertical take-off and landing. Also being looked at is survivability, both from an audible signature side of the house as well as in a GPS-denied environment and multiple weapons options.

Turning to what’s called the improved Gray Eagle, Cote said it’s an extended range configuration which provides more endurance, has a larger fuselage to provide more space for more sensor options as well as capacity to carry more take-off gross weight.

The improved Gray Eagles are expected to be on the production line in 2017, Cote said, adding that testing will be done between now and then.

SEE HORIZON, PAGE B4



PHOTO BY STAFF SGT. SEAN BRADY

### SKI TRIP

AH-64 Apache Aviators from 1st Battalion, 25th Attack Reconnaissance Battalion, conduct pilot certification training Jan. 20 at Fort Wainwright, Alaska. The 1-25th ARB is certifying its Aviators to validate the unit for potential future deployments in the Pacific and across the world.

## Soldiers, Marines exercise joint capabilities aboard Army vessel

By Sgt. Jon Heinrich  
Army News Service

JOINT BASE PEARL HARBOR-HICKAM, Hawaii — Exercising their joint capabilities, 8th Theater Sustainment Command mariners partnered with 25th Infantry Division’s Lightning Academy Soldiers and Heavy Marine Helicopter Squadron 463 pilots honed their skills during insert and extract training off the shore of Oahu Jan. 11-12.

The training included standard rappelling, Fast Rope Insertion Extraction System and Special Patrol Infiltration Exfiltration System aboard the deck of 8th TSC’s Logistical Support Vessel-2, the CW3 Harold C. Clinger, off the coast of Honolulu, Hawaii, Jan. 11.

involved two teams of Soldiers using a CH-47 Chinook to board the vessel via rappelling and leave using the SPIES method since the helicopter was unable to land on the vessel. On the second day, the first team inset using FRIES out of a U.S. Marine Corps Sikorsky CH-53E Super Stallion, which flew from off the coast of Marine Corps Base Hawaii.

The fast rope method involves service members sliding down a heavy rope with their hands and feet — rappelling allows Soldiers to use a harness and thinner rope to



PHOTO BY STAFF SGT. BROOKS FLETCHER

Soldiers with the 25th Infantry Division conduct air assault operations onto the deck of the 8th Theater Sustainment Command’s Logistical Support Vessel-2, the CW3 Harold C. Clinger, off the coast of Honolulu, Hawaii, Jan. 11.

steady themselves and control their speed, but takes much longer.

Hosni stated this kind of training benefits both the boat crew and the air assault school.

“In addition to doing our core competencies and transporting cargo throughout the Pacific in missions, like Pathways or interisland — where we support Army units and other sister-services — today we’re doing something unique and different, where we’re going to do some helo ops with the Lightning Academy and U.S. Marine Corps,”

Hosni said.

“We support units to train on their competencies and we train on our competencies, as well,” Hosni added.

Due to their location in the Pacific region, many operations require more than one service to accomplish their missions, Hosni added.

“In the Pacific, and in the Army in general, we are enforcing and we are big advocates of joint operations,” Hosni said. “Joint operations is now and is the future, so working with the Marine Corps is just adding that piece to the puzzle and making sure we have interoperability amongst the services.”

The LSV is a unique, self-sustaining vessel with a shallow draft enabling it to dock at almost any shore, giving it maneuverability and accessibility to disaster areas for humanitarian relief and humanitarian assistance.

“By doing this training we were able to coordinate with Lightning Academy, and they offered to lift some of our guys over land and do SPIES with them,” Hosni said. “That’s great for these young Soldiers to see another aspect of the Army.”

## SOLARIUM

### Feedback: Some warrants get more broadening

By David Vergun  
Army News Service

(Editor’s note: This is the third and final article in a series of Warrant Officer Solarium articles.)

FORT LEAVENWORTH, Kan. — Warrant officers told Lt. Gen. Robert Brown, commander of the Combined Arms Center, and other senior leaders that it’s hit or miss when it comes to broadening assignments, depending on the branch and command.

The venue was the first-ever chief of staff of the Army-sponsored Warrant Officer Solarium, held at the Command and General Staff College Jan. 15.

#### What’s broadening?

CW2 Aaron Sargent said there are different types of broadening for Soldiers. For example, professional military education is considered broadening, since it’s outside military occupational specialty training.

Then there’s unit broadening, like during exercises and combat training center rotations. And, he said, there’s self-development broadening such as pursuing a college degree when off duty.

The focus of discussion here, he said, are broadening opportunities relating to assignments with joint, interagency, inter-governmental and multinational partners, broadening assignments with an Army branch outside one’s own, and broadening assignments in the form of fellowships and scholarships.

#### Why broaden?

CW3 Justin Seimet, who works in Aviation safety at Fort Bragg, North Carolina, said a broadening assignment to a JIIM partner or another branch helps make warrants “more innovative and adaptive” when it comes to winning in a complex environment.

He was quoting from the draft document, “Warrant Officer 2025,” which has

SEE SOLARIUM, PAGE B4



PHOTO BY JOHN HAMILTON

CW3 Zach Keough discusses broadening assignments during the first-ever Warrant Officer Solarium, held at the Command and General Staff College, Fort Leavenworth, Kan., Jan. 15.



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**STARTING SALARY: \$9.32 /HR**

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CLOSING DATE:  
FEBRUARY 15TH, 2016**

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### GENERAL

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# Horizon: Leaders call UAS integral to combined arms

Continued from Page B1

“We’ll go into flight later this year, do our testing regime and start to field those into INSCOM and SOCOM formations starting in the ‘17-’18 timeframe and then cascade the Gray Eagles that are in their formations down into the division,” he said.

“Our future strategy for UAS is on closing out current capability gaps and increasing options for commanders,” Cravey said.

“UAS are not only a part of Intelligence, Surveillance and Reconnaissance now, they’re an integrated part of our combined arms maneuver in the Army and currently deployed through our formations from echelons above divi-

sion to BCTs and combat Aviation brigades,” he said at a recent Association of the U.S. Army professional forum on the future of Army Aviation.

Cravey said that the improved Gray Eagle being fielded to Army Intelligence and Security Command formations has increased endurance time of nearly 40 hours, additional payload capacity and will be easier to maintain.

# Solarium: Warrant officers suggest combined education options

Continued from Page B1

similar wording to the “Army Operating Concept,” U.S. Army Training and Doctrine Command Pamphlet 525-3-1.

Someone who is not used to working with someone from a different service or military is going to have a much harder time adjusting and coordinating planning and movements when it comes to a combat operation where there will almost certainly be JIIM partners, he said.

CW3 Zach Keough said broadening assignments are eye-opening experiences that give warrants “exposure to departments outside the branch but within the organization so they see how their little piece contributes to the entire organization.”

He said these experiences should be made available to “highly qualified” Soldiers.

### Who’s being broadened?

CW3 Nick Koeppen said he’s fortunate with regard to JIIM broadening since he frequents Camp Lejeune, North Carolina, training with Marines on gunnery, naval gunfire and ship deck landings.

Others in the Aviation Branch are not as fortunate, he said. Since Aviation is a high-demand asset, particularly in-theater, there’s often no time for that, and the focus is keeping the aircraft up and flying to move people and equipment around.

CW3 Lori Mickelson, who is in



PHOTO BY DAVID VERGUN

Lt. Gen. Robert Brown, commander of the Combined Arms Center, gives feedback during the first-ever Warrant Officer Solarium.

human resources, said her branch is ripe with broadening opportunities for all the ranks. She said the same opportunities should be available in every branch, as well as across the three components.

For broadening to be effective, she said those assignments should be linked to career tracks and timelines, and be updated periodically in a user-friendly format.

### Lack of transparency

CW3 Luis Martinez said “there’s a lack of transparency on broadening assignment availability, no published prerequisites for broadening assignments and ambiguity in the selection process.”

He suggested that the process be more transparent and clearly communicated. Otherwise, “people don’t know what’s available.”

The selection criteria also need to be more transparent, he said. Now, if someone applies and doesn’t get selected, they don’t

know why. It seems like “a good old boy network,” of who gets selected.

Koeppen said broadening opportunity information is out there, but it’s in so many different publications and websites. It needs to be consolidated to one site or one publication.

CW3 Neal Vaught suggested that one career manager at Human Resources Command be in charge of all warrant officer broadening assignments, with branch managers and senior warrant advisors providing input to that person.

Input from the general Brown said there’s an expense involved in broadening opportunities, both in time and money, “but we can do this better.”

A lot of other topics were covered at the Solarium. A few of them follow.

The general added that the warrant officers’ input during Solari-

um was invaluable. “We’re too far removed from the problem, but you can solve it and tell us what you need.”

### Mandatory training

Keough said there’s too much mandatory training that is not related to leadership, technical skills and warfighting. Much of that training is redundant and the same mandatory training topics come up much too frequently. Also, mandatory training is conducted and tracked on multiple online sites, making it cumbersome to access.

“Army readiness is gauged by mandatory training, not METL (mission-essential-task list) proficiency. It should be the other way around,” he said.

Brown said he agreed with that assessment. “We’ve been fighting this since I was a captain. (Mandatory training) is for valid and important reasons, but winning the nation’s war should be the first priority. We’re working hard on this. There’s better ways to do it, but it involves policy decisions. METL is not our focus when everything is our focus.

“We’re not a business that loses money,” when poor decisions are made, he continued. Instead, “we lose lives.”

### Mentorship programs

Sargent said some units have mentorship programs and others don’t. It’s all over the map.

Brown agreed that having mentors is important. He said he’s had

his own mentors as he progressed through his career.

Other warrants said they, too, had mentors and some of them didn’t even know that they were mentors.

Brown cautioned not to make having mentorships mandatory. The Air Force tried it and it failed, he said.

