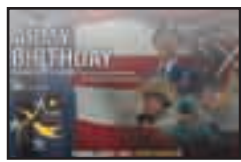


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ARMY FLYER

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

VOL. 63 ■ NO. 23

FORT RUCKER ★ ALABAMA

JUNE 13, 2013

Freedom Fest Post celebrates independence

By Nathan Pfau
Army Flier Staff Writer

Food, fun and fireworks will be the name of the game at the Wiregrass Freedom Fest this year when thousands of people gather on Fort Rucker to celebrate the nation's inception.

The annual event, which is now a partnership between Fort Rucker, Daleville, Dothan, Ozark and Enterprise, is scheduled to be held at the Fort Rucker Festival Fields on July 3 from 4-11:30 p.m., and will feature food vendors, games, inflatables and live music, said Annette Styron, plans and operations specialist with the Directorate of Plans, Training, Mobilization and Security.

"There will be more than 50 vendors offering a variety of merchandise, food and information," said Styron. "People should bring their lawn chairs or a blanket, and kick back and enjoy the celebration."

Funnel cakes, hotdogs, hamburgers, turkey legs, nachos, cotton candy, popcorn and boiled peanuts are among some of the food choices that people will be able to enjoy, she added.

"Wiregrass Freedom Fest is a celebration for our entire community," said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director. "When we look around at our

SEE POST PAGE A5



PHOTO BY NATHAN PFAU

Fireworks explode above Fort Rucker at last year's Freedom Fest. This year's Wiregrass Freedom Fest will be July 3 from 4-11:30 p.m. at the Festival Fields.



PHOTO BY SARA E. MARTIN

Aviation Spouses Day

Ashley Mader and Megan Mark reach for an ammo canister over an A-frame obstacle Friday as part of the leadership and teamwork training at the Leader's Reaction Course during Aviation Spouses Day. For more, see Page C1.

Roads close during 5th Avenue renaming

By Fort Rucker Public
Affairs Office
Press Release

FORT RUCKER, Ala. — The home of Army Aviation will immortalize one of its legends Tuesday when 5th Avenue is renamed in honor of (Ret.) CW4 William "Willie" L. Ruf.

The free-public ceremony is scheduled to begin on the corner of Novosel Street and 5th Avenue. Road blocks for the ceremony are scheduled to start at 8:30 a.m. and remain in place until the ceremony is complete. In the event of inclement weather, the dedication will happen in Bldg. 101, Rm. 103.

The entire span of 5th Avenue will see the new street name signs posted in the coming months, as the full changes of the renamed street go into effect. Some of those changes include updating emergency services and mapmakers of the change.

Ruf, one of original Army Aviators, is considered a legend by some. He served as an infantryman in WWII and Korea and as an Aviator in Vietnam. Ruf



COURTESY PHOTO

Fort Rucker will honor retired CW4 William "Willie" L. Ruf Tuesday by renaming 5th Avenue.

graduated from the first rotary-wing flight class at Fort Rucker in 1955. He served in the Army Executive Flight Detachment (Presidential Flight) and

flew four presidents. Ruf later served as an instructor at Fort Rucker and retired with more than 50 years of service. He died Sept. 20, 2007, in Dothan.

Flatiron welcomes new detachment sergeant



PHOTO BY NATHAN PFAU

Sgt. 1st Class Troy Rudolph, U.S. Air Ambulance Detachment incoming detachment sergeant, receives the NCO sword from Maj. Joseph C. Alexander, Flatiron commander, during a change of responsibility ceremony on Cairns Army Airfield Friday. Rudolph assumed responsibility from Sgt. 1st Class Gregory Givings.

By Nathan Pfau
Army Flier Staff Writer

Soldiers, Families and friends gathered at Cairns Army Airfield Friday to welcome the U.S. Air Ambulance Detachment's new noncommissioned officer in charge.

Sgt. 1st Class Troy Rudolph, incoming detachment sergeant, assumed responsibility from Sgt. 1st Class Gregory Givings, outgoing detachment sergeant, as the NCO sword was passed from Givings to Maj. Joseph C. Alexander, Flatiron commander, to Rudolph during a change of responsibility ceremony in the Flatiron conference room.

"This is a very small organization with a huge mission, and today we have the awesome opportunity to say goodbye to Sergeant Givings and welcome Sergeant Rudolph," said Alexander. "I've had the great pleasure of working with Sergeant Rudolph, and I'm looking forward to having him come on board as the detachment

first sergeant."

Rudolph began his military career when he enlisted in the Navy in 1993 as a hospital corpsman. He was honorably discharged from the Navy in March 1997, and enlisted in the Army as a 91B Combat Medic in November of the same year.

His assignments throughout his Army career have taken him all across the U.S. from Fort Benning, Ga., to Fort Carson, Colo., as well as abroad to Ansbach, Germany, where he served with the 5th Battalion, 158th Aviation Regiment.

Rudolph has served in many positions before coming to Fort Rucker, including medical NCO, treatment NCO, Battalion Aide Station NCOIC, flight medic, operations NCO, squad leader, platoon sergeant and rear detachment first sergeant.

"This is a huge responsibility, but it's going to be an awesome experience," said Rudolph, "one that I've been looking forward to for a long time."

SEE FLATIRON, PAGE A5

PERSPECTIVE

Washington takes command of Continental Army in 1775

U.S. Army Center of Military History
for Army News Service

WASHINGTON – Before the American colonies even made their declaration of independence, the Second Continental Congress gathered together in Philadelphia 238 years ago to formally create a standing Army.

The next day, June 15, 1775, Congress chose George Washington, a Virginian, to be commander in chief. Washington's military experience was perhaps greater than that of any other American, and he came from the largest and arguably the most important of the southern colonies. His impressive appearance, quiet and confident manner, and good work in the military committees of Congress had impressed his compatriots.

Washington himself recognized, when he accepted the command, that he lacked the requisite experience and knowledge in handling large groups of men. His entire military experience had been in frontier warfare during the French and Indian War, though he had commanded a brigade of troops from several colonies during the capture of Fort Duquesne. He was the only native-born American up to that time to command a force that size. Experience gained as a political leader in his native Virginia and in directing the business affairs of his large plantation at Mount Vernon also stood him in good stead.

Washington brought to command traits of character and abilities as a leader that in the end more than compensated for his lack of European military experience. Among these qualities were a determination and a steadfastness of purpose rooted in an unshakable conviction of the righteousness of the American cause, a scrupulous sense of honor and duty, and a dignity that inspired respect and confidence in those around him. Conscious of his own defects, he was always willing to profit by experience.



ILLUSTRATION BY BILL ROSENBERG
Gen. George Washington, first commander of the Continental Army, often stopped and talked with citizens to personally explain his vision for American freedom during the American Revolution.

The Army that Washington formally took command of on July 3, 1775, he described as "a mixed multitude of people under very little discipline, order or government." Out of this mixed multitude, Washington set out to create an Army shaped in large part on the British image. Basing his observations on his experience with British regulars during the French and Indian War, he wrote: "Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak and esteem to all."

Washington and his staff made strenuous efforts to halt the random comings and goings of officers and men and to institute regular roll calls and strength returns. Suspicious of the "leveling" tendencies of the New Englanders, Washington made the distinction between officers and enlisted men more rigid. He introduced various punishments such as the lash, pillory, wooden horse,

and drumming out of camp along with courts-martial.

While establishing discipline in the existing Army, Washington had at the same time to form a new one enlisted directly in the Continental service. Out of conferences with a congressional committee that visited camp in September 1775 emerged a plan for such an Army, composed of 26 regiments of infantry of 728 men each, plus one regiment of riflemen and one of artillerymen. In all, 20,372 men became uniformly paid, supplied, and administered by the Continental Congress and enlisted to the end of 1776. The general, by his choice, received no pay throughout the Revolution.

It was a decent plan on paper, but Washington soon found he could not carry it out. Both officers and men resisted a reorganization that cut across the lines of the locally organized units in which they were accustomed to serve. The men

saw as their first obligation their Families and farms at home, and they were reluctant to re-enlist for another year's service.

Washington also had to maintain the siege of Boston and overcome his deficiencies in supply. In these efforts he was more successful. Congress and the individual colonies sponsored voyages to the West Indies, where the French and Dutch had conveniently exported quantities of war materials. Washington put some of his troops on board ship and with an improvised navy succeeded in capturing numerous British supply ships.

He sent Col. Henry Knox, later to be his chief of artillery, to Fort Ticonderoga in the winter of 1775-1776. Knox brought some 50 pieces of captured cannon to Cambridge, Mass., over poor or nonexistent roads in icebound New York and New England. By March 1776, despite deficiencies in the number of Continentals, Washington was ready to close in on Boston.

On March 4, 1776, he moved onto Dorchester Heights and emplaced his newly acquired artillery in position to menace the city; a few days later he fortified Nook's Hill, standing still closer in. On March 17 the British moved out.

Maj. Gen. William Howe, who succeeded Maj. Gen. Thomas Gage in command, had concluded long since that Boston was a poor strategic base and intended to stay only until the transports arrived to take his army to Halifax in Nova Scotia to regroup and await reinforcements.

Nevertheless, Washington's maneuvers hastened his departure, and the re-occupation of Boston was an important psychological victory for the Americans, balancing the disappointments of the Canadian campaign. The stores of cannon and ammunition the British were forced to leave behind were a welcome addition to the meager American arsenal and helped win the revolution.

Rotor Wash

“Friday is the Army’s birthday. Why is it important to honor our Army and Soldiers?”



Mandy Zimmer,
Army spouse

“They make daily sacrifices so we can all live in a free country and put others needs ahead of their own.”



Lisa Sargent,
Army spouse

“They make so many sacrifices for our freedom, only one being putting their lives on the line. We shouldn't take that for granted.”



Jessamyn Rock,
Army spouse

“I don't think we should only honor the Soldiers of today that are currently keeping us safe but also those who have lost their lives deserve the upmost respect for giving up their freedom and Family for people they have never even met.”



Samantha Coppersmith,
Army spouse

“They help protect our country with personal sacrifice. Freedom is not free. If you don't honor Soldiers and the military, who should you honor and respect then?”



Spc. David Coppersmith,
B Comp., 1st Bn.,
13th Avn. Regt.

“Soldiers and our Army are the reason we are a free country and why civilians can walk around with their rights. The sacrifices that Soldiers make and the sacrifices that their Families make allow the Soldiers to be Soldiers.”

COMMAND

Maj. Gen. Kevin W. Mangum
FORT RUCKER COMMANDING GENERAL

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

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

Furlough class aims to create financially savvy workforce

By Sara E. Martin
Army Flier Staff Writer

With a mandated furlough looming, many installation workers may begin to feel the stress of living on a tighter budget.

Army Community Service is offering free furlough financial classes to help people prepare.

Anyone interested can join the financial counselors Tuesday from 11 a.m. to noon and again from 1-2 p.m. The class will also be held Wednesday from 11 a.m. to noon at the post theater, according to Mike Burden, ACS financial readiness program manager and financial counselor.

No registration is required but attendees are encouraged to bring a note pad in case they wish to take notes.

"We decided to pool our financial resources here – our experience and knowledge – and come up with a presentation that was

focused on ways that individuals could reduce expenses temporarily," he said.

Burden said that although people generally know what their income is, actually seeing all of their income on paper, along with their expenses, gives them a broader view of where they need to make changes.

"We feel that people really need to be aware of how much they have coming and how much is going out," he said. "After tracking expenses, many people realize how much money they spend on miscellaneous things like morning coffee, cigarettes and gum. Something that is \$1 to \$2 adds up at the end of the month."

Besides cutting back on indulgence buys, Burden suggests limiting how often a Family eats out, and limiting cable and cell phone features and plans.

"We like eating out because it

is easy, but even a meal for one at a restaurant can easily add up to \$50, and a weekly trip to a fast food restaurant can add up just as quick," he said.

Cash flow and ways to reduce expenses are not the only topics that will be discussed during the seminar. Other topics include access to credit, financial goals and asking for payment extensions or skipping a payment all together.

"Some people may have to take out a loan against their mortgage or home equity line of credit just to buy the essential things they need, it is a temporary but serious situation," he said.

Besides delaying vacations and buying a new car, or moving into a new house, Burden suggests that better financial communication is key to not only surviving the furlough, but to create better sustainability.

