

**FALL BACK**  
Don't forget to set  
clocks back one hour  
Sunday at 2 a.m.



**TAKE FLIGHT**  
Spouses earn wings  
at Aviation Day



**FOOTBALL**  
Monstars  
advance in  
playoffs



Story on Page C1

Story on Page D1

# ARMY FLIER

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

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FORT RUCKER ★ ALABAMA

OCTOBER 29, 2015

## LENDING A HELPING HAND

*Program helps make holidays brighter*

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

The holiday season can be stressful, but one program hopes to help by placing a meal on the table for families in need.

"The Fort Rucker garrison command, with administrative support from Army Community Service, sponsors the Holiday Food Program for the Thanksgiving and Christmas holiday seasons," Beth Gunter, Fort Rucker Army Emergency Relief and food program coordinator, said. "Through the program, food gift certificates are made available to both military and Department of Army civilian families, with dependent children, who are experiencing financial hardship."

According to Gunter, the food gift certificates allow individuals to select the food that will make their family's meal special. The certificates are for use at the commissary for military families and Grocery Outlet in Daleville, Enterprise and Ozark for DA civilians.

"The Army is a big family and we do what we can to support each other," Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison command sergeant major, said. "It is our way of taking care of our Soldiers. Times can be hard around the holidays. We want to put one meal on the table, whether it is Thanksgiving or Christmas."

According to Gunter, families are identified by their unit's or organization's commander, first sergeant or supervisor, and approved by the brigade sergeant major or division chief. The children from the families nominated are submitted to the post chapel for the Angel Tree.

"When people go into the post exchange,

they can choose a star from the tree," Lohmeyer said. "If they receive a star for an 11-year-old girl, then they can purchase a gift and place it in the box."

The program provides something special for families who are possibly struggling in silence, Gunter said.

"During the holidays, we share wishes of peace and joy," she said. "For families struggling with financial hardship this time of year, (it) may easily become a time of stress and anxiety."

"When you think of Thanksgiving, you may picture a bountiful table of food," she added. "However, for those struggling to make ends meet it is an overwhelming reminder of what isn't there. The community's generosity brings hope to families that they are not alone, lifting them up well beyond the holiday season."

Gunter said the program's efforts are funded solely by voluntary donations, which may be made year round. The generosity of last year's donors made the holiday season brighter for more than 200 families.

"In the spirit of the holidays, voluntary donations from individuals, military units and community organizations made it possible last year to reach out to 221 families at Thanksgiving and 219 families for the Christmas season – making it a special time for families to gather to enjoy a special meal and create holiday memories," she said.

Voluntary donations must be officially accepted by the Director of the Family, and Morale, Welfare and Recreation Directorate. Those who wish to contribute to the Fort Rucker Holiday Food Program can bring their monetary donation to Army Community Service, Bldg. 5700, Rm. 350.

For more information, call 255-2341.



PHOTO BY NATHAN PFU

Therese Erthal, Catholic parish coordinator at the Fort Rucker Main Post Chapel, arranges names on last year's Angel Tree. The Fort Rucker chaplaincy will again run the Angel Tree program this year.



### OPENING MINDS

Staff Sgt. Julia Stalker, an Army medic with the U.S. Army School of Aviation Medicine, shows students from Fort Rucker Elementary School how to simulate breathing on a training dummy during a field trip to Lowe Army Heliport Monday. For the full story, see page A3.

PHOTO BY NATHAN PFU

## FLU FIGHTERS

*Vaccinations protect Soldiers, families, mission*

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

As most people ready for Halloween, people on Fort Rucker should be preparing for a virus that could put a damper on their holiday fun.

Flu season is making its way back into the Wiregrass and Fort Rucker officials want to make sure the Army family is properly protected and educated when it comes to influenza, said Maj. JoAnn Ward, chief of preventative medicine at Lyster Army Health Clinic.

Although the flu may seem common to some, it's not a disease that should be taken lightly, she said.

"Influenza is a very serious disease,"

said Ward. "Many people could get the flu, and though they feel horrible while they are sick, they could recover without serious problems. But some who may have weaker immune systems or other medical problems could get the flu and it could be deadly for them."

"Immunizing against influenza helps to protect the individual but it also helps to protect others around them, as it reduces the potential spread of the disease," she continued. "That is why it is important for everyone (who is able) to get vaccinated."

Col. Allan M. Pepin, U.S. Army Aviation Center of Excellence chief of staff, agreed and said that the potential to spread



PHOTO BY NATHAN PFU

Col. Allan M. Pepin, U.S. Army Aviation Center of Excellence chief of staff, receives his flu vaccination from Sgt. Justin Dean, of Lyster Army Health Clinic, at the USAACE Headquarters Building Oct 21.

SEE FLU, PAGE A5

## Post hosts job hiring event

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

The Fort Rucker community invites job seekers to become a part of the workforce family during the NAF Job Hiring Event Tuesday from noon until 4 p.m. at the Enterprise Recreation Center.