### Common education

CW3 Heath Stamm said a study was done a few years ago saying that warrant officer education needs to be better integrated with officer education.

“There are commonalities between a lot of officer education and warrant officer education,” he said. “We should identify where we can train together. Otherwise we are duplicating.

For example, there are commonalities that exist at the Warrant Office Intermediate Level Education, and the Command and General Staff Officers Course level.

The problem now is warrant officer courses are at Fort Rucker and officer courses are at Fort Leavenworth, he noted, recommending that the warrant courses migrate to Fort Leavenworth. “I’ve never heard a warrant officer say that’s a bad idea. The facilities and resources are here.”

Brown said he agreed with that assessment, noting that the SHARP Academy decided to locate at Fort Leavenworth and the Army Management Service Staff College for Army civilians moved here from Fort Belvoir, Virginia.

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# Something for everyone

## Post offers variety of activities, specials for Valentine's Day

By **Jeremy Henderson**  
*Army Flier Staff Writer*

Romance is in the air this Valentine's Day weekend thanks to a variety of events and specials from Fort Rucker's Directorate of Family, Morale, Welfare and Recreation.

The events, with orientations ranging from single Soldier to family friendly, are designed to cater to Fort Rucker's diverse demographic.

"We have a diverse community and we always want to offer something everyone can enjoy," Janice Erdlitz, Fort Rucker DFMWR marketing director, said. "Whether you're civilians or military, single Soldier or family, you will be able to find something to do with the many fun activities planned for this Valentine's Day."

The Landing offers something for every day of the Valentine's weekend.

### Sweetheart Dinner

The Landing Zone hosts a Sweetheart Dinner Feb. 12 and 13 from 4-9 p.m. Guests may customize their three-course meal by selecting from set menu options. Each guest may choose an appetizer or salad, an entrée and dessert. Sweetheart Dinner prices are \$48.99 per couple and \$25.99 per individual. Reservations are highly recommended

as seating availability is limited.

### Dueling Pianos

The Landing hosts Dueling Pianos in the main ballroom Feb. 12 and 13 from 8 p.m. until midnight. Doors open at 7 p.m. Tickets may be purchased ahead of time for \$12 at The Landing, The Landing Zone, MWR Central, and The Coffee Zone locations at both Lyster and the Soldier Service Center, Bldg. 5700. Tickets are also sold at the door on the night of the event at The Landing for \$16. VIP tables with 10 reserved seats are also available for \$150.

Combo tickets, which include the cost of the Sweetheart Dinner meal and admission to Dueling Pianos, can be purchased at The Landing for \$68.99 per couple and \$35.99 per individual. Due to limited seating availability, combo ticket purchasers are strongly encouraged to contact The Landing Zone for dinner reservations.

### Valentine's Day Brunch Special

The Landing also hosts a Valentine's Day brunch at The Landing Zone Feb. 14 from 9 a.m. to 2 p.m. Couples enjoy half off a second brunch entrée with the purchase of any brunch entrée at regular price. Special entrée and dessert options will be available.

For more information regarding Dueling Pianos, contact The Landing at 598-2426. For more information or to make reservations for the Sweetheart Dinner or Valentine's Day Sunday Brunch, call The Landing Zone at 598-8025.

SEE EVERYONE, PAGE C5

## VOLUNTEER OPPORTUNITIES

### Project: MWR Central 2016 Travel Extravaganza

Duties: MWR Central needs 10 volunteers Feb. 24 at The Landing to assist for about two hours from 9-11 a.m. with the set-up and two hours from 1-3 p.m. for tear down of all the decorations and materials for the Travel Extravaganza. During this time, they will help with assisting vendors with transporting materials to the tables, and assist MWR staff with moving materials around the building and other areas, as needed. If interested, call 255-2997.

### Project: Black History Month 5K and 1-Mile Fun Run

Duties: Volunteers are needed to assist with the event. Registration is from 7:40-8:30 a.m. Saturday at the Fort Rucker Physical Fitness Center. If interested, call 255-1951.

### Position: Activities Support

Duties: Supports family readiness group activities and events. Provides assistance to key volunteers. If interested, call 255-1429.

### Position: FRG Newsletter Editor

Duties: Organize and oversee volunteer newsletter staff. Provide advance copy of newsletter to commander. If interested, call 255-1429.

# THRIFT SAVINGS PLAN

## ACS offers tools to strengthen financial wellbeing

By **Jeremy Henderson**  
*Army Flier Staff Writer*

Current and potential future Thrift Savings Plan participants will have the opportunity to learn more about the program during an upcoming class.

Army Community Service's Financial Readiness Program hosts a TSP class Tuesday from 6:30-7:30 p.m. at The Commons, Bldg. 8950.

According to Mike Burden, ACS accredited financial counselor, topics will include why to invest with the TSP, how to start your contribution, discussion of the five core funds and the lifecycle funds, borrowing from your TSP and more.

"TSP is a federal government-sponsored retirement savings and investment plan similar to a 401K provided by corporations and businesses," Burden said. "The purpose of the TSP is to provide retirement income. You are eligible to contribute as long as you work for the federal government (uniformed and civilian)."

Burden added that current TSP participants could gain a better understanding of the program by attending the class.

"It may be possible to gain additional knowledge concerning traditional and Roth accounts," he said. "Also, why it may be wise to consider diversifying your TSP funds based on risk."

"Participants will receive TSP-related handouts during the presentation," he added. "Also, TSP.gov provides everything most (people) want to know about the TSP."

For anyone currently not enrolled in the TSP program, Burden said the class could help them decide to participate.

"The TSP can be another source of retirement income to ensure retirees have sufficient funds to complement other retirement income, including military and Social Security," he said. "TSP is the best plan right now due to the low expense ratio – nothing can statistically compete with it. Additionally, when contributors invest in the traditional account, they may be able to save on income taxes."

For those not able to attend, individual appointments can be made with an accredited financial counselor to discuss the TSP by contacting the ACS Financial Readiness Program at 255-9631.

The ACS Financial Readiness Program will also host financial wellness training Feb. 16. The training is open to everyone, but registration is required not later than Feb. 12.

"It is a one-hour class focused on security and freedom of choice when it comes to money management as it relates to our financial goals," Burden said. "Topics will include attitudes toward money, financial goals related to life goals, renting versus buying a home, new versus used vehicles, managing credit and debt, and long-term investment options."

For more information on either class or to register for the upcoming financial wellness training, call 255-9631 or email [edwin.burdenciv@mail.mil](mailto:edwin.burdenciv@mail.mil).





# ON POST

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

**Anti-Bullying Campaign**

The Fort Rucker Youth Center will host its free Anti-Bullying Campaign Friday 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 Friday. 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 Friday from 10:15-11 a.m. The event 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 Saturday 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.

**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.

**Super Bowl party**

Mother Rucker’s will host a Super Bowl party Sunday. The party will feature food and drink specials, and door prizes. The party is open to the public for ages 18 and over. For more information, call 503-0396.

**Center Library Valentine craft**

The Center Library will host a Valentine craft activity Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served and space is limited to the first 65 children to register. The activity is open to all authorized patrons and is exceptional family member friendly.

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

**Thrift Savings Plan class**

The Army Community Service Financial Readiness Program will present a Thrift Savings Plan class Tuesday from 6:30-7:30 p.m. at the Commons. Topics include: Why invest with TSP?, how to start a contribution, discussion of risk tolerance, Traditional or Roth account, discussion of the five Core Funds and Lifecycle funds, and diversification.

For more information, call 255-9467 or 255-3359.

**Sweetheart Dinner**

The Landing Zone will host its Sweetheart Dinner Feb. 12 and 13 from 4-9 p.m. Reservations are highly recommended. The cost is \$25.99 per person or \$48.99 per couple. People can also make a night out of it by heading to The Landing’s main ballroom for Dueling Pianos after dinner. Tickets cost \$12 in advance and \$16 at the door. People can save more by combining their Sweetheart Dinner and Dueling Pianos show purchases – \$35.99 for a single’s dinner plus show combo or \$68.99 for a couple’s dinner plus show combo, which includes two three-course dinners and two show tickets. Dinner plus show combo guests will enjoy priority seating.



COURTESY ART

## Travel Extravaganza

**Tim Williams, dean of gator wrestling with Gatorland, holds an alligator while Lilith Koones, military family member, pets it as her mom, Georgina, looks on during last year’s Travel Extravaganza. The 28th annual Fort Rucker Travel Extravaganza is scheduled for Feb. 24 from 11 a.m. to 1 p.m. at The Landing. The event will feature more than 50 vendors on hand to discuss information and answer questions. Admission is free, and the event is open to the public and exceptional family member friendly. Door prizes, such as attraction tickets, hotel stays, memorabilia, clothing and a grand prize will be given away. In addition, a morale, welfare and recreation booth scavenger hunt offers an additional opportunity to win a prize. People do not need to be present to win. For more information, call 255-2997 or 255-9517.**

For more information, call 598-2426.

**Dueling Pianos**

The Landing will host Dueling Pianos, billed as a high energy, all request, sing-along, clap-along, rock n’ roll, comedy piano show, Feb. 12 and 13. Doors to the main ballroom will open at 7 p.m. and the show will begin at 8 p.m. Advance tickets will be available for \$12. Tickets will be \$16 after Feb. 11 or at the door. VIP tables will be available for \$150. VIP tables seat 10 and are guaranteed seating near the stage. Advance tickets may be purchased at The Landing, the Landing Zone, Coffee Zone at Lyster and Bldg. 5700, or MWR Central.

For more information, call 598-2426.