"We find a lot of times that married couples do not always

communicate about finances. It is often a difficult and touchy subject," he said. "We find that it has been helpful to people because oftentimes one person is the money handler and the bill manager while the other does not realize anything is wrong."

"Communication about money is always important with children as well," he added. "If the child understands what is going on they can buy into it and can also help out with it."

Burden said that people should want to come and prepare through this class because whenever people have an increase or a decrease in income they should always re-adjust their financial goals.

"We find that many people do not have financial goals, and as financial counselors we are appalled. Sometimes when you go to these classes the light upstairs comes on and people realize that this is an important time to look

at that and set those up," he said.

Although the seminars are meant to educate people about financial responsibility during the furlough, Burden said that these lessons can be used long after the furlough ends.

"Sometimes people don't like to look at their money flow or do not look at it as closely as they should, so it is important to come to the class and learn from people who deal with these things every day," he said. "Plus, people may pick up on ways to save money and gain ideas that they can use down the road such as long term ways to manage their money for the future."

"If people reduce and save for several months, they may realize that they can live without those luxuries and are able to save more for a future big buy or a rainy day fund," he added.

For more information or to register, call 255-9631 or 255-0679.

Army remains strong after 238 years

By Sara E. Martin
Army Flier Staff Writer

The United States Army remains a force to be reckoned with and is one of the most visible military branches to civilians though it turns 238 Friday.

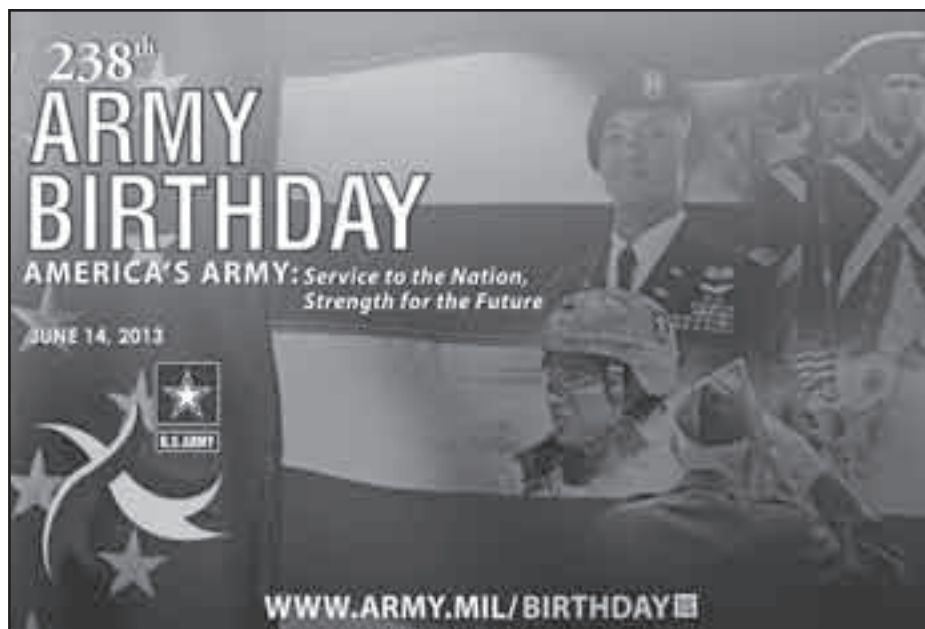
In order to spread the heritage of the Army and everything it stands for, Fort Rucker is holding several events to celebrate the Army's continued strength, professionalism and bravery that is seen in Soldiers everywhere.

"We are very fortunate to be able to provide several special events to help celebrate the Army's 238th Birthday," said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director. "DFMWR is proud to be a part of the commitment to our Soldiers, providing them with the opportunities to celebrate this historic occasion."

The 238th Army Birthday Cake Cutting Ceremony will be held at The Landing Zone Friday at 11:45 a.m. The event is free and open to the public. DFMWR officials want everyone to join in the celebration with a complimentary slice of birthday cake.

"The ceremonial cake cutting at The Landing Zone is just one symbolic way of recognizing the significance of this occasion," said Erdlitz. "My only wonder is who's going to blow out all those candles?"

Dueling Piano's Army Birthday Celebration will also be held at The Landing Friday from 8 p.m. to midnight. Cost is \$15 per person at the door. The musical event is described as being a high-energy,



all-request comedy piano show. For more information, call 598-2426.

"It doesn't matter if you just love music or being around your friends; we will be doing both during the celebration at Dueling Pianos. I personally like to think of Dueling Pianos as one huge birthday party for the Army," said Erdlitz.

In celebration of the Army's Birthday, patrons of Center Library will be able to check out an extra movie, making it a total of six movies or five movies and one game. The library wants to honor the Army and its Soldiers for the continuous service throughout the years.

"We feel that in honoring the Army and its birthday we are also honoring the Soldiers and their Families that make so many sacrifices for us," said Jacqueline Chap-

pell, Center Library reference librarian.

"Here at the library we want to show our appreciation for those sacrifices by providing them with materials that can help them expand their knowledge, spend time together as a Family and relax," she added.

The Army Strong Triathlon, hosted by the Fort Rucker Physical Fitness Facility, will be held Saturday at West Beach on Lake Tholocco for those wanting to celebrate in a bodily fashion instead of an intellectual one. Cost is \$50 for individuals and \$80 for three-person relay teams. Shirts will only be available while supplies last. The triathlon begins at 7 a.m. and will last until noon.

FRPFF officials ask participants to "show us what you're made of." The event

will include a quarter mile swim, 10.6 mile bike race and a 3.1 mile run. Cash awards will be given to the top overall finishers and the top relay team. For more information, call 255-2296 or 255-3794.

"Being a part of the Army Strong Triathlon is the ultimate hoohah event," said the marketing director. "Those who participate in the Army Strong Triathlon are my heroes. The commitment to endure that event is amazing and you must be Army Strong to take part."

These events bring awareness to the history of the Army, and remind people of what the Army has accomplished since its inception.

In 1775 the original 13 colonies did not have an Army. A shared collection of militias from the different colonies fought the first battles of the war.

But the Second Continental Congress convened in Philadelphia on May 10 to discuss war matters. One main focus was creating a common army.

On June 14, the Congress approved the creation of the Continental Army with its commander-in-chief being George Washington.

According to the U.S. Army Center for Military History and John R. Maass, the Congress agreed to form a committee "to bring in a draft of rules and regulations for the government of the Army."

However people choose to celebrate, DFMWR hopes to remind everyone of the strength of the Army, its Soldiers, their Families.

"I hope everyone can enjoy the many celebrations offered this year as we celebrate the Army's birthday," added Erdlitz.

News Briefs

Changes of command

- The 1st Aviation Brigade hosts its change of command Friday at 8:30 a.m. at Howze Field. Col. Shawn Prickett will assume command of the unit from Col. Brian D. Bennett. The ceremony will take place in Yano Hall in the event of inclement weather.
- The U.S. Army Aeromedical Research Laboratory hosts its change of command ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. Col. John Smyrski III will assume command from Col. Dana Renta.

Poker run

The Daleville Veterans of Foreign Wars post hosts a Poker Run Saturday from 9 a.m. to 1 p.m. to benefit members of the Directorate of Public Safety's first responders and their Family members with the costs of the annual DPS Ball and other annual events. Registration takes place at 8 a.m. at Old Homestead in Level Plains. The route of the run runs from there to the VFW in Daleville, with various stops in Hartford, Dothan and Ozark.

The cost is \$15 per bike and \$5 for passengers. Event drawings will take place at 1:30 p.m. with the event being completed by 2:30 p.m.

For more information, call (803) 414-2532.

Flight surgeon appointments

There is no longer a walk-in service for the flight surgeon of the day, said Lyster Army Health Clinic officials recently. Soldiers should now call 255-7000 for a same day appointment.

Pharmacy closure

The Lyster Army Health Clinic Pharmacy will be closed July 5 in preparation for its move to the temporary facility that opens July 8. The temporary facility is located at the front of the parking lot by Andrews Avenue. Hours of operation and phone numbers for the pharmacy will remain the same.

Troops to Teachers

The Fort Rucker Education Center hosts a Troops to Teacher Teaching as a Second Career Seminar June 27 at 9 a.m. in Bldg. 4502, Classroom 112. The one-hour seminar is free.

For more on the program and the seminar, visit www.tttga.net or call (404) 413-8199.

ACAP hiring event

The Fort Rucker Army Career and Alumni Program Center will host Chesapeake Energy for a hiring event July 9-10. Chesapeake Energy will hold an overall briefing July 9 from 3-4 p.m. in the ACAP Center, Bldg. 4502, Rm. 210. On July 10 at 8 a.m. the company will conduct interviews in the same location. People intending to apply should bring a resume for this event.

This event is open to the military, veterans, retirees, and National Guard and Reserve members. Chesapeake Energy is looking to hire more than 700 employees this year. It is mainly hiring for Texas, Oklahoma, West Virginia and Pennsylvania, according to officials.

For more information on this event, visit the Fort Rucker ACAP Facebook page at <https://www.facebook.com/FortRuckerACAP?ref=hl> or call 255-3932.

EFMP Needs Assessment

The Fort Rucker Exceptional Family Member Program conducts its needs assessment survey now through July 1. The survey is available at <http://www.ftruckerarmy.com/acs/exceptional-family-member-program/>. Soldiers and Families may fill out the short form online or pick up a paper copy of the survey at Directorate of Family, Morale, Welfare and Recreation facilities.

For more on the survey, call 255-9277.

CID seeks agents

The U.S. Army Criminal Investigation Command is

seeking qualified applicants to become highly-trained criminal investigators. CID special agents are responsible for investigating numerous types of felony-level crime of Army interest, conducting protective-service operations, and working with other Federal, state and local law enforcement agencies to solve crime and combat terrorism.

Agents receive training at the U.S. Army Military Police School and advanced training in specialized investigative disciplines. Selected agents receive advanced training at the FBI National Academy, Metropolitan Police Academy at Scotland Yard, Department of Defense Polygraph Institute and the Canadian Police College. Agents also have the opportunity to pursue a master's degree in Forensic Science from George Washington University.

To qualify, applicants must be a U.S. citizen, at least 21-years-old, minimum of two years and maximum of 10 years military service, maximum grade of sergeant (non-promotable) – sergeants (promotable) or staff sergeants with one year or less time in grade may apply with a waiver. Applicants must meet all other requirements.

To view the full list of requirements and to apply, visit www.cid.army.mil, or contact the Fort Rucker CID office in Bldg. 5430 on Raider Street, or calling 255-3108.

Lyster open on DONSA's

Lyster Army Health Clinic is now open on all days of no scheduled activities. Clinic hours are from 7:30 a.m. to 4:15 p.m. Mondays–Fridays.

Physical exams moves

Physical exams will move to be co-located with Soldiers' primary care clinics later this month. When the change takes place, Soldiers will report directly to their primary care clinic when needing a physical exam.

iWATCH enhances community awareness

By Nathan Pfau
Army Flier Staff Writer

The safety and security of people on Fort Rucker is one of the installation's top priorities, but responsibility lies with more than just law enforcement, according to antiterrorism officials – it's shared with everybody.

iWATCH Army is an antiterrorism program that focuses on encouraging Army-wide community awareness and outreach efforts to address important topics related to protecting communities, not just from terrorist acts, but all crime, said Tom Solem, Fort Rucker Training and Doctrine Command antiterrorism officer.

"iWATCH Army is a community program to help your neighborhood stay safe from terrorist activities (and crime)," he said. "People and their fellow Army community members can report behaviors and activities that make them feel uncomfortable or just don't look right," adding that the program is a partnership between the community and local law enforcement.

Solem said people on the installation need to remain vigilant because it's up to everyone to keep Fort Rucker safe.

"Parents need to talk to their children about this as well," he said. "Although school is out, there are other activities that go on throughout the installation and there can be deviance that goes on, so people need to watch out for suspicious behavior everywhere."

There are a number of different reasons to report suspicious activity, but Solem said that keeping the installation safe is first and foremost. It's people's awareness that can help predict and prevent attacks before they happen.

"Our law enforcement is the reactionary force to (reported activities), but they need more eyes and ears out there to help them," he said. "They can't be everywhere at once and there's just not enough of them."

"We're here to protect our country, our neighborhoods," Solem continued. "We're the frontline of defense, and then we call the reinforcements to take care of the issue. We see it, we report it, and we get the experts and the professionals to deal with it. That's how we defend us."