The Fort Rucker Non-Appropriated Funds Civilian Personnel Advisory Center team is actively seeking lifeguards, cooks, waiters and bartenders, and Pamela Potts, NAF Human Resource Office chief, offered a few tips for tackling the hiring event's opportunities.

"Job seekers should prepare a résumé and make sure they have detailed experience of what positions they held related to the positions management is currently hiring for," she said. "We will not be interviewing everyone, just those job seekers that meet the qualifications and skills management is selecting for. They must have a résumé or they will not be able to move on in the process."

Although the team hopes to fill certain positions, Potts said job seekers will learn how to find and apply for future openings.

"At this time, these are the only positions we are actively recruiting for," she said. "Job seekers will be given information on how to apply on USA Jobs where all positions at Fort Rucker are posted."

Potts said working on post provides numerous benefits and opportunities.

"You have the opportunity to support our Soldiers and their families, and the surrounding community. It's a rewarding experience every day to serve them – whether it's serving them a meal, taking care of their children

SEE JOB, PAGE A5

# PERSPECTIVE

## ARMY CHIEF:

*In a complex world, winning matters*

By Gen. Mark A. Milley  
Chief of Staff of the Army

Today, the Soldiers of America's Army are deployed and engaged around the globe – in places like Iraq, Afghanistan, Korea, Eastern Europe, Africa, throughout the Pacific, the Baltics and Latin America.

Acting as part of one joint team, they are simultaneously deterring adversaries and assuring allies, building increased partner capacity and responding to regional challenges, providing humanitarian support and disrupting terrorist networks.

Wherever they are, America's Soldiers are displaying true courage, commitment and character. They are demonstrating unparalleled competence and agility.

And no matter the challenge, no matter how complex the environment, or how dangerous the situation, our Soldiers win wherever they are. We are, and must remain, the world's premier ground combat force, ready to fight today and prepared to fight tomorrow.

A timeless priority for our nation is to ensure that our Army is ready and maintains its edge over our adversaries. Readiness to win in ground combat must remain the Army's No. 1 priority.

We were unprepared for the Civil War, Spanish-American War, WWI, WWII, Korea, Vietnam, the post-invasion Iraq insurgency and many other military operations throughout our history.

In each of these cases, we paid the price. The price for our unpreparedness was the blood of our Soldiers and we placed at risk achieving our National objectives.

We must recommit ourselves to avoiding our long national history of failing to anticipate and prepare our ground forces for the next war. We collectively owe it to the Soldiers we lead and the nation we defend to ensure we organize, equip, man, train and lead our Army to prevail in the unforgiving crucible of ground combat.

In the summer of 1950, North Korea attacked across the 38th Parallel. The U.S. responded by deploying 1st Battalion, 21st Infantry Regiment, known as Task Force



MILLEY

Smith, to the Korean peninsula. They were rapidly committed to combat and they were quickly overrun as the North Korean People's Army continued south to the Pusan Perimeter. The American Soldiers of TF Smith and many others in the follow-on units paid the price in blood because we failed them. They were undermanned, equipment was missing or in disrepair and they were poorly trained for ground combat against a capable enemy. We can never have another TF Smith.

Russia, China, North Korea, Iran, ISIS, and radical violent extremist organizations that currently challenge the U.S. each in their own way will likely continue for some time into the future. These security challenges exist within a wider global context of rapid technological change, significant demographic shifts, economic uncertainty and geostrategic power dynamics of historic proportions. These conditions intensify the level of uncertainty, the pace of change and raise potential for significant inter-state conflict to higher levels than at any time since the end of the Cold War.

The contemporary security challenges, paired with the lessons of history, require the U.S. Army to always be ready to deploy at any moment to fight and win. Therefore, America's Army must focus on three initial priorities: be ready today, pre-

pare for tomorrow, and ensure we care for our Soldiers, families and civilians.

My No. 1 priority is readiness across the total force. There is no other No. 1. Readiness to fight and win, in ground combat is – and will remain – an inviolate benchmark – no American Soldier must ever deploy to combat unready.

The Army must also set the conditions to increase our effectiveness to meet challenges of the future. Our transformation to the future force begins now. We will set the conditions to maintain overmatch against future adversaries while enhancing our ability to adapt to unforeseen challenges.

All of this is achievable because of our most valuable asset – our people – the Soldiers, families and civilians who dedicate their lives to the selfless service to their nation. We will keep their faith.

### Ready to fight today

Winning the nation's wars as part of the joint force is what the United States Army is all about, which is why readiness is my No. 1 priority. Our Soldiers remain currently engaged in active contingency operations in both Iraq and Afghanistan. And there exists a very real possibility we will be called upon in many other areas as well.