**Youth masquerade party**

The Fort Rucker Youth Center will host a free Hollywood Night Masquerade Party Feb. 13 from 6-10 p.m. for its members in grades six to 12. The event will feature refreshments, activities, giveaways, a photo booth and awards for the best-dressed male and female. Guests are welcome, and their cost is \$3 or they can bring three non-perishable canned goods items for the food drive. For more information, call 255-2260.

**SAC’S Young Bikers**

The school age center will host its SAC’s Young Bikers bike riding activities Feb. 13. Children ages 8-10 years old –, who are registered child, youth and school services members – can take part in the outdoor activities from 2-3:30 p.m. Parents and guardians are welcomed to join in. SAC will conduct a safety briefing, and provide bikes, safety gear and a map of available routes. Children must know how to ride a bike. Only a limited number of youth can participate at a time, so early registration is advised. Youth can sign up at the SAC.

For more information, call 255-9108.

**Valentine’s Day Brunch**

The Landing Zone will host its Valentine to Brunch Feb. 14 from 9 a.m. to 2 p.m. Special entrée and dessert options will be available. The brunch is open to the public.

For more information, call 598-8025.

**Financial Wellness Training**

The Army Community Service Financial Readiness Program will offer a one-hour Financial Wellness Training class Feb. 16 focused on security and freedom of choice when it comes to money management as it relates to financial goals. The presentation is open to everyone, but people need to register by Feb. 12.

For more information, including time and location, call 255-9631.

**Car seat safety class**

The Army Community Service New Parent Support Program will host a car seat safety class Feb. 18 from 9-10 a.m.

# DFMWR

# Spotlight

**Upcoming Family & MWR Events and Activities**

Open to the Public, Ages 16+

## DUELING PIANOS

Purchase your tickets early and save!

TWO SHOWS!

## FEB 12 & 13

THE LANDING 8 PM-MIDNIGHT

**Tickets:**

**\$150** VIP Table, **\$12** Advance (up to Day Prior to Show), **\$16** Door (Day of Show)

For entertainment details call Fort Rucker Family & MWR, (334)255-9810. For event details call The Landing, (334)598-2426.

**FEB 12 & 13**

**4-9 PM, Feb 12 & 13**

**Dinner Only**  
**\$25.99 Single, \$48.99 Couple**

**Dinner + Dueling Pianos**  
**\$35.99 Single, \$68.99 Couple**

Reservations are highly recommended as seating availability is limited. To make reservations or more details, call The Landing Zone, (334)598-8025.

### Sweetheart Dinner at The Landing Zone Menu

**First Course, Choice of:**

- Fiery Shrimp
- Goat Cheese Salad
- Blue Cheese Wedge
- Caesar Wedge

**Second Course, Choice of:**

- Grilled Salmon with Creamy Dill Sauce
- Filet Mignon
- Chicken with Champagne Sauce

**Third Course, Choice of:**

- Cheesecake with Fruit Topping
- Molten Lava Chocolate Cake
- New Orleans Style Bread Pudding

The Landing Zone menu will NOT be available during the Sweetheart Dinner

at The Commons, Bldg. 8950. The class is exceptional family member program friendly.

For more information and to register, call 255-9647, 255-3359 or 255-9805.

**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-

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.

FORT RUCKER MOVIE SCHEDULE FOR FEBRUARY 4-7			
Thursday, February 4	Friday, February 5	Saturday, February 6	Sunday, February 7
Daddy's Home (PG-13) .....7 p.m.	The Hateful Eight (R) .....7 p.m.	Joy (PG-13) .....4 p.m.	Point Break (PG-13) .....1 p.m.
TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.			



# THICKER SKIN

## Natick scientists collaborate to create ‘2nd-skin’ protection

By Jane Benson

U.S. Army Natick Soldier Research, Development and Engineering Center Public Affairs

NATICK, Mass. — Collaboration has long been second nature for researchers at the U.S. Army Natick Soldier Research, Development and Engineering Center, and now a partnership is developing second-skin, chemical-biological protection.

NSRDEC is working with the Massachusetts Institute of Technology, the University of California at Santa Barbara, the Air Force Civil Engineering Center, and the U.S. Army Edgewood Chemical Biological Center to develop second skin, the next generation of chemical-biological protection for the warfighter.

The Defense Threat Reduction Agency sponsors the project, which is a high-priority effort.

“The second skin will be a protective skin engineered with textile materials as a substrate that will adapt to the environment that the Soldier is in,” said Dr. Paola D’Angelo, an NSRDEC research bioengineer. “The idea is that the skin will be lightweight, it will not retain heat, and it will be air and moisture permeable.”

“The material design is based on the use of responsive polymer gels, including organohydrogels and functional chemical species, such as catalysts,” said Dr. Ramanathan “Nagu” Nagarajan, senior research scientist for Soldier Nanomaterials at NSRDEC. “The second skin will be able to sense chemical and biological agents, which will trigger a response within the gels.

“The response will close the pores of the textile, keeping the chemical or biological agent from entering. During this protection state, the threats will also be inactivated, allowing the second skin to return to its normal state,” Nagarajan said.



PHOTO BY DAVID KAMM

Dr. Paola D’Angelo, a research bioengineer at the U.S. Army Natick Soldier Research, Development and Engineering Center, is working on second-skin, chemical-biological protection.

rajan said.

“Anthrax, for instance, is one of the biggest threats,” D’Angelo said. “We need to find a way to detect it and kill it onsite, so the second skin not only senses the chemical or biological agent, but it also has a response. It has a protection component, as well as a deactivation component to it.”

The technology will enhance Soldier safety by addressing multiple threats and it will allow Soldiers to continue doing their job without interruption. The technology will be incorporated into one thin layer, which will reduce a Soldier’s logistical burden. It is designed to act autonomously without any Soldier intervention, D’Angelo said.

“The Air Force Civil Engineering Center collaborators are developing the catalyst particles to counter mustard agents at the surface of the second skin,” said Nagarajan.

“The MIT collaborators are developing novel polymers to sense and inactivate anthrax spores at the second-skin surface.

“The MIT and UCSB collaborators are developing hydrogels and organohydrogels that will go into the second-skin interior to protect against nerve agents and blister agents while also sensing and inactivating them,” said Nagarajan. “NSRDEC researchers are integrating the components to create the second skin material and, along with ECBC collaborators, are testing the performance of the second skin against chemical and biological threat agents.”

“It’s a great effort,” said D’Angelo. “It gives us the opportunity to work with collaborators from other government labs and with universities. We can leverage one another’s expertise. All of us working together is much more effective than working alone.”

“I collaborate with Paola on various aspects of the DTRA project, designing and synthesizing reactive polymers capable of killing bacteria and spores,” Dr. Lev Bromberg said, a research scientist in the Department of Chemical Engineering at MIT. “I prepare the samples, characterize properties and discuss Paola’s experimental results.”

Dr. David McGarvey, a research chemist at ECBC, and ECBC’s Dr. William Creasy provided expertise in the testing of the technologies against hazardous chemicals.

“The greatest benefit of the collaboration is that it has allowed each of us to do what we do best,” McGarvey said. “Entering into a completely new area of research can be fun, but it takes time and resources to develop a new expertise. With very limited funding, our group of collaborators was able to quickly create and test a number of

new technologies.”

The collaboration also gives university students and postdoctoral researchers the opportunity to work with top Army scientists, including NSRDEC’s Dr. Eugene Wilusz and Nagarajan.

“Working with Wilusz and Nagu is an excellent experience and opportunity,” said Manos Gkikas, a postdoctoral researcher at MIT. “They are both very supportive and communicative.”

Communication is key to the collaboration.

“We meet frequently to generate ideas, share expertise and to make sure what we are doing is compatible,” said D’Angelo.

“Program reviews led by the Defense Threat Reduction Agency Chem-Bio Division were very helpful in allowing collaborators from many different parts of the nation to engage in face-to-face dialog about the program,” McGarvey said. “These discussions helped everyone understand the overall progress of the research and develop a deep understanding of the challenges each group was undertaking. With everyone in the same room, a number of very helpful brainstorming sessions took place that resulted in new approaches for the research problems each group faced.”

“Our group at MIT has been working with Natick for a number of years. We have established a good rapport and have been working on a number of projects” said Bromberg. “We surely hope to continue working with Natick.”

“Everyone is coming together for the Soldier,” said D’Angelo. “It is a good feeling. I really like the interactions we have with Soldiers here and seeing what we are doing applied to the Soldiers. Sometimes if you are doing research for a company you don’t see it going anywhere. Here we see it in person. We see it being applied to protect Soldiers.”

## ‘Sesame Street’ supports military families in transition

Department of Defense News Staff Report

WASHINGTON — Elmo, Big Bird and Abby Cadabby are teaming up with the Defense Department to support thousands of military families as they transition to civilian life, according to Transition to Veterans Program Office officials.

On Jan. 27, the Sesame Workshop, the nonprofit organization behind “Sesame Street,” launched a website devoted to helping families cope with the changes associated with transitioning into civilian life, the officials said. The site, located at <http://www.sesamestreet.org/veterans>, includes several videos for children and adults, an activity book called “My Story, My Big Adventure Activity Book,” and other resources that military parents can use to help their families communicate through the transition process, the officials said.

The products are intended to increase the ability of parents to communicate with young children in age-appropriate ways and create awareness among transition service providers of the importance of including the whole family, particularly children, when addressing transitions for active duty service members, the officials said. The products are available online and will be distributed through a variety of networks where military families and children are present, both on and off military installations, the officials said.

“We are grateful to Sesame Workshop for their efforts to assist our transitioning military families,” said Susan Kelly, director of the DOD Transition to Veterans Program Office. “Transitioning out of the military can be challenging for families, and we hope these products will help ease that transition.”