Some things people should look out for include: people drawing or measuring important buildings; strangers asking questions about security forces or security procedures; briefcases, suitcases, backpacks or any packages left behind; cars or trucks left in no-parking zones in front of important buildings; intruders in secure areas; persons wearing clothes that are too big or bulky, or too hot for the weather; and even chemical smells or fumes that don't seem right.

"People need to trust their instincts," said Solem. "We rely on our senses every day of our lives. If a behavior or activity makes you feel uncomfortable, report it."

When people report an incident, they should try to give as many details as possible. Solem provided a checklist that people can use to make sure they get the necessary information: date and time; where it happened; what they witnessed; description of people involved including gender, height, build, ethnicity, hair color and age; and license plate numbers if available.

Solem also advises people not to get directly involved



U.S. ARMY GRAPHIC

unless there is an immediate threat or if it's the only action available, and for them to allow the proper authorities to handle the situation.

He also advises that people share information regarding iWATCH Army to everyone they know.

"Everyone needs to get this kind of information out to their neighbors," said Solem. "This is not the kind of information that should be kept to themselves, but shared with the world. We strongly encourage people to share this

information with each other so that they know what to do if they see something out of the ordinary."

Solem also stressed that 911 should only be called for emergency situations, but people can call the non-emergency line at 255-2222 to report any suspicious activities. To report anonymously, call 255-3333.

For more information on iWATCH Army, visit www.myarmyonesource.com/familyprogramsandservices/iwatchprogram/default.aspx.

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Post: Fireworks return for this year's celebration

Continued from Page A4

neighbors around the Wiregrass, we look forward to this day when we invite everyone out to celebrate our nation's independence."

The event will also include a display with the National Guard NA-SCAR and Indy cars, and children will be able to participate in the U.S. Army Warrant Officer Candidate School confidence course and Inflat-able Fun World with slides, bouncy houses and more, said Styron.

Before the fireworks display, the 98th Army "Silver Wings" Band will take to the stage with a special guest vocalist, McKayla Reece, who will perform a tribute to fallen heroes by singing "Heaven was Needing a Hero."

After Reece's performance, the band will follow up with a patriotic concert before fireworks light up the night sky.

"The fireworks are spectacular under the Alabama stars," said Erdlitz. "I think (Freedom Fest) has the ability to pull at our patriotic heart strings, and it's an event like no other with thousands of people joining together to enjoy the splendors of all things that make our nation so great."

There will also be an area where small American flags will adorn a section of the festival fields as a reminder to those that attend that freedom isn't free, she said.

"It's a solemn reminder of the sacrifices made by (Soldiers and Families) from Alabama and northwest Florida," said Styron. "This is meant to pay a tribute to fallen service members and honor their surviving families."

Stryon said that people coming onto the installation should remember to bring proper identification, proof of insurance and vehicle registration when coming through the gates, and that people should plan to come early to avoid traffic.

"All normal traffic laws are enforced, however, the flow of traffic may be different due to several road closures at various times throughout the day," she said. "Everyone should also anticipate some traffic delays due to the large number of people exiting the installation (at the end of the celebration)."

There are a few items that people will not be allowed to bring onto Fort Rucker for the safety of all in attendance, which include: weapons of any kind, explosives, fireworks, coolers, tote bags, backpacks or containers, with exceptions for medical and baby care items. Also, no glass containers, pets, roller blades, bicycles, skateboards or scooters, added Styron.

"Come out and enjoy the show, enjoy your friends around you, and remember that freedom isn't free," she said.



PHOTO BY NATHAN PFAU
Staff Sgt. William Robinson, B Co. 1st Bn. 13th Avn. Regt., watches his son, William Jr., climb the rock wall at last year's Freedom Fest.

Flatiron: Outgoing sergeant thanks Soldiers, Families

Continued from Page A4

The incoming detachment sergeant took time out to thank all of those who helped him get to where he is today, but also thanked those that allowed him the opportunity to do so.

"This will be my first assignment as a detachment NCO-IC, and I really appreciate the opportunity," he said. "To the Soldiers and Families, I thank you, but most importantly, I want to thank my Family for supporting me."

As the unit welcomed the new detachment officer, they also said goodbye to a face that they had grown all-too familiar with.

"(Givings) is an individual that I've known for several years and I've been very blessed and fortunate to have served with him," said Alexander during the ceremony. "This is a guy who's been here for almost two years, and in that time, this unit has conducted nearly 3,000 flight hours ... and executed dozens and dozens of life-saving medevac missions."

"I count him among the best that I've ever served with," he added.

Givings said that if he could sum up his career as the unit's detachment first sergeant, the word he would use is "blessed."

"I'm blessed to be in a great unit, I'm blessed to have had

the Soldiers that I had under my command, and I'm blessed to have great commanders," he said. "Margaret Thatcher (former British prime minister) once said 'If you set out to be liked, you'll be prepared to compromise on anything at any time, and you'll achieve nothing.'"

"I didn't set out to be liked," he continued. "I came here to do a job, and in the process of doing that job, I developed some great friendships."

Givings went on to thank everyone, from his Soldiers, to commanders and all their Families, and said that when he first became the detachment first sergeant, he set out to take care of the Families, and he hopes he achieved what he set out to do.

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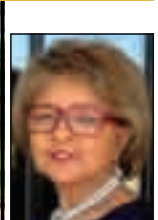
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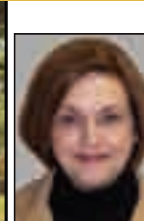
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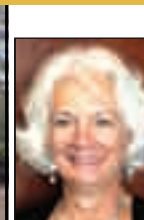
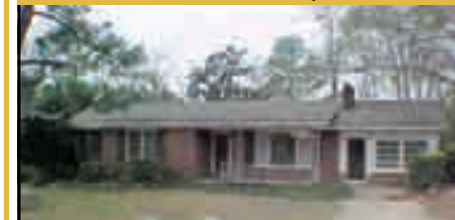
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Afghan squadron, 10th CAB partner



PHOTO BY STAFF SGT. TODD POULIOT

An Afghan aerial gunner clears the left side of his Mi-17 helicopter as the pilots make a left turn into the wind before an air assault training mission from Kabul International Airport, Afghanistan, May 29. Two Afghan aircrew members conducted flight training as part of an air assault planning certification course in partnership with advisers from members of the 10th Combat Aviation Brigade.

By Staff Sgt. Todd Pouliot
10th Combat Aviation Brigade

KABUL, Afghanistan — The new Afghan air force, formed in June 2010, currently operates Mi-17 transport helicopters along with a few Mi-35 attack helicopters. The crucial assets are spread throughout three AAF Wings located in Kabul, Kandahar and Shindand.

Afghan Lt. Col. Bakhtullah, commander of the 377th AAF Squadron, knows his resources are limited. Through a partnership with air assault flight planning advisers from the 10th Combat Aviation Brigade, his aviators are not only learning and developing methods that will maximize operational efficiency, they are also preparing to become instructors of effective planning themselves.

“We do many different missions: supply, passenger movement, (casualty evacuation), search and rescue,” said Bakhtullah through a translator. “But we have a real need to be able to do air assaults.”

Two of Bakhtullah’s aircrews have already completed the course and flew an Afghan-led

air assault mission May 15-18. The squadron commander, one of the most skilled helicopter pilots in the AAF, decided it was the right time for him to go through the course, along with his standardization pilot, Maj. Farid, so they can begin teaching the class to the rest of their aircrews.

“The goal is to have their instructors teach the course,” said U.S. Army CW5 Bob Cuyler, an air assault flight planning adviser from 10th CAB and a UH-60 Black Hawk helicopter instructor pilot. “In four months, the goal is to have 100 percent of the training done by Afghans.”

In addition to Afghan aviators conducting the training, Cuyler said there are two other objectives he would like to see reached by the end of his nine-month stint; harmonizing the intelligence section with flight tactics and standing up a flight planning cell where pilots who are not flying, plan the flights and then brief the pilots who will be executing the mission.

SEE PARTNER, PAGE B4

DOD Logon enables access to self-service sites

By John Agler
Army News Service

WASHINGTON — As Army Knowledge Online moves to next-generation enterprise services, Army retirees and Family members will access DOD online self-service sites through the more secure Department of Defense Self-Service Logon, called “DS Logon.”

The DS Logon system allows DOD and Department of Veterans Affairs members and affiliates to access DOD and VA applications such as eBenefits, TRICARE Online, Beneficiary Web Enrollment, Mil-Connect, Transferability of Education Benefits, Health Net Federal Services, Humana Military, MyTricare.com and TRICARE-overseas.com, to name a few.

The DS Logon system will be the primary method for all DOD and VA Web authentication in the not-too-distant future.

The Army’s goal is to maximize DS Logon enrollments and to institutionalize the process that enables registration by November. DS Logon will replace logon via Army Knowledge Online.

Using a single username and password, DS Logon provides a high level of authentication that goes beyond that of a simple username and password. The system allows government agencies to provide real-time, personalized information to users.

Those eligible for a DS Logon account include: service members (active-duty, Guard/Reserve, retirees); veterans; spouses (including surviving spouses); and eligible Family members, 18 and older.

Users must be enrolled in the Defense Enrollment Eligibility Reporting System to obtain a DS Logon account. There are two types of accounts: basic and premium. A premium account allows users to access websites that contain their personal information.

A basic account can be obtained online without verification of identity, but it does not provide access to personal information in VA or DOD systems. The main advantage of a basic account is that it enables

SEE ACCESS, PAGE B4



PHOTO BY PERCY JONES

MOBILE PATHFINDER COURSE COMES TO ALASKA

Soldiers attending the Mobile Pathfinder Course parachute from a UH-60 Black Hawk helicopter onto Malamute Drop Zone in Alaska May 23. More than 40 Soldiers put their skills to the test as pilots and crews from the 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard, provided Aviation support. The three-week course, conducted by cadre from Headquarters and Headquarters Company, 1st Battalion, 507th Parachute Infantry Regiment (U.S. Army Pathfinder School), Fort Benning, Ga., instructs students in air traffic control, medical evacuation operations, sling load operations, helicopter landing zones, air assault planning, pathfinder employment and drop zone operations. Soldiers who complete the course earn the Pathfinder Badge.

Platoon of leaders: 122nd ASB NCOs, lieutenants train together

By Staff Sgt. April Campbell
82nd Combat Aviation Brigade

FORT BRAGG, N.C. — A platoon of lieutenants and non-commissioned officers humping loaded ruck sacks through the woods might not seem realistic for most Army missions.

The platoon-level leaders of the 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, however, tackled just such a mission at Fort Bragg June 3 to build better teams and better understand how to train and lead their own troops.

Lt. Col. Gail Atkins, 122nd ASB commander, led the leaders’ professional development day.

“ platoons fight; platoons execute the mission. Companies, in this battalion, resource it,” Atkins said. “We’re a support battalion — that means we do what the brigade needs us to do, but it’s at the squad and platoon level where we have to be lethal. As platoon teams you are the executioners — you are the ones that have to make it happen.”

After beginning their ruck march, the lieutenants and sergeants had to respond to a simulated chemical attack, donning their gas masks.

In the thick, humid morning heat, 1st Lt. Ken Hettler and Staff Sgt. Nicholas Bratton, who work together in B Company’s shop platoon, worked together to help each other.

“I was getting kind of thirsty and I had the drinking tube inside the mask in my mouth, but I needed help getting it connected to the opening in my canteen,” Hettler said.

Bratton walked over to help his platoon leader become more familiar with the canteen, which many newer Soldiers are not as familiar with due to the more wide-spread use of hydration packs in recent years.

“We’re a team,” Bratton said. “I’d help him. He’d help me.”

That sort of teamwork and knowledge sharing continued throughout the day.

“This is all about engagement, cross-training each other, learning about those strengths and weaknesses,” Atkins said.

By lunch time, the group had learned a lot more about each other, having responded to a mass casualty incident and attempting six different obstacles at a leaders’ reaction course.

The 122nd ASB commander

SEE LEADERS, PAGE B4



PHOTO BY STAFF SGT. APRIL CAMPBELL

2nd Lt. Pasquale Balena, platoon leader in the 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, front, struggles not to fall off a wood post, while his teammates, Staff Sgt. Latangie Dumas, center, and Sgt. 1st Class Andre Davis, help him lift a board in an obstacle course, during a day of professional development training at Fort Bragg, N.C., June 3.