The U.S. is a global power with worldwide responsibilities and interests, and consequently it is the solemn obligation of all leaders to prepare our Soldiers for combat against multiple adversaries in varied locations.

Our Soldiers, our nation's sons and daughters, will have the necessary training, leadership and resources to win. To do so, we will refine our training programs to execute tough, realistic training based on warfighting fundamentals that build capability in our Soldiers and leaders. We will discriminate apply our resources to sustain our current equipment, technological, and training overmatch. We will enhance our leadership development and education at all levels to produce adaptive, agile, innovative, and flexible leaders of character

and competency. And we will do so as a total force in order to win anywhere, anytime, against any enemy.

The key to victory lies in building and maintaining readiness across the total force. The last 14 years of integrated operations have demonstrated that we are, in fact, one Army. Our Army readiness must reflect both sufficient capacity to meet the demand for Army forces and proficiency in the multitude of capabilities that enable the Army to accomplish its diverse missions.

Given limited resources, we must strike the right balance of capacity and capability across the Active, Reserve and National Guard forces, and train and work together as a team. Together we provide the critical landpower depth, keep our edge over any adversary and ensure the Army provides timely global response to support combatant commanders.

Building sustainable readiness is a long-term task. A unit that is ready today did not get there instantaneously. It took time and predictable resources. It involves individual and collective training, multiple exercises and constant repetition.

Units must be manned at combat levels, and equipment must be upgraded, modernized and maintained. Our goal is to ensure 60-70 percent of the Army is at combat levels of readiness as a routine steady state. Once achieved, we must do all we can to sustain the highest levels of readiness across the entire Army. That is a tall order, but to do less is to place our Soldiers and nation at risk.

Based on history and recent trends, my estimate is the demand for U.S. ground forces will increase as the global environment continues to be uncertain and increasingly unstable.

This demand is not limited to responding to conflict or war, but also includes an increase in demand for forces to assure allies and deter adversaries. U.S. Army readiness is related to the readiness of our allies as we integrate to achieve shared se-

SEE PERSPECTIVE, PAGE A4

## Rotor Wash

“Trick-or-treating on Fort Rucker takes place Saturday from 6-8 p.m. What are some safety tips you can offer parents and children before heading out to fill their bags?”



Stephanie Tandy,  
military spouse

“Make sure to wear well-lit clothing, so other people and cars can see you.”



Curtis Blackmon,  
retired military

“Carry a flashlight with you, not just so you can see where you're walking, but so others can see you, too.”



2nd Lt. Lucien Lapierre,  
D Co., 1st Bn., 145th  
Avn. Regt

“Try to go trick-or-treating in groups and keep your eyes on the children at all times.”



Hugo Griggs,  
military veteran

“Don't eat the candy right away. Make sure to have the parents look it over before (children eat it).”



W01 Stephanie Krabbe,  
B. Co., 1st Bn.,  
145th Avn. Regt.

“If you have smaller children, watch the type of candy they might try to eat. If it's too hard or too small, they could choke.”

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# CREEPLY CRITTERS

*Cooler weather puts real-life frights on the move*

By Nathan Pfau  
Army Flier Staff Writer

October is best known as the month for frights, chills and thrills during Halloween, but the fall weather can also bring out all sorts of real-life creepy critters that people might encounter in the wilderness.

The season's cooler weather makes for increased potential interactions between humans and reptiles, such as snakes, according to Danny Spillers, fish and wildlife biologist with the Directorate of Public Works.

It's not due to an increase in population, but a need for the creepy critters to establish new homes for themselves, causing them to venture out more often, Spillers added.

"During this time of year, many of the snakes' young have been born, so they're trying to go out and establish their territory," he said. "When the weather cools down, snakes are a lot more active than they are during the hotter summer months. Those two things make them more visible to the population on Fort Rucker, not to mention the fact that people are out and about more because of the cooler weather, as well."

There are a wide variety of snakes on the installation, many of which are not dangerous and pose no threat to people, according to Spillers, but there are a few that



Coral snakes are one of the venomous snakes found on Fort Rucker and are most notable for their red, yellow/white, and black colored banding.

people should especially avoid, such as the eastern diamondback rattlesnake, the timber rattlesnake, the pygmy rattlesnake, copperheads, cottonmouths or water moccasins, and the coral snake.

The eastern diamondback is the largest of the poisonous snakes that can be found on Fort Rucker and they can be identified by the diamond shape markings along its back, said the wildlife biologist. The rattlesnakes, along with the copperheads and cottonmouths, are all pit vipers, which have one

main distinguishing characteristic – a wedge-shaped head.

Spillers said that most of the poisonous snakes on Fort Rucker have a head that is noticeably larger than its body and shaped like a triangle. Nonpoisonous snakes' heads usually just flow into the body of the snake without much difference in size, but the coral snakes head has no such distinction, he added.