DOD has worked with the Sesame Workshop in the past to use Sesame Street’s familiar characters to help preschool-aged military children understand aspects of military life, such as the deployment of a parent, moving to a new home, and the injury or even death of a parent, the officials said.

Previous examples of resources that have been developed through this collaboration between the Sesame Workshop and the DOD can be found through Military One-

Source: <http://www.militaryonesource.mil/sesame>, the officials said

The latest collection of resources about the transition of military families comes through collaboration with the National Center for Telehealth and Technology of the Defense Centers for Excellence, along with personnel from DOD’s Transition to Veterans Program Office and the Military Community and Family Policy office, the officials said.

The department assisted the Sesame Workshop in conducting research on this effort by organizing focus groups in 2015 with transitioning families at installations across the nation, including Fort Riley, Kansas; Fort Eustis, Virginia; Fort Benning, Georgia; Fort Stewart, Georgia; Fort Campbell, Kentucky; Joint Base Anacostia-Bolling, Washington, D.C.; Joint Base Andrews, Maryland; Robins Air Force Base, Georgia; Joint Base Charleston, South Carolina; Vandenberg Air Force Base, California; Miramar Air Force Base, California; Camp Pendleton, California; Camp Lejeune, North Carolina; and Marine Corps Logistics Base Albany, New York; the officials said.

According to the Sesame Workshop, focus group responses indicated that transition-related challenges, such as finding employment and adjusting to a change in family roles, could increase anxiety in military children, possibly resulting in academic or behavioral challenges, the officials said.

The Workshop’s materials emphasize communication throughout the transition process and underscore the benefits of making new friends and maintaining a positive attitude through change, the officials said.

Rosemary Williams, the deputy assistant defense secretary for military community and family policy, said the long-standing working relationship with Sesame Workshop has great benefits for military families.

“Their unique ability to translate difficult topics into language easily understood by children and trusted by their parents is most unique,” Williams said. “These fun and engaging products will only help military families as they adjust to new changes with the same resilience that marked their service to our nation.”

WE  
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Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country.

We extend our appreciation to the soldiers and military families for their personal sacrifices.



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# Parks host romantic getaways, events

## Georgia State Parks Press Release

Georgia's state parks will offer a variety of ways to enjoy nature with the ones you love this Valentine's Day weekend.

Park rangers have planned creative events for couples, families, friends and pets.

Paws on the Falls, an event for couples or families and their pets takes place Feb. 13 at 1 p.m. at High Falls State Park in Jackson. Dogs and their owners may gather for a scenic hike along the river, ending with dog treats. All pets must be on a six-foot leash while exploring the park. For more information, call 478-993-3053.

A couples-only archery class takes place Feb. 13 beginning at 5 p.m. at Panola Mountain State Park in Stockbridge and will fan the flames with a competition. Couples will take aim to determine the best arrow-toting angel. All equipment is provided, but couples must register in advance by calling 770-389-7801.

Cabin rental specials will be available at select Georgia State Parks. Guests at



COURTESY PHOTO

Elijah Clark State Park on Clarks Hill Lake will get a 30 percent discount, box of chocolate, drink glasses and sparkling cider at check-in, plus a friendly putt-putt challenge. F.D. Roosevelt State Park on Pine Mountain offers free fireside beverage and cheese tasting plus a scavenger hunt adventure to cabin guests. For more information or to make reservations, call 706-359-3458 for Elijah Clark and 706-663-4858 for F.D. Roosevelt.

History lovers may enjoy a romantic

story from Fort Mountain State Park in Chatsworth. During the 1930s, a Civilian Conservation Corps mason carved a heart-shaped stone for his sweetheart, setting it into a fire tower. Join a family-friendly hike Feb. 13 at 1 p.m. to see the stone and hear the love story. For more information, call 706-422-1932.

Couples may enjoy a sunset dinner on the Sam Shortline Excursion Train as it crosses Lake Blackshear in Cordele, Ga., on Feb. 14. The meal is \$129 per couple and includes an Italian dinner, 45-minute train ride, romantic decorations. Beverages are also available for a fee. For more information or to make reservations, call 229-276-0755.

Georgia park rangers invite visitors to share their romantic stories and photos on the park system's Facebook page. Some of the best submissions will be highlighted over Valentine's Day weekend. To share your story, visit [www.facebook.com/georgiastateparks/](http://www.facebook.com/georgiastateparks/).

For more information about Georgia's state parks and historic sites, visit [GeorgiaStateParks.org](http://GeorgiaStateParks.org).

# WIREFGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT [JHUGHES@ARMYFLIER.COM](mailto: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](http://www.andalusialegionpost80.org).

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

## DALEVILLE

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

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

## DOTHAN

**FEB. 4-5** — ROK Productions presents the City Rockfest Tour 2016, featuring Christian rock artists Disciple, Seventh Day Slumber, Decyfer Down, Spoken and Children 18:3, from 6:30-10 p.m. at the Northview High School Convocation Center at 3209 Reeves Street. Proceeds go to the Kyle Leonard Memorial Scholarship Fund. Tickets are available at Eagle Eye Outfitters in Dothan, Dove Christian Supply in both Enterprise and Dothan, and online at [itickets.com](http://itickets.com). Tickets are \$15 in advance, \$20 at the door, \$30 for VIP, and discounts are available for groups (\$10 for 15 plus). For more information, call 662-251-9990.

**FEB. 10** — ROK Productions presents the City Rockfest Tour 2016, featuring

Christian rock artists Disciple, Seventh Day Slumber, Decyfer Down, Spoken and Children 18:3, from 6:30-10 p.m. at the Northview High School Convocation Center at 3209 Reeves Street. Proceeds go to the Kyle Leonard Memorial Scholarship Fund. Tickets are available at Eagle Eye Outfitters in Dothan, Dove Christian Supply in both Enterprise and Dothan, and online at [itickets.com](http://itickets.com). Tickets are \$15 in advance, \$20 at the door, \$30 for VIP, and discounts are available for groups (\$10 for 15 plus). For more information, call 662-251-9990.

**ONGOING** — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to [davchapter87@gmail.com](mailto:davchapter87@gmail.com).

## ENTERPRISE

**ONGOING** — Disabled American Veterans Chapter 9 Enterprise-Coffee County located at 201 W. Watts St., meets the first Saturday of the month at 8:30 a.m. DAV helps veterans with claims Mondays-Thursdays, 9-11 a.m., and other times by appointment. For more information, call 308-2480.

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

**ONGOING** — Veterans of Foreign Wars Post 6683, John Wiley Brock Post, membership meetings are at the post headquarters on County Road 537 every third Tuesday of the month at 7 p.m. For more information, call 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

## 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

**FEB. 9** — St. Michael's Episcopal Church will hold its annual pancake supper from 5-7 p.m. in the Parish Hall. There will be blueberry, pecan, and plain pancakes, bacon, sausage, ice tea and coffee. Tickets are \$5, and may be purchased from church members or at the door. The parish hall will be decorated in a Mardi Gras theme. Take-out plates will be available.

**FEB. 19** — Classical guitarist Zachary Johnson will perform at St. Michael's Episcopal Church at 7 p.m. This is the first of the spring classical guitar concert series at St. Michael's. Following this free classical guitar concert will be a meet the artist reception in the church parish hall. St. Michael's is located at 427 Camilla

Avenue.

## 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.

## WIREFGRASS AREA

**FEB. 26 AND 28** — The New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will celebrate its annual pastoral anniversary honoring Pastor Eddie L. Baker and first lady Ollie Baker beginning at 6 p.m. Feb. 26. Refreshments will be served. The anniversary will continue Feb. 28 at 11:15 a.m. and at 2:30 p.m. All churches are invited to attend and dinner will be served.

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

## Beyond Briefs

### 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 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>.

### Hank Williams Museum open house

The Hank Williams Museum in Montgomery will celebrate its 17th year of operation Feb. 7 with an open house from 1-4 p.m. Admission is free, but donations are accepted.

For more information, call 334-262-3600 or visit [www.thehankwilliamsmuseum.net/](http://www.thehankwilliamsmuseum.net/). The museum is located at 118 Commerce Street.

### Eagle Awareness 2016

Lake Guntersville State Park hosts its Eagle Awareness 2016 program now through Feb. 21. The program features guest speakers, bird-of-prey presentations, photography opportunities, guided tours and lodging packages. For more information, visit <http://www.alapark.com/Lake-Guntersville-State-Park-Eagle-Awareness-Weekends>.

### Science Fiction, Science Future

The U.S. Space and Rocket Center in Huntsville hosts the Science Fiction, Science Future exhibition now through March 6. Science Fiction, Science Future brings the science of the future into the present, sending visitors on a unique journey filled with science exploration, curiosity and discovery, according to center officials. Created by the renowned Scitech Discovery Centre in Perth, Australia, Science Fiction, Science Future is a visually compelling exhibition that enables guests to develop a deeper understanding of how science fiction ideas and concepts of today could become the science reality of tomorrow. Science Fic-

tion, Science Future engages visitors with exciting hands-on and full-body experiences, incorporating robots, invisibility, mind control, holograms and augmented reality. In addition, science fiction films and pop-culture references for all ages are featured throughout the exhibition on high-impact graphic panels. Visitors engage and enjoy as they learn about the medical technology, communication and transportation of tomorrow in use today. This exhibition incorporates many innovations and inventions that were once only considered possible in film and literature.

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

### Harlem Ambassadors basketball show

Family fun will tip off when the Harlem Ambassadors visit Montgomery to take on the Habitat Home Team (an eclectic group of local leaders and celebrities) Feb. 20 at 3 p.m. at the Faulkner University Gym. The Harlem Ambassadors offer a unique brand of Harlem-style basketball, featuring high-flying slam dunks, games with the children and comedy routines, according to a team press release. Tickets cost \$10 — ages 5 and under are admitted for free.