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OPELIKA-AUBURN NEWS**

Partner: Teams sharpen skills on battlefield

Continued from Page B1

"None of these pilots are flying for the first time, but there is a variety of skill and ability," said U.S. Army Capt. Tom Jones, officer in charge of the air assault adviser team, which also includes CW2 Kyle Cheeseman, a UH-60 Black Hawk instructor pilot.

A number of the younger Afghan aviators received training at Fort Rucker and the Afghan flight school in Shindand. Some of the older aviators learned from the Soviets decades ago and haven't been able to fly much since.

To support the Afghans flight training, advisers from the U.S. Air Force and the Czech Republic, specially trained on the Mi-17 and the Mi-35 attack helicopters, respectively, provide mentorship in the cockpit.

Bakhtullah, Farid and their aircrews con-

ducted a training air assault mission May 29 from Kabul International Airport, which Cuyler said went very well. The day before, the aviators participated in a tactics talk in a classroom, planned the mission and rehearsed it in a simulator.

"Helicopters are a combat multiplier," said Jones. "They are definitely learning how to manage those assets and how to most efficiently utilize their assets. At the crew level, they are solid. When they need to be somewhere on time, they are there."

One of the most important things the Army advisers are teaching the Afghan aviators is how to integrate flight planning with entities outside the aircraft such as the intelligence section and the ground unit's needs.

"It's important to take that information and adjust how you fly," said Jones. "The entities are becoming autonomous — now it's a matter

of connecting these entities."

One suggestion the advisers had for integrating with the ground command and control elements was to send pilots to ground operations planning shuras, or meetings, and invite ground combat staff to flight planning briefs.

After the training air assault mission May 29, which Farid had planned and briefed, an after-action review was conducted among the aviators. A discussion of what could be improved led to the agreement that, when possible, more time should be made for planning.

Cuyler, who has been an Army pilot for more than 20 years, shared how in the U.S. Army, pilots who are not flying the mission spend up to three days planning an air assault flight plan. They then brief it to the pilots who will actually execute the plan.

The after-action review concluded with

discussing what areas went well and should be sustained.

"We were on time," Bakhtullah said with a smile, which brought laughter from the other aviators. "We had very good crew coordination."

"Good landings," said another Afghan aviator.

Through their partnership with the air assault planning advisers, Bakhtullah and Farid will continue to strengthen the skills of their squadron's aviators by implementing lessons learned and taking on the direct instruction of air mission planning.

"We have learned a lot from the mentors in a short time," said Bakhtullah through an interpreter after the AAR. "We are learning standards and we are flying safer. We are doing all we can to be prepared to be able to conduct missions after the U.S. leaves."

Access: Several verification methods available

Continued from Page B1

users to upgrade more quickly to a premium account when they go in person to a VA Regional Office or a TRICARE Service Center.

To obtain a DS Logon account, users may visit the DS Logon - My Access Center online at <https://www.dmdc.osd.mil/appj/dsaccess>. On the site, users may set up a basic account or upgrade to a premium account.

The quickest and most convenient method of obtaining a premium account is to complete the "remote proofing process" on the site. That process involves using a secure ID that users may already have, such as a Social

Security number, and answering three basic, personal questions. CAC holders may upgrade their accounts immediately using their CAC.

Individuals who do not have a CAC and who cannot complete the remote proofing process for some reason may request an activation code from the Defense Manpower Data Center if they have a myPay account established at the Defense Finance and Accounting Service.

Users who cannot complete any of these processes can obtain a DS Logon premium account by visiting a VA Regional Office or a TRICARE Service Center. Locations can be found on the DS Logon — My Access Center website. Many Real-Time Automated Personnel

Identification System offices, military ID card offices, can also provide DS Logon accounts.

Leaders: Training provides opportunity to improve teamwork, camaraderie

Continued from Page B1

used the lunch break as an opportunity to discuss the day's focus with her junior leaders before heading out on their next mission, to call in and set up a landing zone for a UH-60 Black Hawk helicopter.

"Part of today is that you guys understand, across the board, what we have and what we can accomplish," Atkins said. "But, our sergeants at the lowest level, our squad leaders and our team leaders, have to understand where they fit into this picture — and the picture is pretty broad."

With more than 700 support troops, the 122nd ASB fulfills a variety of needs so the Aviators can

move through the skies.

"While the motorpool is out getting my ground readiness up, my Command Post Node team is supporting another chain of command — that's the reality of what we do," Atkins added.

She also encouraged the leaders to think about how they are going to train their platoons.

"Think outside of the box. Get out of your comfort zone," she urged them. "You've got a combat medic who has a very technical skill. I don't want him training with other medics. I want him getting out among our motor pool Soldiers — out with Bravo Company mechanics, who don't get that exposure

every day. It's that cross exposure that matters. Then they'll start understanding where they fit into the big picture."

The development training helped 2nd Lt. Pasquale Balena with A Company understand his own place in that picture.

"It's a great way to meet and work with other sections in our battalion so we can develop that perspective," Balena said.

For 122nd ASB Command Sgt. Maj. Kirk Innis, that perspective is better gained sooner than later.

"We can use this time to learn to work better together," Innis said, "so that when we are in a hostile environment, it isn't our first time."

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JUNE 13, 2013

Learning to fly

Spouses earn wings at Aviation Spouses Day

By Sara E. Martin
Army Flier Staff Writer

A day in the life of a Soldier is unique to those who serve their country in the Army, but spouses got a chance Friday to experience a taste of what their significant others experience daily when they participated in Fort Rucker's seventh Aviation Spouses Day.

The event's goal is to help spouses understand the training their loved ones go through, according to Leigh Jackson, U.S. Army Aviation Center of Excellence Family readiness support assistant.

"It is a day that focuses on spouses and brings them to a better understanding of what their [Soldiers] do throughout their training. It will help them comprehend what it takes to become an Army Aviator," she said.

Walking in the shoes of their Soldiers, 59 women completed four assignments that every Aviator must complete in order to graduate from flight school.

The spouses received "dunker" training at the Helicopter Overwater Survival Training facility, leadership and teamwork training at the Leader's Reaction Course, fired weapons at the Engagement Skills Trainer 2000 and flew simulators at Warrior Hall.

The environment of an Aviator can oftentimes be overwhelming, but in the eyes of many officials and Families, being an Army spouse is just as hard as or harder than actually being a freedom fighter.

"It is difficult being away from your spouse, especially if you have children; having them miss all the firsts and special events is sometimes heartbreaking," said Katharina Boyd, whose hometown is St. Petersburg, Fla.

"You go into it knowing that you are going to have to make large sacrifices and that is just the bottom line. You give up what you had before and make new dreams together as you go," she said.

Some spouses, like Jill Garver from Fort Myer, said that some of the hardest things are taking a back seat when it comes to their Soldier's injuries and career choices.

"Sometimes my job is just to be there when he needs me," she said.

You have to wear two hats being an Army spouse, said Denise Keeter, who has been an Army spouse for 17 years and whose Family hails from Winchester, Va., and that spouses often handle everything from bills and taxes, to child discipline and grades, to plumbing and remodeling.

"I have been in the Army, too, and I am feeling the last 20 years of Army service.



PHOTOS BY SARA E. MARTIN

Mandy Zimmer, Jassamyn Rock and Andrea Spotts undergo weapons training at the Engagement Skills Trainer 2000 Friday during Aviation Spouses Day.

But, I know that this has been my mission in life. You just have to do your best when your spouse is not around," she said.

Though the life of an Army spouse is challenging and unique, the women said they wouldn't change it for anything.

"Soldiers don't make the rules and spouses don't make the rules. Army comes first and Family comes second. It can be a hard issue to swallow at first, but it is so worth it," said Boyd.

"This is an amazing experience because we both have grown so much," said Karla Kelly, from Panama City Beach, Fla. "He is a better person from it all and I have learned so much about myself."

"The Army is our way of life. I don't see it as a sacrifice, but as a blessing," Keeter said.

At graduation, spouses were more than happy with what they had achieved and were thankful for the chance to help bridge the gap of knowledge between Soldier and spouse.

Col. Douglas M. Gabram, U.S. Army Aviation Center of Excellence deputy commander, ended the day by thanking the spouses for being as strong as they are while supporting the Army mission and Family.

"The strength of our Soldiers comes



Alexia Chascsa completes "dunker" training at the HOST facility Friday during Aviation Spouses Day.

from you. You are sometimes undervalued and underappreciated, so I thank you because it is not going to get easier. So, hang in there," he said.

Keeter said that help is out there for when times seem to be overwhelming and to remain positive.

"Look forward to all the things you are

going to be able to see and enjoy. Make friends and be connected. Friendships have been a lifeline for me," she said.

"Sometimes if you just get out there and get active in the community it can help your overall way of thinking if you are having a bad military experience," she added.

Children's theater prepares for show

By Sara E. Martin
Army Flier Staff Writer

Twenty-three children gathered Monday at the post theater to audition for the musical "Rapunzel," hosted by Fort Rucker Directorate of Family, Morale, Welfare and Recreation and the Missoula Children's Theatre.

Rehearsals and workshops were held all week to help children prepare for the summer production and to help engage them during the summer, said Denise Honeycutt, Hire! and Edge! program manager.

"It is a wonderful experience for our youth. It provides an amazing summer experience for the entire Family and it is pure simple fun," she said. "The kids really give there all."

Children from ages 6 to 14 will fill the stage tomorrow and Saturday at the post theater, many making their acting debuts.

Participating has been a full experience for the children because it formed new friendships, helped bring out Fort Rucker's talent and taught commitment, said Honeycutt.

According to the company's website, the Missoula Children's Theatre has opened both hearts and



PHOTO BY SARA E. MARTIN

Children work on their memory and observation skills during a theatrical workshop Tuesday at the post theater with the traveling directors and actors of the Missoula Children's Theatre.

minds of children to the possibility of achievement through creativity and teamwork that they learn during the theatrical process.

One mother, Krista Barrett, whose son plays Prince No. 1, said that her child has excelled because of his participation through the many times he has acted with MCT.

"He is homeschooled because he has some social anxieties, but he just loves to participate and this is

an awesome thing for him because he lights up when he performs," she said. "Tristan is in speech therapy, so doing the plays really helps him with his speech because he has to really think about what he says so he does not stammer."

Tristan Barrett, who has participated in four MCT's across the U.S. in his travels as an Army Family member, battles with autism but still manages to tackle the task of memorizing lines and performing.

"I always have a good time. I like hanging out with the other kids and meeting new people. I get better and better every time," he said, adding that stage positions were among the hardest things to learn.

The production is not only about having fun and making friends, it also teaches children valuable lessons that they can take with them.

"One lesson they learn is that all of them are necessary for the show to go on," said Steven Thomas, touring actor and director. "We have the ability to do the show, but it concretizes the lesson of being committed to the show for the children."

The children said rehearsals were everything from fun to challenging, but most agreed that they are all learning new things.

"I think it will help me in speaking in front of others and help me memorize things easier once school starts again," said Esperanza Mendoza, tower Rapunzel, whose hometown is Houston, Texas.

"We want to keep them engaged so they don't forget elements they learned in the school year. At the same time it is fun for them, they do not realize that they are learning," said Thomas.

Parents agreed that by participat-

ing their children are learning good life lessons.

"A new and exciting experience is how we look at the production," said Laura Reynolds from Birmingham. "It encourages all of the children to be expressive and to use their imaginations, and they are learning about following instructions and being committed to something."

All of the children said that the directors were very helpful, funny and nice.

"They explain all your questions before you even have to think about asking them," said Mendoza.

Andrew Reynolds, Corn No. 2, said that though he was very nervous about auditioning and the upcoming shows that his friends also performing in the play give him courage.

"I wanted to be in the play because I have never been in a play before and I think it will be really exciting when the show starts," he said, adding that the best thing about participating is being able to be in a play with some of his friends.

The performance of "Rapunzel" will be held Friday at 4:30 p.m. and again Saturday at 2 p.m. at the Post Theater. The show is free and open to the public.