"The coral snake is a really colorful snake with red, black and yellow bands along its body,"

said Spillers. "It's a smaller snake and very reclusive. Unlike most snakes, it doesn't have a wedge-shaped head and its fangs are in the back of its mouth."

The Coral snake shares a common coloring with the scarlet king snake, a non-venomous snake, he added, and people can distinguish the two by looking at the tip of the snake's nose. The tip of a Coral snake's head will be black, but the tip of the head of a scarlet king snake won't be.

Because of the snake's reclusive and unaggressive nature, along with the fact that its fangs are so far back in its head, it's unusual for people to actually be bitten by a coral snake, he said.

"This is not a snake that can easily strike you and inject its venom," said the wildlife biologist. "It would basically have to grab onto your finger and start chewing on you to get its venom into you," adding that this fact makes the snake no less dangerous than the others.

The coral snake's venom is particularly dangerous compared to the other snakes because its venom is neurotoxic venom rather than hemotoxic venom, according to the wildlife biologist.

Neurotoxic venom works directly on the nervous system, which can be particularly harmful when it gets into the blood stream, said Spillers. Hemotoxic venom of the pit vipers are very harmful

as well, but is a blood toxin that causes necrosis of the tissue, killing and essentially causing the tissue around the bite area to decay.

Although both venoms are dangerous, Spillers said neurotoxic venom is harder to deal with and treat, but prevention is the best form of medicine.

If people encounter these snakes in the wild, it's best to avoid them, said the wildlife biologist.

"Most snakes aren't very aggressive, so if you leave them alone, they will leave you alone," he said. "Most of the time you would have to step on them or show them you were some type of threat before they would strike."

Spillers also said that if people know they are going to be traveling in wooded areas, they should wear clothing that is appropriate to the environment like boots or some type of heavy footwear that covers up to at least their ankles.

If a person does come across one of these poisonous snakes in an area they can't avoid, however, he suggests that people call the military police desk on Fort Rucker at 255-2222, and they will get in contact with the game warden to try and relocate the snake, if possible.

If a person is bitten by a snake, Spillers recommends that the first thing that people try to do is get medical attention as fast as they can rather than deal with the wound themselves.

## FRES students visit Lowe Army Heliport

By Nathan Pfau  
Army Flier Staff Writer

Students of Fort Rucker Elementary School took a break from the usual reading, writing and arithmetic as they went on a journey get a taste of what life is like on an Army airfield.

Second graders from the elementary school got the chance to visit Lowe Army Heliport to get a glimpse of not only Aviation training, but all aspects of training, including weather, maintenance, MedEvac and firefighting, according to David Kober, E Company, 1st Battalion, 212th Aviation Regiment civilian employee.

"We wanted to better familiarize the students with what goes on here at Fort Rucker," said Kober, whose wife is a teacher at FRES. "Most of the students here at Fort Rucker have parents who are Soldiers, so they understand that piece of it, whether their parents are going through flight school or are air traffic controllers. Now they can understand what goes on at the ac-



Students from Fort Rucker Elementary School check out a UH-60 Black Hawk during a field trip to Lowe Army Heliport Monday.

tual airfields."

Throughout the trip, the students were divided into four groups and were even provided with their own team leader – a Soldier – who followed them to each station as they received classes on fire safety from the Lowe Fire Department; participated in a MedEvac demonstration with Staff Sgt. Julia Stalker, an Army medic with the U.S. Army

School of Aviation Medicine; and even get behind the controls of a UH-60 Black Hawk during a static display where they learned about the different components of the aircraft.

Many of the lessons went hand-in-hand with what the students were learning back in the classroom, such as weather, but at Lowe, they got to see firsthand

how weather makes an impact in real-world situations.

They also got the opportunity to learn about the instruments that help meteorologists better predict the weather to let Aviators know what dangers might be ahead.

"This kind of just brings everybody and everything together at Fort Rucker and allows us to show the kids what goes on here on post and that flight training involves more than just helicopters," said Kober. "We hope that they have a better understanding of what goes on here as a whole, not just cool helicopters flying overhead, but so many different fields that they can be involved in."

While on the field trip, the students visited the Lowe Fire Station, where they learned about fire safety and talked to firefighters who answered all of their questions.

During the MedEvac session, students were able to see what types of life-saving techniques are employed when helping a critically injured patient.

Stalker showed students how she would apply a respirator and perform CPR if she needed to revive a patient, as well as how to take the patient's blood pressure and heart rate.

Although the day was a great lesson in safety overall, it was also meant to serve as a way to open up the eyes of the children to what it is their parents do each and every day, said Kober, who is retired military with two children of his own.

"My children, who are 22 and 23 now, were exposed to the military, but the way they were exposed to it and saw the military was when their dad walked out the door because there isn't a 'bring your kid to work day' in the military," he said. "They didn't get to go to work with me, so this is a good opportunity for the kids to see just a little piece of what their parents do while they're not at the house. It opens their mind up to that black hole that they have when mom and dad walk out the door in uniform and come back at the end of the day."