For more information, call 334-832-9313 or visit [habitatmontgomery.com/](http://habitatmontgomery.com/).

Tine W. Davis Gymnasium - Faulkner University, 5345 Atlanta Highway, Montgomery, AL 36109



# Everyone: Holiday treats include special events, discounts

Continued from Page C1

### Valentine skate night

Youth can celebrate Valentine’s Day early during a Heart 2 Heart Skate Night Friday at the school age center, Bldg. 2806, located on Seventh Avenue. A safety skate session takes place from 6:15-7:15 p.m. at a cost of \$2 per person. Regular skating takes place from 7:30-9:30 p.m. at a cost of \$5 per person.

“There are no reservations needed and there is not a specific age range,” Christine Kessel, child, youth, and school services SAC supervisory program specialist, said. “The event is great for youth because it is a safe environment where they can meet up with friends or meet new ones.

“The skate night may be beneficial because it is cheaper than going to a skate rink off post. If they live on post, it will save on gas money, and children that haven’t skated much have a chance to come to the safety skate and not feel embarrassed because a lot of the other children are just like them,” she added. For more information, call 255-2271.

### Youth Hollywood Night Masquerade Party

The Hollywood Night Masquerade Party will be held Saturday from 6-10 p.m. at the youth center, Bldg. 2800, also located on Seventh Avenue.

The event is open to sixth through 12th graders (ages 11-18). No reservations are needed. The cost is free to CYSS members and members are allowed to bring one guest. Guest admission is \$3 or members may bring three non-perishable items for the Food Drive.

Masks will be provided at the youth center.



“We encourage all our teens to come out to have a great time, as well as enjoy the food, music and activities,” Melissa Davis, Fort Rucker Youth Center supervisory program specialist, said. “This event allows local youth to come explore what opportunities the youth center has to offer. They can meet the staff, as well as make friends with youth here at Fort Rucker and surrounding areas. There will also be giveaways and awards for the best-dressed male and female. We invite everyone to come dressed in their best Hollywood red carpet outfit.”

For more information, call 255-2997.

### Bowling specials

Rucker Lanes offers 25-cent games and 50-cent shoe rentals Feb. 14 from 10 a.m. until 8 p.m. For more information, call 255-9503.

According to Erdlitz, the variety of events provides the opportunity for every age group to have fun for a while.

“We try to have special events and opportunities during every holiday season

for Soldiers and their families to attend on post since we know everyone cannot go home to visit family,” she said. “Hosting events that are convenient to the needs of our patrons is very important to us. We

want to make every effort to provide fun, affordable, family entertainment. We hope everyone will take advantage of the many opportunities DFMWR is offering for this Valentine’s Day.”

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1 Corinthians 11:1

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The Gathering (Youth) .....6:00PM  
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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 Cross-roads (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.

**164th TAOG Bible Study**  
Bldg 30501, 11:30 a.m.

**Adult Bible Study**  
Soldier Service Center, 12 p.m.

**Youth Group Bible Study**  
Spiritual Life Center, 5:30 p.m.

**Adult Bible Study**  
Spiritual Life Center, 6 p.m.

**Thursdays**  
Adult Bible Study  
Spiritual Life Center, 9 a.m.

**Latter-Day Saints Bible Study**  
Wings Chapel, 6:30 p.m.

**Saturdays**  
Protestant Men of the Chapel  
Wings Chapel (1st Saturday), 8 a.m.



COURTESY PHOTO

PICK-OF-THE-LITTER

Meet Jack, an approximately two-month-old male kitten for adoption at the Fort Rucker stray facility. He is very mild tempered and loves attention. He has received an initial dewormer, a rabies vaccination and tested negative for FeLV/FIV. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. 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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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Ask most parents of toddlers, and they will tell you that tantrums are part of growing up. For Jordan Kilgore, those tantrums led to a surprising discovery that changed her world for the better.

Jordan was born in January 2012, about six weeks early. By the time Jordan turned 18 months, she began having frequent tantrums. She also experienced recurring ear infections, and by the age of 2, she had not said her own name.

Her parents, Scarlotte and Allen Kilgore of Mountain Brook, were expecting Jordan's pediatrician to recommend surgery for tubes to prevent future ear infections. A few months after her second birthday, in March 2014, the family was referred to Children's of Alabama for a hearing and speech testing, a customary step prior to receiving tubes.

"They came into the exam room after Jordan's hearing test and handed me pamphlets for hearing aids," Scarlotte recalled. "I said to them, 'No, no, we're the Kilgores in room one. You must be looking for someone else in another room.'"

Jordan was diagnosed with moderate to severe sensorineural hearing loss. It was news the Kilgores did not see coming.

Hearing loss affects about 12,000 children born in the United States each year, making it the nation's most common birth defect.

The family soon sought a second opinion outside Children's.

"That was not a positive experience," she said, "but it showed me just how fortunate we are to have Children's. It made me appreciate what we have right here in our city that much more. There are so many families who have to drive from all over the state to take advantage of the services this facility offers, and it's right here in my backyard."

The next month, in April 2014, Jordan received her hearing aids. The Kilgores' insurance covered the devices, but that's not always the case. The cost for a set of hearing aids for children can cost up to \$4,000.

"Hearing aids, even for children, are viewed as elective. Only 19 states have some sort of stipend for hearing aids for children," Scarlotte said. "My ultimate goal in all of this would be to get legislation introduced here in Alabama to provide coverage for hearing aids for children. Too many families are shouldering that financial burden."

Looking back, Scarlotte said, they now understand that Jordan's tantrums were out of frustration for not being able to communicate with family and friends. Because of her hearing loss, Jordan was unable to hear the 'J' sound at the start of her name. Now, she can speak in sentences.

"We're in a whole different world now," Scarlotte said. "The technology available to us is tremendous. We see new developments with Jordan about every six weeks. She loves her therapist, Wendy Piazza, and Jordan looks forward to seeing her every week for therapy at the HEAR Center."

Every step along the way, the staff of Children's has been amazing, Scarlotte said. "From that first pamphlet, to the tissues as I sobbed, to all the families they've helped connect us with, they have given us so much."

Like many other little girls her age, Jordan loves the song, "Let It Go" from the hit Disney movie "Frozen." Before her diagnosis, Jordan would hold Allen's or Scarlotte's cell phone closely to her ears to listen to the music. As she was being fitted with her new hearing aids at Children's on 3rd, dad Allen played the song on his cell phone from across the room. The volume was low, barely detectable to the others in room. But, right away, Jordan heard it loud and clear. She was finally able to simply enjoy it without having to hold the phone closely to her ears.

Today, with a third birthday quickly approaching, Jordan is making incredible strides and faces a bright future. "She doesn't have any limitations, just hearing aids," Scarlotte said.

And that's music to any mom's ears.

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FEBRUARY 4, 2016

# PUMP YOU UP!

*Class provides solid foundation for weightlifting*

By Nathan Pfau  
Army Flier Staff Writer

Getting into any type of workout regimen can be difficult, especially if it’s something new, but the Fort Rucker Physical Fitness Center is helping smooth the path with a class to help people get into the right mindset when tackling strength training.

The Weightlifting Foundation Class is a program geared towards people who want to learn more about weightlifting and resistance training, according to Shauna Attaway, training coordinator for the class.

The class is a four-week class that meets two days a week, and is designed to give a knowledge base of various phases of lifting properly. The first four-week block begins Feb. 15.

People will learn about dynamic warm-ups before lifting, as well as proper lifting techniques for different types of lifts, such as squats, dead lifts, pull ups, bench press and more, she said.

“Throughout the class, participants will learn the biomechanics for each muscle group, numerous exercises per muscle group, proper lifting form and techniques, progression of exercises and programming to accomplish their individual goals,” said Attaway. “They’ll also get training



PHOTO BY JEREMY HENDERSON

**Rachael Scroggin, Fort Rucker fitness specialist, performs a dumbbell chest press during a recent personal weight training session at Fortenberry-Colton PFC.**

on proper warm-up and stretching techniques, proper nutrition to support their activities and how to develop a weekly lifting plan.”

The time in the class is designed to give people personalized guidance to enhance their current routine to be comfortable in a gym setting, she added.

Instructors will work with participants

independently and guide them on appropriate amounts of weight to use for their warm-ups, as well as their workouts. They will also be able to help people around their personal limitations and lifting weaknesses, and instruct on how they might be able to get past them.

The course will also include demonstrations and detailed instructions on utilizing

all types of gym equipment and machines, said Attaway.

Safety is a top priority in the class, said the training coordinator, and proper precautions should always be taken when hitting the weights.

“Weightlifting is safe when performed properly and progressed slowly,” she said. “Proper form is key to keeping injuries at bay, as well as a thorough warm-up session before each workout and stretching post workout. All these fundamentals will be covered at length over the four-week course.”

Upon registering for the class, participants will be asked to complete a health questionnaire and, if needed, obtain medical clearance from their physician.

Although instructors will be there to help people through each step of the process, Attaway suggests that it’s up to each individual to get out of the program what they hope to accomplish.

“Each participant should expect to gain confidence and knowledge to begin or improve on a weightlifting program tailored to their individual goals,” she said. “You get what you put in.”

The cost for the program is \$50 per person.

For more information, call 255-2296 or 255-3794.



## Clinic observes American Heart Month in February

By Jenny Stripling  
Lyster Army Health Clinic  
Public Affairs Officer

Lyster Army Health Clinic reminds everyone to keep hearts on their minds as February begins – and not just the Valentine’s Day kind.

February is American Heart Month, an annual observance to bring awareness to cardiovascular disease – the nation’s No. 1 killer.