ON POST

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

Dueling Pianos Army Birthday Celebration

The Landing celebrates the Army's 238th birthday with Dueling Pianos Friday from 8 p.m. to midnight. Everyone is welcome to attend this high-energy, all-request, comedy piano show. Two pianists duel it out in effort to see who can play better and faster. People can tell the musicians what they want to hear and sing along to their favorite tunes. Audience participation is highly encouraged. Cost for each ticket is \$15 for advance preferred seating, \$10 for advanced regular seating, and \$15 at the door for regular seating. Reservations can be made for advanced regular seating tickets at The Landing Zone until 4 p.m. today.

For more information, call 598-2426.

Library Army birthday special

In celebration of the Army's birthday, patrons of the Fort Rucker Center Library will be able to check out an extra movie, making it a total of six movies, or five movies and one game.

For more information, call 255-3885.

Father's Day on the Patio

People are invited to treat their dads to a meal during the Landing Zone's Father's Day on the Patio Sunday from 11 a.m. to 6 p.m. The Father's Day meal will feature a hand-cut 12-oz. New York Strip steak with a choice of two sides – baked potato, baked sweet potato, fries, broccoli, baked beans or a salad), a non-alcoholic beverage, and dessert – for \$14.95.

For more information, call 598-8025.

Newcomer's Welcome

Army Community Service hosts the Newcomers Welcome every third Friday of the month from 8:30-10:30 a.m. at The Landing. Active duty military, spouses, foreign students, Army civilians and Family members are all encouraged to attend the event. A free light breakfast and coffee will be served. For free childcare, register your children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the event.

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

Personal Growth Training

Army Community Service hosts its Army Family Team Building Personal Growth Training from 8:30 a.m. to 2:30 p.m. Tuesday through June 20 at the Soldier Service Center, Bldg. 5700, Room 371F. The seminar includes classes on communication, stress management, time management, growing through change, resiliency during crisis and grief, and more. Advance registration is required. For registration and childcare information, call 255-2382 today. The training is free and all materials are provided.

EFMP lunch and learn

Army Community Service's Exceptional Family Member Program hosts a lunch and learn session June 27 from 11:30 a.m. to 12:30 p.m. at The Commons, Bldg. 8950 on Seventh Avenue. The topic over lunch will be toilet training techniques for children with autism spectrum disorders. The free session is open to the Fort Rucker community. The presenter will be Pauline Henry, a board-certified behavior analyst. Registration is required.

For more information or to register, call 255-9277 today.

Taco Bar Tuesday

Every Tuesday, The Landing Zone will offer Taco Tuesday, featuring \$2 tacos (beef or chicken) beginning at 5 p.m. There will be a bar set up for guests to serve themselves with shredded lettuce, tomatoes, cheese, sour cream, guacamole, etc. People can make it a

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ARMY GRAPHIC

Happy birthday!

The Landing Zone celebrates the Army's 238th birthday with a cake cutting Friday at 11:45 a.m. The cake will be served to diners at lunch until 2 p.m. or when the supply is exhausted. For more information, call 598-8025.

meal by adding black beans and rice for only \$1.95. The LZ will also have \$2 chips and queso. Specials are applicable only with the purchase of a beverage. The special is not valid with any other coupons or promotions and is for dining in the LZ only.

For more, call 598-2426.

June EDGE! programs

Child, youth and school services will host its June EDGE! program with activities such as tubing and paintball at outdoor recreation, and painting and ceramic arts at the arts and crafts center. June EDGE! will be held Mondays through Fridays from 2:30-4 p.m. and will be open to children ages 6-18. The cost will be \$5 per hour. Valid CYSS registration is required and people can enroll at parent central services in the Soldier Service Center, Bldg. 5700, Rm. 193, or at the facility where the activity is being held. EDGE! is open to youth of military, Department of Defense civilians and contractors working on Fort Rucker.

For more information, call 255-0666 or 255-9638.

Youth summer camp

Youth services offers summer camp Mondays-Fridays until Aug. 9 at the youth center in Bldg. 2800 on 7th Avenue. Camp hours are 7 a.m. to 1 p.m. Open recreation begins at 1 p.m. Camps include: archery, ultimate flying disc, flag football, volleyball, basketball, money management, beading, fine arts, preventing cyber bullying, rockets, computer recycling, renewable energy, photography, robotics, anime pro/Studio 6, Flight Simulator/Microsoft Office Suite, arts and crafts, performing arts, culinary arts, sewing, scrapbooking, softball and rock climbing. Field trips take place on Wednesdays and Fridays. Camp fees are based solely on income.

For more information, call 255-2245.

Summer Reading Program

The Center Library offers its Summer Reading Program, with the theme, Have Book - Will Travel, through June 28. The free program is open to children completing grades kindergarten through eighth. Registration is ongoing at the library. The program features the chance for children to win prizes for reading their favorite books. Prizes will be awarded to the top reader for kindergarten through fourth grade and fifth through eighth grades at the end of the program.

For more information, call 255-0891.

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Check-ups essential for men's health

By James W. Cartwright
U.S. Army Public Health Command

June is Men's Health Month and if you are a male, you have most likely seen a doctor out of necessity, but when confronted with specific questions about men's health you may have some shortcomings.

In searching the wisdom of the Internet on men's health, it turns out that men are pretty special when it comes to taking health risks. In fact, men are more likely than women to smoke and drink, make unhealthy or risky choices, and put off regular check-ups or seek medical care. Overall, evidence indicates that men ought to pay more attention to their health and well-being. But how much is enough?

To have a good grasp on men's health care, an analogy using cars may help. Apparently, most men understand about and relate to cars. Statements like, "Your car gets routine check-ups, so should you," and references to "Men's Health Tune-up Schedule" might be helpful, but the fact is many men neglect their car's maintenance.

Delaying regular tune-ups of your vehicle, putting off check-ups, and waiting for the oil light to come on to get the oil changed is standard behavior. Why is it that worn out, bald tires are not replaced until your wife or sister notices and obsesses about your safety?

To get to the heart of the matter, what are the real reasons that men do not seek medical care? Web MD cited a number of possible reasons men avoid medical care. Among those reasons were "stoicism, high cost, busy schedules, the challenge of getting an appointment, or the embarrassing possibility of the digital rectal exam." There you have it.

To the relief of many men, the U.S. Preventive Services Task Force rejected the idea that the standard annual physical exam is an effective tool for improving the health of patients. They suggest that exams needed to be tailored to the age, health risks and preferences of the patient. If you are a man, you might like this, but do not be surprised if your wife likes the car analogy better.

So, what should men do to maintain good

health? It turns out that it's really quite simple. Most experts agree that men should do, or not do, these things: don't smoke, be physically active, know your body, eat a healthy diet, stay at a healthy weight, manage your stress, sleep well and drink alcohol only in moderation. Note that these measures also enhance mental and spiritual wellness, which is important since men have higher suicide rates than women. In addition, it is important to partner with your physician to choose a preventive healthcare program suited to your special needs.

Many of the major health risks that men face, such as colon cancer or heart disease, can be prevented. They are also easier to treat when found early. To ensure your body continues to be fit and ready, eat healthfully, sleep well, be physically active and follow a preventive maintenance schedule as listed below.

Here are the basics:

- Regular blood pressure screenings.
- Cholesterol screenings for all men 35 and up, or 20 and up if there are other risk factors.

- Colorectal cancer screening age 50 and up.
- Tetanus booster every 10 years for men over 50.
- Flu shots every year for men over 50.
- Prostate cancer screenings based on individual factors.
- Diabetes screenings for adults who have high blood pressure or high cholesterol.
- Monthly self exam for irregular moles with annual visit to a dermatologist for complete exam.
- The American Cancer Society recommends annual cancer screenings with a testicular exam.

Going back to the car analogy, when you want to take care of your car, you educate yourself by checking out informative Web sites on how to do that.

The National Institutes for Health provides overviews, current news, and prevention/screening information on specific conditions related to men's health to include cancer, low testosterone, depression and more.

Army teams with Navy — everyone wins

By Jane Gervasoni
U.S. Army Public Health Command

The Army and the Navy are rivals in football, but when it comes to food safety, both services play on one winning team.

The U.S. Army Public Health Command's Ship Rider program deploys an Army mid-level NCO, veterinary food inspection specialists to select Military Sealift Command combat stores ships to inspect food shipments. Through a Memorandum of Agreement with the MSC, this service is provided during scheduled deployments and specific exercises.

The recently developed MOA requires that Army veterinary food inspectors provide food safety, food defense and quality assurance inspection as their primary job function aboard vessels. The inspectors are responsible for evaluating all subsistence to include ship's store health and comfort products at time of receipt as well as inspecting them for identity, count and condition. If asked, they provide training to ship's personnel.

Once on board the ship, the enlisted Soldiers also train food service personnel in sanitation and conduct inspections of operational rations, according to Harold Sheridan, senior quality assurance specialist at the Public Health Command District-Fort Eustis in Norfolk, Va.

Another critical task is the All Food and Drug Activities, part of Department of Defense Hazardous Food and Non-Prescription Drug Recalls Program. The DOD ALFOODACT Hazardous Food Recall Program is reviewed and monitored during these deployments.

"The Ship Rider program started here roughly around 1996," said Sheridan. "This program originated from a request from Military Sealift Command, due to the excessive financial loss of subsistence items while they were deployed."

As part of the MSC team, the Soldiers learn to do some "sailing" as well.

"Soldiers are assigned to the ship for the duration of the assignment that usually lasts for three to six months," said Sheridan. "These Soldiers participate in all crew drills, training, and duties as would any sailor on the ships."

Public Health Command District-Fort Eustis assigns Soldiers to work with the Military Sealift Command Atlantic's area of responsibility which includes all western Atlantic water space off the coastlines of Canada, the United States and Mexico; all waters surrounding Central and South America and the islands

of the Caribbean; and the waters roughly defined as those in the Norwegian, Greenland, Labrador and Caribbean seas.

Sheridan and the district food safety officer act as shore-based resources for the deployed food inspectors, providing guidance, updates and a link to the Army family as needed.

"We did Navy stuff, from learning crew procedures and off-limits zones to ship inspections, but our primary duty was to perform our food safety and food defense missions," explained Staff Sgt. Edward Franco, food inspector from PHCD-Fort Eustis who deployed for three months on the USNS Wally Schirra. "I looked at more than 3,500 pallets of food during the deployment," said Franco.

"I inspected pallets of subsistence items worth about \$3 million — each pallet weighed about 400 pounds," said Sgt. Ismenio Lampe, also from PHCD-Fort Eustis, who returned from a six-month deployment last November.

"We visited 10 ports in Spain, Italy, Greece and Africa," said Lampe, who served on the USNS Robert E. Peary. "Once food inspections in port were complete, we were allowed 'lib-

erty' (leave from the ship) during the rest of our time in port."

On the other side of the globe, PHCD-Western Pacific sends veterinary food inspectors out with the Navy's 5th Fleet.

Sgt. Julio Trevino, Ship Rider non-commissioned officer-in-charge, and Sgt. Larry Arnold, both from PHCD-WESPAC, Naval Support Branch, Guam, explained that they joined their ships in Singapore and visited multiple ports in the Middle East while approving, picking up and accepting subsistence for delivery to other ships at sea.

"My mission was to inspect all of the food and food storage areas on my supply ship. This ship provided food for two carriers, two tankers, three destroyers, and several other naval and marine operating ships. I made sure the food they received was safe," said Arnold.

"I conducted receipt inspections of all food being loaded on and off the ship, inspected all storage areas for proper temperature, and managed a shelf-life program onboard the ship resulting in zero losses as a result of expired food," explained Trevino. "I also worked with the medical

ships officer in joint sanitation inspections of the galley. In total I inspected over \$3.2 million of subsistence that was loaded to customer ships."

Sheridan explained that the average monetary value of subsistence items procured for these types of vessel is \$500,000-\$750,000. The food items procured are paid for under Defense Capital Working Fund by the Defense Logistics Agency in Philadelphia, which means the food does not belong to the Navy until a customer (ship) places an order. The inspectors perform daily wholesomeness and serviceability inspection of those items that remain in storage. They also assist

in foreign ports to identify an authorized supplier for food.

But being on a Navy ship poses interesting challenges for a single Army Soldier.

"Things change daily, and you must be ready on a moment's notice to be there when they need to quickly supply a ship," said Arnold. "The duties themselves are not that different from our normal day-to-day routine. The only thing different is the environment and the people that surround you."