## News Briefs

### Trick or treat

Fort Rucker housing's trick or treat hours are Saturday from 6-8 p.m.

### Retiree health fair

The 41st annual Fort Rucker Retiree Health Fair is scheduled for Friday from 8 a.m. to noon at the Fort Rucker Physical Fitness Center. Retirees and their family members will get the opportunity to receive financial, medical and legal advice catered to their specific needs under one roof. The fair strives to educate retirees on numerous health topics, as well as provide a mini checkup and administer flu shots. Additionally, the Fort Rucker Legal Assistance Office will provide free walk-up services with an attorney present to answer general legal questions. Available services will include general or special powers of attorney, durable healthcare powers of attorney, living wills, notarization services and scheduling individual legal appointments.

A quarterly retirement ceremony also takes place at 2 p.m. at the U.S. Army Aviation Museum, with special recognition of visiting retirees followed by a cake cutting and recognition ceremony at the post exchange.

For more information about the Retiree Health Fair, Retiree Appreciation Day events, call 255-9124. For more information about legal services, call 255-3482.

### Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and thank the post's

latest retirees for their service.

### Military pay closure

The Defense Military Pay Office will close at noon Friday. All DMPO customers should visit the office with their pay inquiries or clearance papers prior to the closure. Soldiers with a military pay emergency during this time should call 317-319-7604 for assistance. The office will reopen Monday at 7:30 a.m.

### Tuesday Tracks

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

### Former CWOB retirement ceremony

Fort Rucker will host a retirement and awards ceremony for CW5 Michael L. Reese, former chief warrant officer of the Aviation Branch, Nov. 13 at 1 p.m. in the U.S. Army Aviation Museum. All are invited to attend to honor and bid farewell to Reese.

### Veterans Day ceremony

Fort Rucker will host its Veterans Day ceremony Nov. 10 at 3:30 p.m. at the U.S. Army Aviation Museum.

### Clinic closures

The clinic will close for its monthly training on Nov. 18 at noon. The clinic will also be closed Nov. 26 for

the Thanksgiving holiday and Nov. 27.

### Siren test

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

### Retiree council meetings

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

For more information, call 255-9124.

### Thrift shop

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

For more information, call 255-9595.

### Lyster update

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

# DOD, Army bid farewell to McHugh

By C. Todd Lopez  
Army News Service

WASHINGTON — “He exemplifies leadership through heart and mind, through logic and strength and civility. Throughout a consequential career, he’s earned a reputation for examining problems – and devising solutions – in innovative ways, and in doing so, has broadened our national security perspective and helped to get our Army to the right place.”

Defense Secretary Ash Carter delivered remarks Oct. 23 on Joint Base Myer-Henderson Hall, near the Pentagon, during a farewell tribute to John M. McHugh, the outgoing Army secretary.

A former U.S. congressman from New York, McHugh assumed the mantle of 21st secretary of the Army in September 2009 and is, on his departure, the second-longest serving Army secretary.

“As secretary, John offered the Army a steady hand, providing constancy through four secretaries of defense and four Army chiefs,” Carter said. “Among many other challenges, John managed the drawdown of our ground forces from two all-in fights, where they performed magnificently. He did so in a way that honored the service and sacrifice they had made, and preserved the strength and readiness of the force. Among the many tough responsibilities of the secretary of the Army, maintaining accountability and integrity is paramount. Over six years, John McHugh has been an exemplary steward.”

Carter also cited McHugh’s efforts as secretary to improve conditions at Arlington National Cemetery in Arlington, Virginia, following concerns about quality of care for the veterans that are buried there.

“John led sweeping reforms, ensuring that the final resting place for our nation’s fallen heroes remains hallowed ground to honor and remember,” Carter said. “It goes to show



PHOTO BY C. TODD LOPEZ

Army Secretary John M. McHugh and commander of troops, Col. Johnny K. Davis, inspect troops on Joint Base Myer-Henderson Hall, Va., Oct. 23 during a farewell tribute to McHugh.

that in everything he did, John has always been, above all else, motivated by the people of our total Army.”

Carter said that McHugh served during a time of great transition for the Army, including a drawdown from two wars and extensive budget cuts, adding that he led the Army through those transitions and has helped prepare the Army for an uncertain future.

“John has reset and recalibrated our force, and forged a strong foundation on which to build even greater excellence,” Carter said. “In doing so, he will leave behind an Army that is better, stronger, and more prepared to succeed.”

“Thank you for raising your right hand to serve,” he said. “Thank you for your civility, your devotion to our people, and for making the most professional land force on Earth even stronger, and from me, for our lifelong friendship.”

Army Chief of Staff Gen. Mark A. Milley has only served alongside McHugh for about two months now, although the two met much

earlier in both of their careers, Milley said.