LAHC will be showing support for Healthy Heart Month and the GoRed! for Women Campaign by wearing red and providing educational outreach in the clinic Friday from 9 a.m. to 3 p.m. People are invited to stop by to learn more about ways to reduce their risk of heart attack and heart disease.

Friday is National Wear Red Day, part of the Go Red for Women movement launched over a decade ago by the American Heart Association to bring attention to the fact that heart disease is not just a man’s disease. On this day, everyone is encouraged to wear red and to commit to making lifestyle changes to live longer, healthier lives.

Visit Lyster’s social media sites for more tips and information throughout February.

## HASSLE FREE

*Lyster begins new patient onboarding process*

By Jenny Stripling  
Lyster Army Health Clinic  
Public Affairs Officer

When Soldiers and their families relocate to a new installation, initiating their healthcare should be hassle free.

For this reason, Lyster Army Health Clinic has taken steps to improve how incoming beneficiaries are welcomed and medically in-processed to the clinic by offering a new centralized process.

The new medical onboarding process began Jan. 4 for Soldiers and families. It now takes place right in the clinic, where previously Soldiers medically in-processed at Bldg. 5700.

The new process allows beneficiaries to obtain their primary care manager, medical screenings, Medical Protection System check, TRICARE and RelayHealth online registration and more.

“Soldiers will still in-process to post at Bldg. 5700, but we decided to create a more centralized

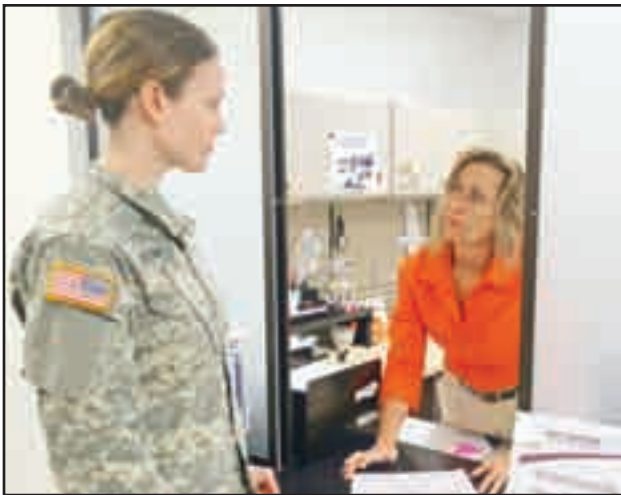


PHOTO BY JENNY STRIPLING

**Lori Baughman, Lyster Army Health Clinic Lifespace Center patient educator, helps 2nd Lt. Diana Taylor in-process recently.**

process (by) having them come directly to the clinic for medical in-processing,” said Alexa Manley, supervisory nurse at LAHC. “We have a better opportunity to get them added into the LAHC system immediately, provide them orientation to the clinic and give helpful information needed to begin their future of health readiness.”

When arriving through the front doors of LAHC, beneficiaries will notice the Lifespace Center just to

the left of the Coffee Zone. This is the first stop for getting into the LAHC system. Here, they will sign in, receive a welcome packet, and be given personalized instructions to begin medical in-processing and tour of the facility.

They will update their account information or enroll in TRICARE Online and RelayHealth. TRICARE Online provides patients access to make appointments, review lab or radiology results, refill prescriptions,

and view other health care information and education. RelayHealth is a Web-based secure email service through which medical providers and patients are able to communicate about non-urgent healthcare matters.

“While this process is still new, we know it will be a much easier and (more) helpful experience overall for our beneficiaries who are relying on us to provide them with excellent healthcare,” said Lorita “Lori” Baughman, Lifespace Center patient educator.




Baughman said the time it takes to completely in-process to LAHC differs for each beneficiary, but should only take about 30 minutes. However, she said it’s best for patients to make plans to come at a time when they are not rushed.

Soldiers can medically in-process Mondays-Fridays from 8 a.m. to 3:30 p.m., and families can register at LAHC clinic between 7:30 a.m. and 4:15 p.m.

For more information, call 255-7038.



## PIGSKIN PICKS

 Col. Tom von Eschenbach CDID	 Capt. Louis Hill 6th MP	 Jim Hughes PAO	 Capt. Mike Simmons DPS	 Sharon Storti NEC
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*Denver vs.  
Carolina  
@ Levi’s Stadium*



*Record*

**74-41**

**68-47**

**80-35**

**76-39**

**74-41**



# DOWN TIME



## Just Like Cats & Dogs

by Dave T. Phipps



## Trivia test

by Fifi Rodriguez

# TRIVIA

1. GEOGRAPHY: Where is the largest desert in the world?
2. MOVIES: Which one of the Seven Dwarfs wears glasses in Disney's "Snow White" animated film?
3. HISTORY: When did Sonia Sotomayor become the first Hispanic member of the U.S. Supreme Court?
4. LANGUAGE: What is a xenophobic person afraid of?
5. TECHNOLOGY: What search engine did Microsoft launch in 2009?
6. BUSINESS: What does the "B.F." stand for in "B.F. Goodrich"?
7. FAMOUS QUOTATIONS: What spiritual leader said, "Love and compassion are necessities, not luxuries. Without them humanity cannot survive"?
8. ENTERTAINERS: Who was the retired pro baseball player who married actress Marilyn Monroe in 1954?
9. ANIMAL KINGDOM: The adjective "leonine" describes what type of animal?
10. GENERAL KNOWLEDGE: What was the first diet drink that The Coca-Cola Co. introduced?

See Page D4 for this week's answers.

## Super Crossword

## ALLOT THE PRESS!

### ACROSS

- 1 "—, peel me a grape" (Mae West line)  
7 "— Adventures in Wonderland"  
13 Mobile locale  
20 Pacific weather phenomenon  
21 Sullen  
22 Neighbor of Ukraine  
23 Eccentric, corrupt rascals?  
26 Part of A/C  
27 "World Cafe" broadcaster  
28 "Mama" of pop music  
29 Spiritualists' event  
30 Seize illegally  
33 Coarse  
36 African mongooses  
38 One dealing in red meat for a living?  
40 Selling points  
42 June hrs.  
43 Bit of intimate apparel  
45 Suffix with prop-

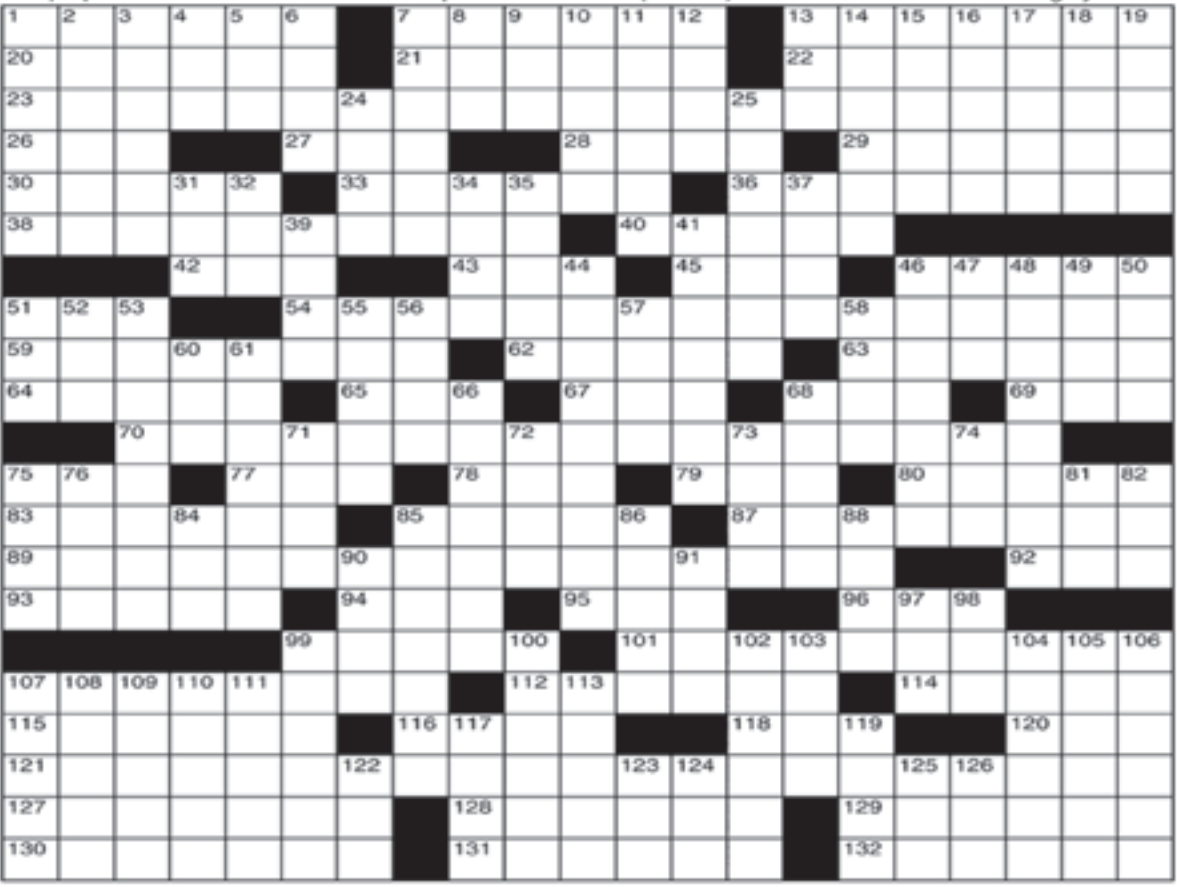
- 46 Number of Stooges  
51 Audio system part  
54 Lovable male turkeys?  
59 Jews living outside Israel  
62 Conveys  
63 Alternative to Red Roof  
64 En — (as a whole)  
65 Bit of formal apparel  
67 Zee lead-in  
68 AT&T rival, once  
69 Hi-speed connection  
70 Actor Depp being mushy?  
75 Hit in a ring  
77 "Really? — who?!"  
78 King, in Toulon  
79 Barfly, say  
80 Charles for whom a chair is named  
83 One of golf's majors  
85 Request in blackjack  
87 More tempes-tuous