"At times it was hard to adjust to the Navy way of life, but with time it was great. Everyone onboard knows you as 'Sarge' and wants to know everything about the Army," explained Trevino. "I had the opportu-

nity to work with some sailors and even receive a Navy skills badge."

"Trevino extended his deployment and volunteered for the extra work and study required to earn the Navy Enlisted Surface Warfare Specialist badge," explained Capt. Frank DeCecco, veterinarian in charge of the Guam Branch.

The Soldiers all enjoyed the experience and agreed there was a sense of pride being in an Army uniform and providing important services to the Navy by performing their military occupational skills. They also agreed that the support from their team members at home was an important part of performing their mission.

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Lighthouse offers full moon climbs

Franklin County
Tourist Development Council

The June Full Moon Climb at the Cape St. George Lighthouse on St. George Island is June 23. The climb takes place from 7-8:30 p.m. and will include light hors d'oeuvres and a sparkling cider toast to the full moon. Cost is \$15 for the general public and \$10 for members of the St. George Lighthouse Association.

After sunset, people are invited to climb to the top of the lighthouse for a breathtaking view of the full moon, as space and time permit. Cost is \$10 for the general public and \$5 for SGLA members. The moon will be at its closest orbit of Earth during the event.

The Cape St. George Light is located in St. George Lighthouse Park at the center of St. George Island, where Island Drive ends at Gulf Beach Drive. Parking is available in lots at either side of the park.

Because space is limited, reservations are recommended. For reservations or more information, call the Lighthouse Gift Shop at (850) 927-7745.



The June Full Moon Climb at the Cape St. George Lighthouse on St. George Island, Fla., is June 23.

COURTESY PHOTO

WIREFLASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30-9 p.m. The organization also has a dance, with live music, every Saturday from 7:30-11:30 p.m. All proceeds from the bingo events go to help local veterans and their Families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

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.

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 on Sundays, and games and TVs are available for entertainment. The 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.

DOTHAN

NOW THROUGH JUNE 25 — Troy University's Summer Spectacular Children's Camp at Kelley Springs Elementary School for local children has the theme "Kids as NASA Scientists." Camp is open to children ages 4 to 12 and the camp will be held from 9 a.m. to 12:30 p.m. Tuesdays through Thursdays. Under this year's NASA theme, children will engage in a variety of activities exploring science, technology, engineering and math. For more information, or to request a registration form, contact Dr. Cynthia Hicks at hicksc@troy.edu.

NOW THROUGH JULY 14 — The Memories of World War II exhibit at the Wiregrass Museum of Art features the nearly 200 reporters and photographers that fanned out around the globe to cover World War II. This exhibition is a spectrum of more than 100 photos from all theaters of the war and the home front. For more information, visit www.wiregrassmuseum.org.

FRIDAY THROUGH JULY 26 — Each Friday Landmark Park will present

Animal Adventures, a special one hour educational program which provides a unique opportunity to learn about the natural world. Children ages 5 and older are encouraged to come and see the wonder of many native animals. Programs begin at 10 a.m. in the Interpretive Center Auditorium. Event is free with paid gate admission. Animals discussed are owls, snakes, alligators, cats, insects and honeybees. For more information, call 794-3452 or visit www.landmarkpark.com.

NOW THROUGH AUGUST 16 — Landmark Park's Digitarium Planetarium will offer special showtimes on Tuesdays and Fridays to give children and adults a chance to learn about stars, constellations and the universe. Regular admission is \$2 per person. Seasonal Stars and Stories is led by an instructor who can give tips on how to identify objects in the night sky, while the Full Dome Videos are animated educational movies about space. Registration is required for weekday shows. For more information, visit www.landmarkpark.com.

JUNE 24 - AUG. 9 — The Wiregrass Museum of Art will feature three separate summer camps highlighting different aspects of visual arts.

Art Attack! is a camp about creativity and fun. Everyone will learn art fundamentals and display their masterpieces in the Art Attack! showcase at the week's end. Art Attack!, for ages 6-9, will be held June 24-28. The camp for ages 10-13 will be held July 15-19. Sessions will be held from 9 a.m. to noon and from 1-4p.m. Price is \$105.

Play in the Clay! is a pottery camp where children can learn a variety of ceramic techniques and create three projects to take home. Play in the Clay! is available for children ages 5-9 July 23-26 from 10:30-11:30 a.m. Price is \$65.

Art Around the World gives children the chance to explore the world through various art forms. Children will travel to a different country each day, learn the culture and customs, and create a work of art native to that region. This camp is available for children ages 5-10 Aug. 5-9 from 9 a.m. to noon. Price is \$105.

For more information or to register, call 794-3871 or visit www.wiregrassmuseum.org.

ONGOING — The Wiregrass Museum of Art hosts "First Saturday Family Day" the first Saturday of every month at 10:30 a.m. The event is recommended for elementary-aged children. For more information, visit www.wiregrassmuseum.com or call 794-3871.

ONGOING — Landmark Park has a

reptile feeding at 4 p.m. every second Sunday of each month. Children and adults can learn why these animals are important to the environment. The program is free with paid gate admission. For more information, call 794-3452 or visit www.landmarkpark.com.

ONGOING — Alabama Agricultural Museum in Landmark Park hosts the Wiregrass Woodturners club meeting the first Saturday of every month at 9:30 a.m. Open to the public, no experience necessary. Free with paid gate admission.

ENTERPRISE

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street in Enterprise on the fourth Saturday of each month, beginning at 8 a.m. This building is across the street from the Lee Street Baptist Church on Lee Street.

For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

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 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 — 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.

ONGOING — Disable American Veterans Chapter No. 99 will meet June 27 at 6 p.m. in the New Brockton City Hall. The chapter also meets each Tuesday and Wednesday at 6 p.m. at New Brockton City Hall. Food and drinks are served followed by regular chapter business. A guest speaker from the Veterans Administrations' Veterans Center, Bay County area will deliver a DAV appropriate speech. Election of new Chapter 99 officers for 2014 will be the final order of business. Chapter No. 99

maintains a DAV service office in the New Brockton Police station Each Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. For more information, call 718-5707.

OZARK

FRIDAY — The Ozark First United Methodist Church hosts a 5K run-walk-crawl at the church. Registration begins at 6 p.m. with the race beginning at 7 p.m. Early registration fee ends June 14 and is \$20. Late registration is \$25. Children 15 and below are \$5. Registration forms are available at CB&T of Ozark, Ozark Boys and Girls Club, Ozark First United Methodist Church or can be downloaded at www.ozarkfumc.org/library.phpwww.php. For more information, call 432-3068.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight. For more information, call 774-9321.

ONGOING — Every Thursday at 5:30 p.m. yoga with Sandra Bittman is at Perry Recreation Center for \$5 a person.

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

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

PINCKARD

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

SAMSON

ONGOING — 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, finger foods, and refreshments.

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

Beyond Briefs

Balloon Festival

The ninth annual Gulf Coast Hot Air Balloon Festival will be Friday-Sunday at Foley SportsPark.

People can enjoy live music throughout the weekend, visit the arts and crafts village and let children play at the free Kid's Village. The Disc-Connected K-9 World Famous Frisbee Dogs will entertain guests while antique tractors will be on display with live demonstrations. There

will be a variety of food vendors. Admission is free and festival ground parking will be available for \$5.

For more information, call (251) 943-3291 or visit www.gulfcoastballoonfestival.com.

Civil War Tour

The Fort Morgan Civil War Twilight Tours are held every Tuesday evening until July 30 at the Fort Morgan State history site. Living history interpreters in Civil War period dress tell the story of Fort Morgan's Civil War service through historic vignettes based on actual events.

For more information, visit www.fortmorgan.org.

Civil War anniversary

Chattanooga Commemorates the 150th anniversary of the Civil War throughout the rest of the year. There will be a variety of special events, including the largest reenactment in the western theater for the anniversary with over 10,000 actors, an outdoor patriotic concert and the four-day signature event "Occupation and Liberation." For more information, visit www.chattanooga.com/150th-anniversary-of-the-civil-war-special-events.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

HEADQUARTERS CHAPEL, BUILDING 109

Multi-Cultural Worship Service 8 a.m. Sunday.

MAIN POST CHAPEL, BUILDING 8940

9:30 a.m. Catholic Mass Sunday
11 a.m. Liturgical Worship Service Sunday
12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catholic Confessions Saturday 5 p.m. Catholic Mass Saturday.

WINGS CHAPEL, BUILDING 6036

9:30 a.m. Protestant Sunday School
10:45 a.m. Chapel Next Contemporary Worship

Protestant Service.

SPIRITUAL LIFE CENTER, BUILDING 8939

9:30 a.m. Protestant Sunday School
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

9 a.m. Protestant Women of the Chapel, Wings Chapel, Tuesday 11 a.m. Above the Best Bible Study, Yano Hall, Wednesday 1 a.m./6 a.m. Adult Bible Study, Spiritual Life Center, Wednesday noon/1 p.m. Adult Bible Study, Soldier Service Center, Wednesday 5:30 p.m. Catholic Adult Bible Study, Spiritual Life Center, Wednesday, 5:30 p.m. Youth Group Bible Study, Headquarters Chapel, Wednesday 6:30 p.m. Chapel Next (Meal/Bible Study), Wings Chapel, Thursday 9 a.m. Adult Bible Study, Spiritual Life Center, Thursday.



COURTESY PHOTO

Pick-of-the-litter

Meet May, a 12-week-old Boxer and Blue Heeler mix. She is very playful and a super sweet puppy. She will be a large girl when she grows up. May is \$80 to adopt, which includes spaying, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for updates on the newest animals available for adoption.

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Fort Rucker



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 **BOEING**



JUNE 13, 2013

BEATDOWN: Sluggers defeat SERE, 11-1

By Nathan Pfau
 Army Flier Staff Writers

Players prepped in the dugouts and pitchers warmed up their arms as teams got ready to take each other on at the Fort Rucker softball fields Tuesday.

The Survival, Evasion, Resist and Escape team, Why So SERE-ious?, took on the flight students from D Company's Sluggers in a game that ended early with the Sluggers on top, 11-1.

"It was a good win tonight," said Dan Prial, coach for the Sluggers. "We're just trying to fine-tune what we're trying to accomplish for the playoffs, and we're pretty excited because we've got a great group of guys and we want to see what we can do."

"We're fortunate enough to have a couple former ball players on our team," he continued. "Our strategy is to get those players to have as many at bats as possible, and from there we try to get our base runners on and our big hitters on behind them, but ultimately we're just trying to have some fun out here."

The game started as the SERE team took to the plate, but got off to a slow start with their first two batters out at first and their third striking out, sending them into the outfield within minutes.

The sluggers started their time at bat slow as well with a strike out, but managed to pick up the pace as one of their players managed a double to get their team on base, followed by an in-the-park home run that brought in two runs and put them on the scoreboard.

The rest of the team seemed to take a queue from the starters as they kept the ball on the ground and managed to bring in two more runs before the inning ended, 4-0, giving D Co. a good start.

Why so SERE-ious? went back up to the plate for a chance to catch up to their opponents, but two consecutive pop ups that racked up two outs early on said otherwise. A quick play at first by the Sluggers sent the SERE team back in to the field, still well behind.

The Sluggers went back up to bat, beaming with confidence, which translated into their play style as they hit base hit after base hit to bring in additional runs.

The SERE team's defense couldn't keep up with its opponent's aggressive offense as players literally let the ball slip through their fingers.