The general said he first met McHugh when he was himself a major, serving in 10th Mountain Division (light) on Fort Drum, New York, and McHugh had just become a U.S. congressman from New York’s 24th District.

“He fought hard then for the U.S. Army and specifically the 10th Mountain and for all of the Soldiers and their families who inhabited the (New York) North Country,” Milley said. “He took that fight to here in D.C., and he has done that same fight for over 6 1/2 years. As his fourth chief of staff in a little over half a decade, I can tell you that it was John McHugh, perhaps more than any individual, who has brought stability to our Army, in so many ways and in so many difficult times.”

“From private to general, you have never failed us,” Milley told McHugh. “You fought hard for America’s Army – you have led us through a number of very significant transitions over time. You guided us through an

Army in transformation, downsizing us by over 100,000 troops, most importantly, with compassion and genuine care.”

Milley credited McHugh for leading the Army through declining budgets, for increasing Army efficiency, competence and adaptability, and for realigning Army force structure.

“Your leadership, Mr. Secretary, has assured us that we remain ready, and we remain in fact the most capable army in the world,” he said. “Most movingly for all of us, I think, is your genuine and deep concern for our troops and their families. It was our guiding light as you visited our wounded and buried our dead. John McHugh has set and lived the example of a true professional, with incredible integrity and incredible civility, and through it all, you never failed to champion the Soldiers, the civilians, the families and the veterans of the U.S. Army. You have been a class-act in every sense of the word.”

Directing comments initially to Carter, McHugh thanked the secretary for their longtime friendship, and for being there in the Pentagon in various capacities for the duration of his own tenure as secretary of the Army.

“Every day has been a learning experience and I hope I’ve learned by your example and grown through your knowledge,” McHugh said.

To Milley, he expressed confidence in the general’s ability to lead the Army alongside the nominee to serve as the next Army secretary, Eric Fanning. Fanning now serves as acting undersecretary of the Army.

McHugh said that with Milley and Fanning at the helm, the Army has “the right leadership to take on the evolving challenges we see appearing before us. Thank you for being here today, but more importantly, for your decades of service. I look forward to watching you lead with your usual skill, determination and success.”

## Perspective: Chief says people Army’s most valuable asset

Continued from Page A1

curity interests across the globe. It is imperative that we continue to train, develop and fight alongside our allies because our combined efforts strengthen resolve and enable deterrent effects. Operating by, with and through our allies and partners is a reality and necessity, and it is likely to grow in the future.

U.S. Army readiness is also directly related to our nation’s ability to deter adversaries. If our adversaries know that the U.S. Army can rapidly project combat power and will overmatch them in any conflict, then they are less likely to militarily confront the U.S.

The Army will always operate as part of the U.S. joint force. We provide joint force commanders with the force uniquely capable of winning decisively on land and sustaining operations over time.

Equally important, we provide the foundation of the joint force in communications, intelligence, sustainment, mission command and many other critical functions. Additionally, we will continue to integrate personnel and units from all three components to provide our joint force commanders with the best Army force composition for the mission.

And finally, we provide combatant commanders with those capabilities needed to provide depth and versatility to the joint force in order to provide more effective, interoperable, flexible and rapidly deployable forces for employment.

### Preparing to win tomorrow

The coming years will bring to the forefront the challenge of maintaining tactical and operational advantage over our adversaries. The Army currently benefits from an overmatch that enables a historically small number of Soldiers to accomplish significant objectives while minimizing casualties.

However, this advantage has a shelf life and our adversaries are sufficiently wary to avoid our strengths. The technologies that give us the advantage today are increasingly available to state and non-state adversaries at dramatically lower cost than even a decade ago. As this overmatch degrades, the risk to Soldiers and mission increases.

A decade and a half of war has taught us that the Army must constantly adapt to the missions assigned and the operating environment. Our adversaries recognize the limits of our capabilities and capacity, and have employed novel countermeasures, created by combining increasingly available military and commercial technologies.

Accordingly, our enemies are increasingly using hybrid warfare methods that blend aspects of conventional and irregular warfare to threaten neighbors and destabilize regions across the globe. As our Army continues to demonstrate the ability to innovate in Iraq and Afghanistan, our future force must also leverage this knowledge to adapt and expand our training to include conventional core skills, truly preparing us for the full spectrum of conflict.

We have been fighting for over a decade in a singular typology of war – counterterrorism and counterinsurgency primarily in the defined specific geographic areas of Iraq and Afghanistan. We must not repeat the reflexive mistake of making the linear assumption that our next conflict will look like the fights we all have been engaged in for so long.

Future warfare may well take on similar characteristics, but it is more likely that it will not. We, as an Army, must make a rigorous analytical assessment and refocus to the new realities, and be flexible enough to change quickly if or when we get it wrong.

I envision carrying this spirit of innovation forward by setting the conditions and climate for a robust culture of innovation, inquiry and rigorous experimentation to determine the optimal future force. This includes enhancing the organizational foundation and nurturing the intellectual talent of the Army to explore in depth what the future might be, and the possibilities that could present themselves.