- 89 Stroke from the tee made while wearing a tee?  
92 Strike marks, in bowling  
93 Little squirts  
94 Trains to Wrigley Field  
95 Scand. land  
96 Mini-devil  
99 Perón of Argentina  
101 Press chinos and corduroys?  
107 Classical pieces  
112 Inborn  
114 Bea Arthur title role  
115 Believer in God  
116 Onetime teen idol  
118 Onetime flight inits.  
120 They cross aves.  
121 Use glue to mend pants?  
127 Immunity trigger  
128 Swooning fan, e.g.  
129 Laud  
130 Mosaic piece  
131 Throws  
132 Sacred places

- DOWN  
1 Smear  
2 Plaza Hotel heroine  
3 Erroneous  
4 Set aflame  
5 "Is there — hope?"  
6 It's honked  
7 Acela runner  
8 Building site  
9 Cholera  
10 Spiral shell  
11 English class assignments  
12 Min. parts  
13 — Dhabi  
14 Zooms, e.g.  
15 Tree of the birch family  
16 Israel's Ehud  
17 Boxing venue  
18 Punish by fine  
19 Burros  
24 Intl. oil group  
25 Singers Donny and Marie  
31 "Mayberry —" (old sitcom)  
32 Nighty-night garb  
34 Union foes  
35 Neophytes  
37 Saber's kin  
39 "High Noon" actor Kruger  
41 — "Messiah" (oratorio)

- 44 Twice or thrice  
46 Gym hiree  
47 "Let me see ..."  
48 Having pre-blended ingredients  
49 Finales  
50 Series finale?: Abbr.  
51 Nav. rank  
52 Hamm on a soccer field  
53 Deposits are recorded in it  
55 David of the Red Sox  
56 Really injure  
57 "Book of Days" singer  
58 Brow shape  
60 Cleveland-to-Raleigh dir.  
61 Multipiece office gifts  
66 Most weird  
68 Maxim  
71 Certain till fill  
72 Tube addict's punishment  
73 Kid around  
74 '60s war site  
75 Barely  
76 Pasty-faced  
81 Wide shoe width

- 82 Yearbook div.  
84 Kin of ante-  
85 Spiral  
86 Moses or Meese  
88 Of ears  
90 — Strauss  
91 Immunizing fluids  
97 May VIP  
98 Sch. group  
99 Sitcom actress Rolfe  
100 Alternative to judo  
102 River critters  
103 Current events  
104 Like the Kazakh language  
105 Most weird  
106 Tetley rival  
107 Hitler's turn to hit  
108 French river  
109 Fair shelters  
110 Calf-length skirts  
111 Gas bill info  
113 Small iPods  
117 No-clutter  
119 Tablet extras  
122 "Leaving — Jet Plane"  
123 Surg. centers  
124 Born, to Fifi  
125 "— cup — cone?"  
126 Eighty-six



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See Page D4 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 D4 for this week's answers.

# KID's CORNER

**Puzzle Card**

THE NUMBERS ABOVE are arranged so that any three numbers along any side will add up to 36. Can you rearrange them so that they will total 37 along any side?

**A MATH MIX-UP!** Can you solve this Alphamath puzzle? Replace the letters to the right with digits 0 through 9 so that you will have a correct multiplication problem. The same letters get the same digits.

**SOLVE IN ONE MINUTE AND START AN "EPOCH!"** See if you can find the four five-letter words to fill in the word square at the right. All words must read the same across and down.

A few hints are:  
1. A notable event (given).  
2. Spanish for "father."  
3. Stranger, or more peculiar.  
4. Top of hill.  
5. Car rental agency.

Answers: 1. Epoch. 2. Padre. 3. Odder. 4. Crest. 5. Hire.

**Junior Whirl**

by Charles Barry Townsend

THE CATCH OF THE DAY!

**NET**

**BASSINET**

**DRAGONET**

**GAMBIT**

**HORNET**

**BRUNET**

This young scholar has "netted" herself some interesting words. The grid above has room for eight of them, and just by coincidence, they all contain a "NET" of their own. Hints are given below:

1. A type of ring.
2. A type of poem.
3. A type of piano.
4. A type of hat.
5. A tingling, prickly plant.
6. Occurring only once.
7. A kitchen alcove for eating.
8. Type of clipper.

Answers: 1. Signet. 2. Sonnet. 3. Bonnet. 4. Brunet. 5. Net. 6. Octet. 7. Kitchen. 8. Clipper.

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8 3 2 7 6 4 8 4 5 3 4 7 2  
U U E I E R N A R C R R O  
5 6 5 4 5 2 3 6 3 4 3 4 2  
E C F R O F C A E I S V H  
7 6 5 4 7 5 2 3 8 2 8 4 8  
E U R E F Y O S D M L S O  
2 3 7 6 5 7 8 6 8 3 7 3 5  
E U R T O I V I E P E H U  
7 3 5 7 5 3 6 7 5 6 5 3 5  
N E R D S L O S E N L D F

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

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**HOCUS-FOCUS**

BY HENRY BOLTCOFF

Find at least six differences in details between panels.

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# ZIKA VIRUS:

## Military doc offers ‘need to know’ info

**By Col. Mark D. Harris**  
*Chief of Preventive Medicine and Public Health Emergency Officer*  
*Regional Health Command-Atlantic*

FORT BELVOIR, Virginia — World news headlines shouted the story of the Zika virus, predicting millions of cases and warning of widespread disease.

Major U.S. airlines have offered refunds to passengers who chose not to go to areas affected by the Zika virus.

But what do Soldiers and their families need to know and do in the face of this danger?

The Zika virus was first discovered in Uganda in 1947. It spread to Brazil in early 2015 and by Jan. 27 was in 22 countries in the Americas. People who contracted Zika infection overseas have been found in Texas, Arkansas, Hawaii and Virginia, but there has been no transmission in the U.S.

Bites from certain types of mosquitoes found in the southeastern United States

transmit the virus. Fortunately, dropping temperatures decrease virus transmission and freezing temperatures kill the mosquitoes.

Eighty percent of patients with Zika virus never develop symptoms. Twenty percent develop fever, rash, muscle aches and joint pain lasting about one week. More serious complications are very rare.

Many fear that Zika infection might be associated with birth defects. More study is needed, but the Centers for Disease Control and Prevention recommends that pregnant women consider postponing trips to countries where the Zika virus is being locally transmitted, such as Central America and northern and central South America.

Treatment for the Zika virus includes controlling pain and fever, good fluid intake and rest. Other medications, including antibiotics, are not effective and there is no vaccine. People can reduce their chance of becoming infected with good mosquito protection. The CDC offers the following tips

(<http://www.cdc.gov/zika/disease-qa.html>).

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning, or that use window and door screens to keep mosquitoes outside.
- Use Environmental Protection Agency-registered insect repellents. All EPA-registered insect repellents are evaluated for safety and effectiveness.
- Always follow the product label instructions
- Reapply insect repellent every few hours.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.
- If you have a baby or child: do not use insect repellent on babies younger than 2 months of age; dress your child in clothing that covers arms and legs, or cover cribs, strollers and baby carriers

with mosquito netting; do not apply insect repellent onto a child’s hands, eyes, mouth, and cuts or irritated skin; and spray insect repellent onto your hands and then apply to a child’s face.

- Treat clothing and gear with permethrin or purchase permethrin-treated items.
- Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do not use permethrin products directly on skin. They are intended to treat clothing.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

The recent outbreak of the Zika virus is a genuine concern. However, by taking a few simple precautions, Soldiers and families can protect themselves.

## NFL drafts Pro Bowlers at Wheeler Army Airfield

**By Sgt. Daniel Kyle Johnson**  
*25th Combat Aviation Brigade*  
*Public Affairs*

WHEELER ARMY AIR FIELD, Hawaii — Partnered with the NFL, ESPN and USAA, the 25th Infantry Division hosted the 2016 Pro Bowl Draft in the 25th Combat Aviation Brigade’s hangars on Jan. 28.

The draft party brought Soldiers, Airmen, Sailors, Marines, Coast Guard personnel, family members and friends together with the best NFL players in the country to celebrate the draft of this year’s Pro Bowl teams.

“I’m a huge fan of football and I’m originally from San Diego – I grew up a Charger’s fan,” said Spc. Jason Gamache, 25th Infantry Division Soldier of the Quarter, 2-25th Aviation Regiment, “I’m a little disappointed to see them leaving San Diego, but it doesn’t make me any less of a fan.”

Across two 2-6th Cavalry hangars, were spread multiple interactive events sponsored by USAA. These events allowed Soldiers and guests to interact

with NFL players, take selfies and pose with the Pro Bowl trophy.

“I think it’s great for an organization like the NFL and the U.S. Army, the military as a whole, to be able to work together and bring the community together, especially in these times,” said Gamache.

“You wouldn’t expect that the military and civilians would coordinate with each other like this to bring the Pro Bowl draft here and actually setting up ESPN right here in front of us, something I never seen before,” said Spc. Quinton Brown, Pro Bowl support detail from the 2-6th Cav.

“It’s a great opportunity for us, especially being in a blessed situation to even be here,” said Branden Albert, offensive tackle with the Miami Dolphins. “It’s a blessing to be out here in this weather enjoying time with our fans and the Soldiers.”