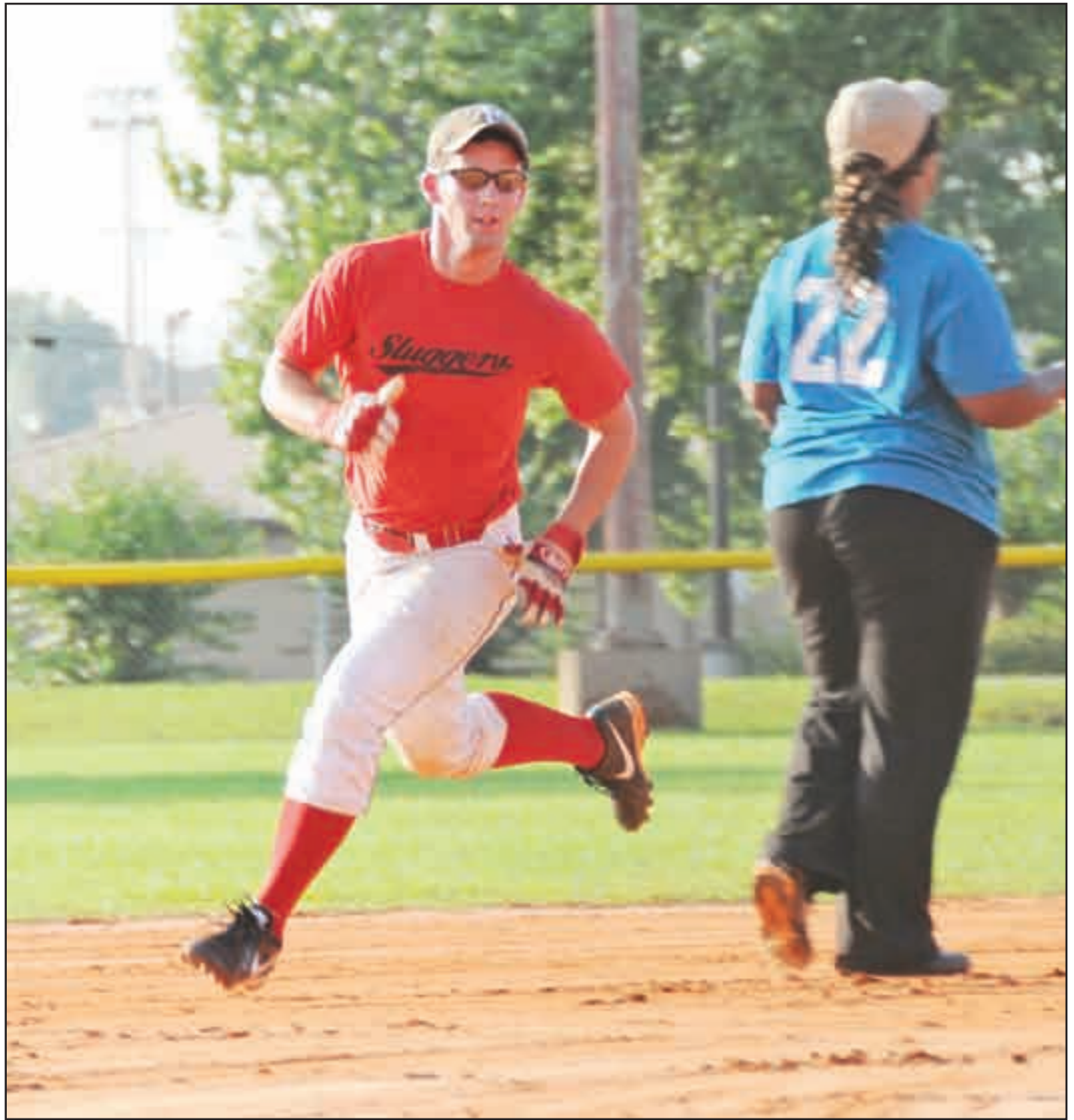
Five runs later, the D Co. team got its last out to end the inning well ahead of their opponents.

The SERE team's offense tried to step up its game as things began to look bleak and managed to get some players on base with a few ground balls, but the Slugger's defense tightened up and kept any SERE players from reaching home plate.

Why So SERE-ious?'s defense started to get into the game, however, as it managed to keep its opponents from advancing much further going into the 4th inning. SERE only allowed one run, ending the inning 10-0.

As well as SERE picked up its defense, the offense still couldn't seem to find its footing as batters were unable to keep the ball on the ground and out of the gloves of the D Co. team, and remaining scoreless.

Although the Sluggers commanded a



PHOTOS BY NATHAN PFAU

Matt Joiner, Sluggers player, rounds second base and heads for third during an intramural softball game at the Fort Rucker softball fields Tuesday. The D Co. Sluggers beat the SERE team, Why So SERE-ious?, 11-1.

substantial lead at this point, their offense seemed to wane, as they were unable to get past the SERE team's defense in the 4th inning, and ended their first inning without a run.

The SERE team was now under immense pressure to get back in the game as the score was dangerously close to the 10-run rule, which would go in effect in the 5th inning. The team managed base hit after base hit, which finally allowed for an RBI that put it on the scoreboard late in the game.

SERE batters weren't able to keep up the pace, however, as the Sluggers defense kept them from advancing any further.

In the bottom of the 5th, the Sluggers team needed only one run to win the game with the 10-run rule, a feat that they easily accomplished as they sent the SERE team packing, 11-1.

"Defense is our primary strength and we really try to make as few errors as possible," said Prial. "Throughout the season, we've come together and done a lot better on our defense. I love these guys. How could I say that anyone else has a chance (in the playoffs)?"



Julia Stallard, Sluggers player, tries to beat the ball home during an intramural softball game at the Fort Rucker softball fields Tuesday.

Disc Golf

James Old throws a disc at the first hole during Fort Rucker's first Flying Disc Golf Tournament in May. The Directorate of Family, Morale, Welfare and Recreation offers Disc Golf - played much like traditional golf, but instead of using a ball and clubs, players use a flying disc. DFMWR welcomes novices and experienced players to bring their friends out and enjoy some friendly competition. The 18-hole disc golf course is located at Beaver Lake. People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The Disc Golf course is open to the public. Disc check-out is open to authorized patrons only. For more information, call 255-2296.



PHOTO BY NATHAN PFAU

DOWN TIME



Just Like Cats & Dogs by Dave T. Phipps



Trivia test by Fifi Rodriguez

T R I V I A

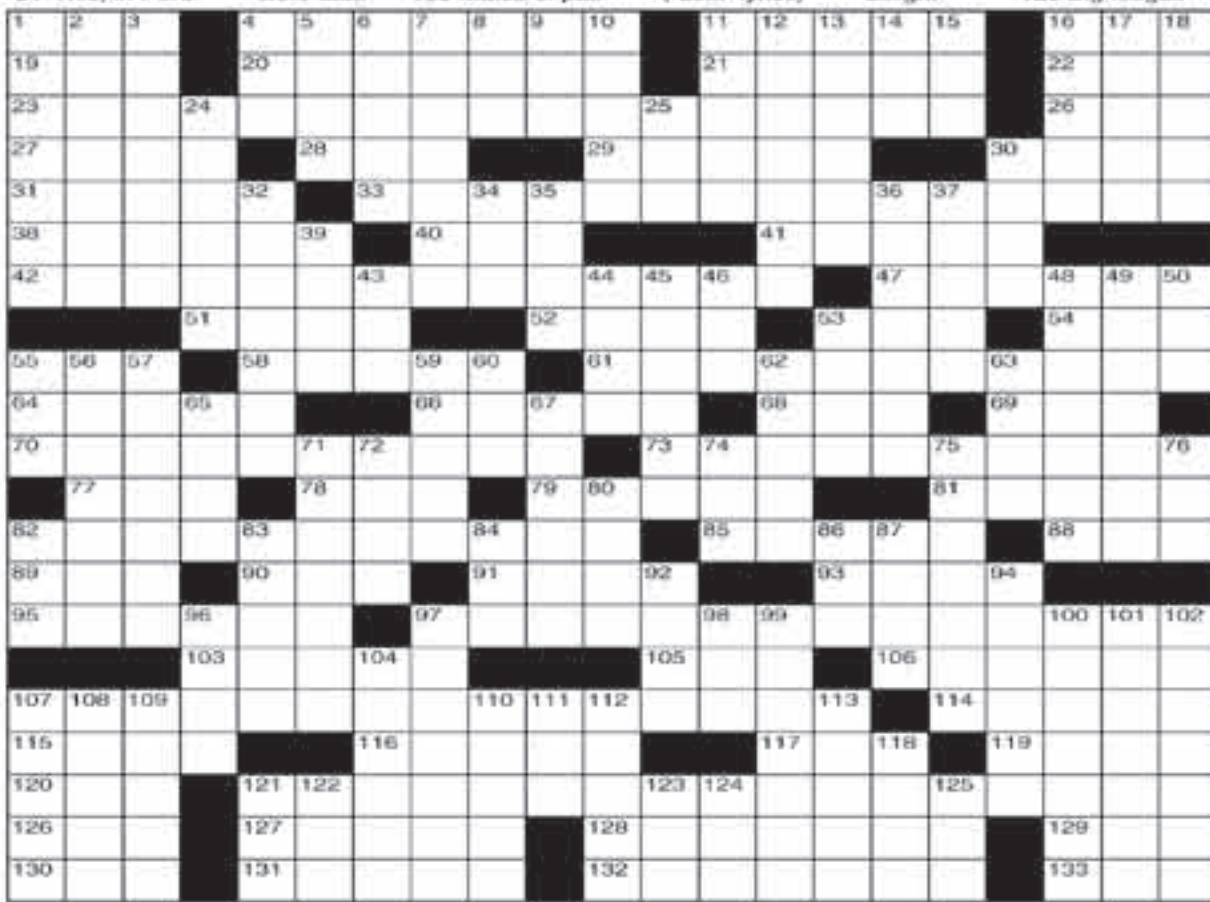
1. U.S. STATES: What is the capital of Kentucky?
2. GENERAL KNOWLEDGE: What is a luge?
3. BIBLE: Which biblical character was swallowed by a whale?
4. TELEVISION: What was the professor's name on "Gilligan's Island"?
5. LITERATURE: What Shakespearean character speaks the line, "Thus with a kiss I die"?
6. FAMOUS QUOTES: Who once said, "Always go to other people's funerals, otherwise they won't come to yours"?
7. MUSIC: What does the musical term "lento" mean?
8. ANIMAL KINGDOM: What color is a robin's egg?
9. LANGUAGE: What is the French name for the English Channel?
10. GEOGRAPHY: In what country can the ancient site of Machu Picchu be found?

See Page D4 for this week's answers.

Super Crossword

FASHIONABLE FILMS

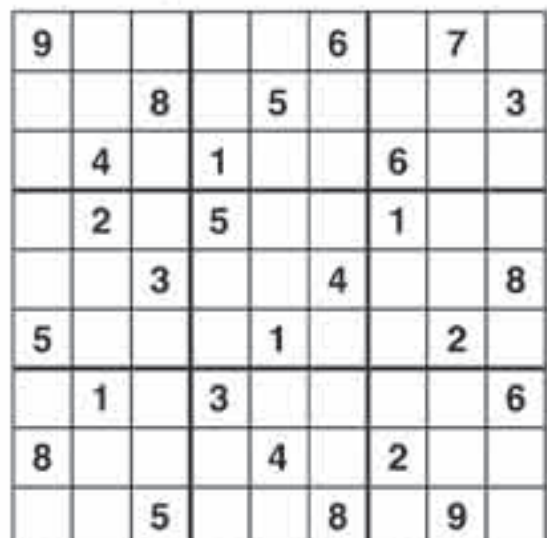
- | | | | | | |
|---|--|--|--|--|--|
| ACROSS | 52 "Me neither" | 95 Total chaos | DOWN | 39 Within; | 86 Got the litte |
| 1 Learning ctr. | 53 Ostrich's kin | 97 2003 Mike Myers | 1 Fizzy drink | 87 Social pests | 87 Social pests |
| 4 Puts garments on | 54 Actress Sara | 103 Land — (be attentive) | 2 City in Italy | 92 Alliance since '49 | 92 Alliance since '49 |
| 11 Jim-dandy | 55 Din-din wear | 105 Black goop | 3 Now — (certain Connecticut resident) | 94 "Don't mention it," in Durango | 94 "Don't mention it," in Durango |
| 16 Place for a jacuzzi | 61 1964 Avalon musical | 106 Madrid misters | 4 Feel malaise | 96 Concluding | 96 Concluding |
| 19 Man-mouse middle | 64 China's Chou | 107 With 121-Across, 2005 dramedy with four lead actresses | 5 Small combo | 97 Give, as a free meal | 97 Give, as a free meal |
| 20 One using twisted humor | 66 The Home Depot rival | 114 Silklike fabric | 6 Like a — bricks | 98 Small amount | 98 Small amount |
| 21 Spanish for "nine" | 68 RR bldg. | 115 Talk wildly | 7 Totally raging | 99 Laundry job attack | 99 Laundry job attack |
| 22 Bath fixture | 69 — for trouble | 116 "Sin City" actor Rutger | 8 Cut of meat | 100 Ad — | 100 Ad — |
| 23 1995 Denzel Washington neo-noir film | 70 With 73-Across, 1985 Tom Hanks comedy | 117 Rapa — (Easter Island) | 9 Subj. for some aliens | 101 Short opera piece | 101 Short opera piece |
| 26 Round figure | 73 See 70-Across | 119 Lose flab | 10 — und | 102 Frightful flies | 102 Frightful flies |
| 27 Church shout | 77 Suffix with malt | 120 "How — you doing?" | 11 "— came to pass ..." | 104 Greek capital | 104 Greek capital |
| 28 Comic punch response | 78 Grain morsel | 121 See 107-Across | 12 The Little Rascals | 107 Idiosyncrasy | 107 Idiosyncrasy |
| 29 Royal rule | 79 Owner of the dog Sandy | 122 Belief suffix | 13 With acuity | 108 Stringant | 108 Stringant |
| 30 Thus — City, Oklahoma | 81 "Who can — to?" | 127 Cupid's boss | 14 Colorado NHLers | 109 Hostile party | 109 Hostile party |
| 33 1987 Stanley Kubrick war film | 82 1988 Christopher Walken children's comedy | 128 Bill modifier, e.g. | 15 "Affirmative" | 110 Backwoods | 110 Backwoods |
| 38 Low tie score | 85 Maul lightly | 129 Summer, in Aix | 16 Baby bird? | 111 "Isn't — bit like you and me?" (Beatles lyric) | 111 "Isn't — bit like you and me?" (Beatles lyric) |
| 40 Wade's rival | 88 — (dog) (stray cur) | 130 Your, biblically | 17 Cleanse | 112 1955-67 Arkansas governor | 112 1955-67 Arkansas governor |
| 41 New York village on the Hudson | 89 Resort to | 131 Spanish for "the sun" | 18 Top monk | 113 Subsidizes | 113 Subsidizes |
| 42 1942 Abbott and Costello comedy | 90 — Dawn Chong | 132 Really wishes one could | 24 Encrypted | 118 "— the idea" | 118 "— the idea" |
| 47 Like liquid splashing | 91 Broiling spot | 133 Mates of pas | 25 Wide foot-wear spec | 119 L.A. part | 119 L.A. part |
| 51 This, in Peru | 93 One way to store data | | 30 Marc of fashion | 35 Show bias | 35 Show bias |