Establishing this culture starts now with the development of a deliberate science and technology strategy that seeks to exploit research that has the potential for leap ahead capabilities.

There are a wide variety of emerging technologies that may have significant impact on ground warfare including technologies in communications for mission command, robotics, nano-technologies, human performance, explosives and propellants, hypersonics, directed energy, cyber, protective materials for personnel and equipment, and a variety of developments in weapons technologies. The Army will explore these in depth to assess applicability.

### Our most valuable asset

I have huge confidence in our Army and it reflects the strength of our nation, as it has since June 14, 1775. Right now, we have an incredible generation of combat-proven leaders and Soldiers that have shouldered the challenges of 14 consecutive years of war – Soldiers and leaders that know firsthand the challenges, complexity and sacrifice of real war.

We have the most combat experienced leaders and the most skilled Army in our nation’s history. We recognize this and will harness this decisive advantage for the future. We will keep trust with our veterans, Soldiers and their families.

The Soldiers of our all-volunteer Army have not been through this alone. Our accomplishments are strengthened by our families and supported by a cadre of civilian professionals. It is this shared, unshakable commitment that enables our Army to be where we need to be, when we need to be there.

People are our most valuable asset and their well-being



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## Reserve officer becomes 3rd female to earn Ranger tab

By David Ruderman  
U.S. Army Human Resources Command  
Public Affairs Office

FORT KNOX, Kentucky — When this U.S. Military Academy at West Point, New York, graduate graduated the grueling Ranger course on Fort Benning, Georgia, Oct. 16, she was touted as the third female Soldier ever to master the traditionally rigorous training endured by all who wear the Ranger tab with pride.

A lesser known distinction setting Maj. Lisa Jaster apart is the fact that she is one of several thousand Soldiers who serve their country under the auspices of a specialized

component of the Army's Select Reserve — the Individual Mobilization Augmentee program.

"Whenever the announcement came out, she jumped right on it," said Maj. Doug Armstrong, chief of operations at the U.S. Army Engineering and Support Center in Huntsville, Alabama. Among other duties, Armstrong is the unit administrator for 24 IMA Soldiers presently assigned to the ESC, Jaster among them.

"She is a very motivated, driven Soldier. Anything you give her, she will do and do it well. And that's what you need for Ranger School," he said.

Jaster is a mother of two married to a Ma-

rine Corps Reserve officer. In her civilian career, she is a project manager with Shell Oil Co. — specializing in oilfield issues. As a Soldier with military occupational specialty, known as MOS, 12A, engineer, she transferred from active duty to IMA status in May 2012, said Beverly Watkins, IMA program coordinator at U.S. Army Human Resources Command.

The IMA program contributes to meeting military manpower requirements throughout the Army, assigning Soldiers with particular skills to active-duty units, Watkins said. It services enlisted Soldiers in the rank of sergeant and up, and officers in the rank of captain through major gen-

eral, she said.

"It's a large chunk of the military support to the center," Armstrong said. "I rely on HRC to make all the arrangements and do all the organization on the personnel side. They do all the work, I get all the credit."

As an IMA Soldier, Jaster can avail herself of training and education support, such as attending Ranger School.

"There was excellent coordination between her agency (ESC) and HRC's Officer Personnel Management Directorate, Army Reserve Officer Division, and the G3 to get orders sending her to this school," said Maj. Christy Orser, an Individual Ready Reserve and IMA career adviser with HRC.

## Job: Event provides valuable professional networking resource

Continued from Page A1

or just being able to broaden their opportunities within the federal government. We have many opportunities for growth potential through on-the-job training."

Working on post also provides financial benefits, according to Potts.

"A waiter off post makes an average \$2.15 per hour, plus tips," she said. "Fort Rucker's waiters make \$3.62 per hour, plus tips. If they don't make enough tips, they are guaranteed \$8.33 per hour. Our waiters also work catered events

on and off post, which gives them great opportunities within the community."

Although the event doesn't guarantee employment, Potts said it can be an excellent networking resource for job seekers.

"The hiring event gives job seekers the opportunity to broaden their knowledge and learn how working for the federal government can be very rewarding by just getting their foot in the door," she said. "I started my federal career with NAF back in 2004 and have had many great opportunities over the last 11 years of my federal career. If someone would

not have given me a chance back then, I would not be in the position I currently hold. It has allowed me to travel to some wonderful places, to include Turkey and Portugal.

"Job seekers should put this event on their calendars if they are interested in any of the opportunities we will be hiring for at this event," she added. "It gives them an opportunity to learn about federal jobs and ask questions even if they don't have the current skills we are looking for. My staff will be in attendance to assist all applicants through the process."

For more information, call 255-9123, 255-0872 or 255-0157.