Gamache was selected by division leadership to appear live on television during the Pro Bowl draft. He placed the players’ names on the board as they were



PHOTO BY SGT. DANIEL KYLE JOHNSON

Pvt. 1st Class Scott Wilder, an attack helicopter repairer with the 2-6th Cavalry Regiment, takes a photo with NFL running back DeAngelo Williams at the 2016 Pro Bowl draft party at Wheeler Army Airfield, Hawaii, Jan. 27.

selected, along with four other service members, representing all five branches of the military.

“It’s always a great experience. It’s a great opportunity being here, especially in the 25th

Infantry Division. I’ve had a lot of very unique opportunities not just what you see on the recruiting commercials but to interact with the community and better the organization as a whole,”

said Gamache. “I really appreciate those opportunities and am very proud of the opportunity to give back.”

The Pro Bowl was held at the Aloha Stadium on Oahu Jan. 31.

## Service members support 2016 NFL Pro Bowl

**By Staff Sgt. Chris Hubenthal**  
*Defense Media Activity – Hawaii Bureau*

ALOHA STADIUM, Hawaii — Military members volunteered their time to support the 2016 NFL Pro Bowl Sunday.

A joint honor guard detail rendered honors as the American flag was displayed across the field, followed by the Air Force conducting a C-17 Globemaster flyover.

Aside from the military’s involvement in the pregame performance, hundreds of military volunteers also worked together behind the scenes to move the pregame show logistics on and off the field in support of Rachel Platten’s performance of her song “Fight Song.”

U.S. Air Force Staff Sgt. Xenia Dillon, 15th Aerospace Medical Squadron, explained her role as a Pro Bowl volunteer.

“There were 13 or 15 different moving pieces and over 200 volunteers with the military,” Dillon said. “We did the pregame first show for the singer that came out to do it, Rachel Platten, we set up her stage and crew. All the big pieces that were coming through the tunnel that were all lined up, we all had to push them out coordinating together.”

Dillon said that the volunteers spent extra time practicing

the quick stage set up to be better prepared for game day.

“We did a bunch of practices late at night,” Dillon said. “The military all just pulled together. It was really easy honestly because everyone said ‘OK so, one, two, three, go’ and it was just seamless.”

Team Irvin defeated Team Rice 49-27 and once the game was over NFL players took the time to thank the military for their service.

“Thank you so much for everything you all do,” said Derek Carr of the Oakland Raiders. “You are all the true heroes. Everyone watches football and looks up to us, but you guys are the true heroes and we know it, so thank you so much and God bless.”

Michael Irvin, former NFL football player for the Dallas Cowboys and former ESPN broadcaster, made a shout out that echoed Carr’s statement of what a hero is.

“I am Michael ‘The Playmaker’ Irvin, three-time Super Bowl champion with the Dallas Cowboys and I am an NFL Hall of Famer, but I tell you this – there are no greater Hall of Famers than the troops,” he said. “We appreciate all you do that allows us to live the life and do the things that we do. We get to play a game and have fun because you play the real game and keep us safe.”



PHOTOS BY STAFF SGT. CHRISTOPHER HUBENTHAL

A joint honor guard detail prepares to render honors during the 2016 NFL Pro Bowl as part of the event’s pregame show Sunday at the Aloha Stadium in Honolulu.



Air Force Staff Sgt. Xenia Dillon, 15th Aerospace Medical Squadron, poses for a photo during the 2016 NFL Pro Bowl at the Aloha Stadium Jan. 31, in Honolulu.



Military volunteers work together to set up the 2016 NFL Pro Bowl pregame show stage.



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# AER aids transplant recipient

By Vanessa Marquette  
Fort Benning Public Affairs

FORT BENNING, Ga. — Farah Flores was diagnosed with leukemia in February 2015.

Her daughter, Bernadette Flores, said her mother had been misdiagnosed many times before, but this time the cancer was confirmed.

Farah, a military spouse, was now in need of a bone marrow transplant.

After four of her siblings were tested, Farah’s sister, Lehra Mai Odron, was confirmed a match.

The only problem: Odron was located in the Philippines – an ocean and some 8,700 miles away.

The next step on the path to Farah’s treatment was to get Odron from the Philippines to Atlanta, so they could move forward with the procedure.

Flores’ husband, Staff Sgt. Romel Flores, reached out to Army Emergency Relief requesting a loan to cover Odron’s travel



PHOTO BY VANESSA MARQUETTE

Lehra Mai Odron, Bernadette Flores, Farah Flores, Staff Sgt. Romel Flores and Lionel Grant, Army Emergency Relief officer.

costs. Lionel Grant, AER Officer, said that’s when he decided the Flores Family deserved a grant.

AER is a private nonprofit organization and “its primary mission is to provide financial assistance to Soldiers, retirees, and their families,” according to its website.

“Romel came in and wanted a loan – he wanted to pay it back,” Grant said. “But, looking at the overall situation, there was no way I would request a loan for him.”

With the extensive trips to Atlanta for chemotherapy, as well as other appointments, the Flores

family was in real need of financial support. The Flores family said AER has supported them in the past.

The costs have continued to mount as the Flores family has been driving back and forth to Atlanta for Farah’s chemotherapy three times a week, Romel said. Some of those costs are not covered.

Since Odron was not immediate family, and was not covered under AER policy, the grant had to be approved through AER headquarters in Alexandria, Virginia.

The grant was accepted and the procedure was scheduled for Dec. 31 at Emory University Hospital in Atlanta.

The Flores family and Odron said they are grateful for AER and for all that it did to help Farah. They are especially thankful for Grant who made it all possible.

“God sends angels,” Odron said.

“And Mr. Grant is the angel,” Farah said.

“It is a very difficult situation,”

said Odron, fighting back her tears. “But with having people, so many supportive people, and the Army, it is a big comfort.”

Bernadette said she feels badly for her parents and for their unfortunate financial burden. She said she is grateful that AER was able to help her mother.

“I feel bad – my dad has had to sacrifice a lot for me too because I’m a senior in high school,” Bernadette said. “The class dues – they just killed us on that. This was a really big help.”

Grant, who is a retired Air Force chief master sergeant with more than 30 years of service, said he enjoys his job and how his military experience helps him do his work.

“It is very rewarding,” Grant said. “You learn (of) the different situations Soldiers and their families go through and, after seeing that for awhile, you learn all the possibilities that can help them.”

AER relies on donations to fund Soldiers and their families when in need.

## FORT RUCKER SPORTS BRIEFS

### Youth British soccer clinic

The Fort Rucker Youth Sports Department will host a free British soccer clinic for coaches and youth players Saturday on the youth football field. The coach’s clinic will be from 10 a.m. to about noon. The youth will be broken down into three age groups: ages 3-5, from 1-1:30 p.m.; ages 6-10 from 1:30-2:30 p.m.; and ages 11-16 from 2:30-3:30 p.m. Youth will need to have a current sports physical and health assessment to participate. Parents can register youth using WebTrac or by visiting parent central services in Bldg. 5700, Rm. 193. In the event of inclement weather, the clinics will take place in the youth center, Bldg. 2800 on Seventh Avenue.

For more information, call 255-2257.

### 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, and \$25 with a shirt, while supplies last. Teams are \$160 for teams of eight (each additional person pays normal registration fee), 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.

### Lifeguard courses

Lifeguarding Courses will be held at the Fort Rucker Physical Fitness Center Feb. 12-15. Times are noon to 9 p.m. Feb. 12, 9 a.m. to 7 p.m. Feb. 13-14, and 2-8 p.m. Feb. 15. The course is open to patrons ages 15 and up, and costs \$125 for military and Department of Defense ID card holders and \$150 for members of the general public. A prerequisite test on the

first day must be passed to enter the course. People may register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to course start date. Class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

### 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.

### 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.

### Rucker Lanes Valentine’s Day Bowl

Rucker Lanes will host its Valentine’s Day Bowl Feb. 14 from 10 a.m. to 8 p.m. Patrons can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

### Presidents Day Stars and Strikes

Rucker Lanes will offer its Presidents Day Stars and Strikes special Feb. 15 from 10 a.m. to 10 p.m. Patrons can bowl for 25 cents per game and get 50-cent shoe rentals. For more information, call 255-9503.

### ATV trail ride

Outdoor recreation will host an all-terrain vehicle trail ride Feb. 20. People must pre-register to take part and all participants must be 16 years or older. The ride is open to the public. For more information or to register, call 255-4305 or 255-2997.

## PUZZLE ANSWERS

### Super Crossword

#### Answers

BEULAH	ALICES	ALABAMA
ELNINO	MOROSE	BELARUS
DOTTY	ROTTENS	COUNCRELS
AIR	NPR	CASS
SEANCE	USURP	EARTHY
MEERKATS	BEEF	JOCKEY
SHOPS	DST	BRA
ANE	THREE	AMP
TOMS	OFENDE	ARMAMENT
DIASPORA	SENDS	RAMADA
MASSE	TIE	WYE
MCIDSL	SENTIMENTAL	JOHNNY
JAB	SEZ	ROI
SOT	EAMES	USOPEN
HITME	STORMIER	SHORTS
SLEEVED	SHOT	XES
TYKES	ELS	SWE
IMP	EVITA	IRON
COTTON	ARTMUSIC	INNATE
MAUDE	THEIST	ANKA
TWA	RDS	BONDA
HOLE	INONE	SPOCKET
ANTIGEN	ADORER	PRAISE
TESSERA	TOSESSES	SANCTA

### TRIVIA

#### Answers

- Antarctica
- Doe
- 2009
- Strangers or foreigners
- Bing.com
- Benjamin Franklin Goodrich, company founder
- Dalai Lama, XIV
- Joe DiMaggio
- Lion
- TaB in 1963

### Weekly SUDOKU

#### Answer

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

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