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

Junior Whirl by Hal Kaufman

FOUR CAST You are challenged to answer the four questions posed above pertaining to the cartoon picture on the diagram at right.

1. **FLIPPER** (see cartoon) ...
2. **THE** ...
3. **THE** ...
4. **THE** ...

DREAM SCHEME TOTAL IS 28

DREAM ONE Now you have a chance to win a prize of \$100,000 cash. To win, you must answer all four questions correctly. If you get all four questions correct, you will win \$100,000. Can you meet the challenge?

For scoring, place 1 in the box at 100,000 cash. Then, if you get all four questions correct, place 28 in the box at 100,000 cash. The total score is 128.

Time: 2 minutes.

Wishing Well

SCORE 10 points for using all the letters in the word below to form five compound words.

FOUNDAE

THESE score 2 points each for all words of four letters or more found among the letters.

Try to score at least 10 points, what word means found.

Wishing Well

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

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 BOLTON

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Video Game Spotlight >>

'The Last of Us' offers solid experience

By Jim Van Slyke
Contributing Writer

(Editor's note: All opinions stated in the Video Game Spotlight are solely those of the article's author.)

You'll be doing yourself a huge disservice if you dismiss "The Last of Us" as just another zombie game. True, there are zombies and the object is to survive in a post-pandemic world, but this is a character-driven narrative that is incredibly fun to play.

Gamers become Joel, a survivor who will do anything to stay alive. He's no stranger to killing zombies and other humans, which isn't all that unique in "The Last of Us." Joel makes a living via the black market in a rundown city, but he's asked by a dying friend to look after Ellie, a 14-year-old girl. They have to travel to a distant location, a challenge due to the zombie hordes, lack of safe locations to sleep and the scarcity of supplies.

The length of the game isn't long — it can be completed in less than 20 hours although there are plenty of extra things to search for — but it goes by extremely fast because of how immersive everything is. The graphics are beautiful and only the most stone-hearted of gamers won't be affected by Joel and Ellie's plight. Gamers will find themselves rooting for these two characters and may even miss them after they finish the game. The interplay between Joel and Ellie is one of the major delights in the game.

The combat is a lot of fun, too, and usually nerve-wracking. Zombies are as fast as humans when they are alerted, and humans run out of endurance much quicker. It's a challenge for humans to survive, especially



COURTESY SCREENSHOT

since weapons aren't always easy to come by. Stealth kills are the way to go, mostly because it doesn't alert any more potential attackers.

Crafting plays a huge role in the game, with gamers having to make tough choices. If they find alcohol, for example, should they use it to make a Molotov cocktail or a bottle of medicine? Real consequences come from these decisions.

There are multiplayer modes, although

they are small and don't include a lot of gamers at the same time. The two modes replicate what's seen in the single-player game with death being permanent in each match.

It's early, but "The Last of Us" should be among the game of the year discussions. It will pull gamers in to an impressive story, give them a reason to care and it's a lot of fun. We can't ask for much more than that.



Publisher
Sony
Rated
Mature
Systems
PS3
Cost
\$60
Overall
3.5 out of 4

BRISF

Army Strong Triathlon

The Directorate of Family, Morale, Welfare and Recreation hosts the Army Strong Triathlon Saturday from 7 a.m. to noon at West Beach, Lake Tholocco.

The event includes a quarter-mile swim, a 10.6-mile bike race and a 3.1-mile run. Cash awards will be given to the top overall finishers and the top relay team. Cost to register is \$50 for individuals and \$80 for teams.

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

Daddy and Me - 3 for Free Bowling

Rucker Lanes offers free bowling for dads Sunday. Each dad will receive three free games of bowling and shoe rental. Children, 13 and younger, will receive three games of bowling and

shoe rental for \$4.75 per child when they bowl with dad. No reservations are accepted and the special is not available for any group functions, birthday parties or with discounted rates and coupons.

For more, call 255-9503.

Superintendent's Revenge Golf Scramble

Silver Wings Golf Course hosts the Superintendent's Revenge Golf Scramble June 29. Tee times will begin at 7 a.m. Cost is \$10 to enter, plus greens and cart fees if applicable. Deadline to register is June 25 at 4 p.m. Awards will be given away after the tournament.

To sign up or get more information, visit the Pro Shop at SWGC or call 598-2449.

Youth sports registration

Fort Rucker Youth Sports will hold youth 7-on-7 tackle football (intramural), cheerleading, tennis and fall soccer registration July 1 through Aug. 2. Children must meet age requirements by Sept. 1, and a current sport physical and a valid child, youth and school services registration are required for participation. Costs are \$65 for tackle football, \$40 for cheerleading, \$40 for fall soccer, and \$40 for tennis. Cost for ages 4-5 is \$20. A multiple child rate will be determined at parent central services during registration.

Age requirements are 8-13 for 7-on-7 tackle football, 4-12 for cheerleading, 4-14 for soccer and 7-18 to play tennis. Coaches are needed for all age groups. Special requests for coaches and players cannot be honored. There will be no extension on registration.

For more, call 255-2257, 255-0950 or 255-9638.

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Weekly SUDOKU
Answer

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

TRIVIA
Answers

1. Frankfort
2. A racing sled
3. Jonah
4. Roy Hinkley
5. Romeo, "Romeo and Juliet"
6. Yogi Berra
7. Slow tempo
8. Blue
9. La Manche
10. Peru

PUZZLE ANSWERS

Super Crossword
Answers

SCH	ATTI	RES	ADKAY	SFA		
ORA	TRON	IST	NUEVE	TUB		
DEV	LIN	ABL	EDRESS	ORB		
AMEN	DOF	REIGN	ERGO			
PONGA	FULL	METAL	JACKET			
ONEONE	ROE	HYACK				
PARDON	MY	SARONG	SLOSHY			
ESTA	NORI	EMU	MIA			
SIB	MORAL	DIKIN	IBEACH			
ENLA	LOWES	STN	ASK			
THE	MAR	WITH	ONERED	SHOE		
COSE	OAT	ANNIE	ITURN			
PUSS	IN	BOOTS	PAWAT	PYE		
USE	HAT	OVEN	ONCD			
BED	LAM	THE	CAT	IN	THE	HAT
ANEAR	TAR	GENORB				
THE	ST	STER	HOOD	OF	RAMIE	
WANT	HAUER	NUI	DIET			
ARE	THE	TRAVELING	PANTS			
ISM	SANTA	AMENDER	ETL			
THY	EL	SOL	LONG	STO	MAS	

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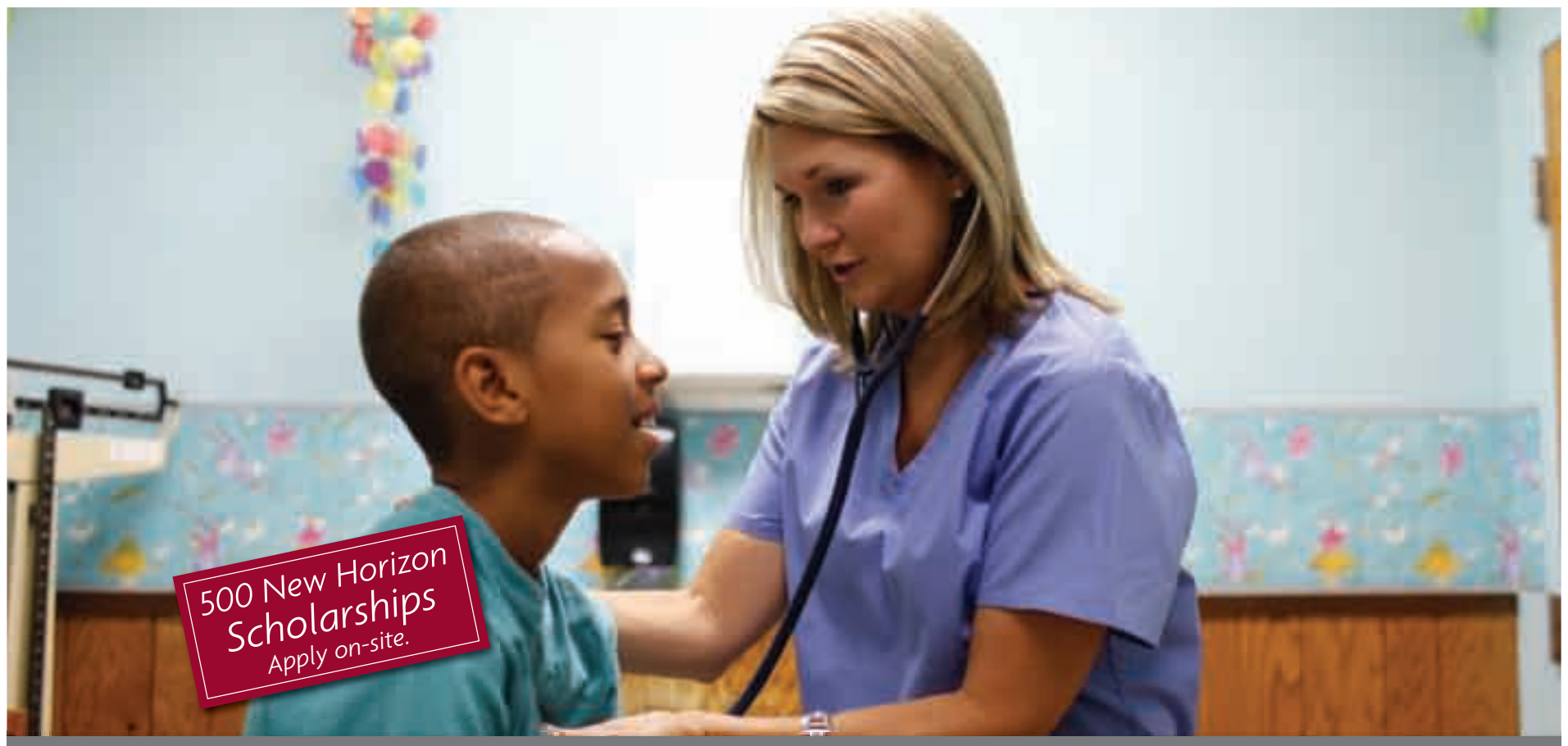
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