## Flu: Vaccination protects recipient, their loved ones, community

Continued from Page A1

the disease can not only lead to ill Soldiers and family members, but can impact the mission, as well.

"Soldiers who become ill as a result of the flu impact their unit mission, as others have to carry their work load," he said. "If they are in a low-density military occupational skill, this creates further risk to the mission.

"Even if they believe they have a strong immune system, not taking preventive measures can result in them carrying the flu virus and affecting others," said the USAACE chief of staff. "This places others at risk of medical complications, and greater risk to children and the elderly. (Getting the flu immunization) is a simple and effective way to reduce the risk to our Soldiers and mission, their families and our community."

The flu vaccine is available in two forms — an injection and nasal mist — and works by causing the body to produce antibodies that protect people from contracting the flu infection, said Ward. The nasal mist is a live vaccine that is made from a live but weakened flu virus that helps the body to start generating antibodies to protect against the strains of virus included in the vaccine. The injection is a form of the flu vaccine that is inactive.

The nasal mist is best for people between the ages of 2 and 49 years of age who have no medical problems. The injection can cover anyone above 6 months old and is usually reserved for those with medical problems that prevent them from being able to take the nasal mist.

There are also different strains of the flu, and the vaccine provides protection against the most prevalent strains, as well as help-

ing to reduce the potential of having serious complications from the disease.

People of all ages can be infected with the flu, and those not properly vaccinated could suffer serious complications, said the preventative medicine chief.

"Children whose immune systems are not fully developed and individuals who have deficiencies in the strength of their immune system are more at risk for having serious complications if they catch the flu, and the most serious complication for anyone who catches the flu is death," she said.

Of course, there are always some people who are hesitant about receiving a vaccination and there are many misconceptions regarding flu vaccines, such as the vaccine will give people the flu, Ward said.

"The flu vaccine does initiate the body's natural immune response, but it does not cause you to have the flu," she said. "A per-

son may feel some mild symptoms, but that is a part of the body doing what it is supposed to do. When exposed to an organism, the body attempts to protect itself from that organism and reduce the effect of the organism by making antibodies.

"Antibodies are like knee pads," she continued. "The first time you fall off a bike with no knee pads you skin your knee. After that you start to wear knee pads. The next time you fall off the bike you still hit your knee, but the knee pad protects you from getting another skinned knee."

Ward said people should make sure to get vaccinated, not only to protect themselves, but to protect their loved ones. "Getting vaccinated could help protect you from being sick, but it could also help to keep you from being the one to spread it to those who you love. If you won't get it to protect you, then get it to help protect them."

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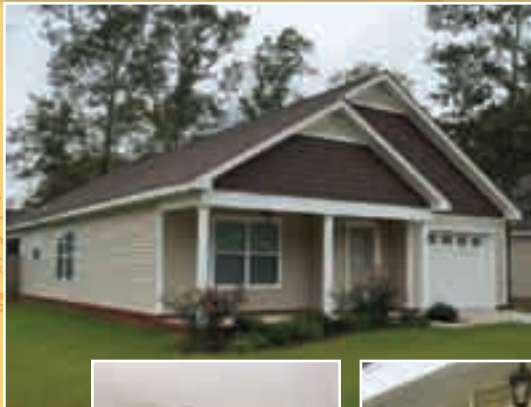
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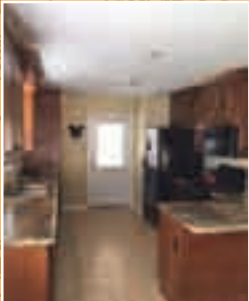
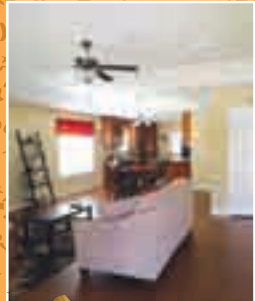
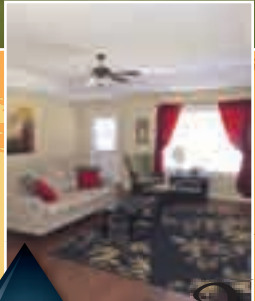
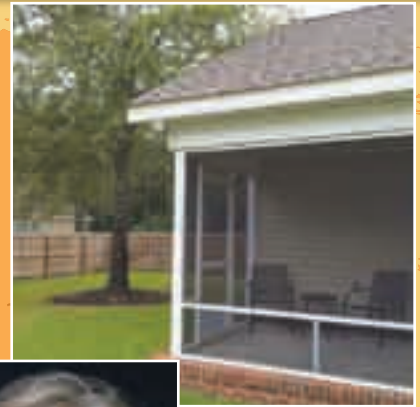


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**509 VICTORIA** - Lot of room for entertainment outside of this ranch that sits on an oversized corner lot. 2 living areas, fireplace, 2 dining areas, amazing kitchen & more. Easy commute to schools & shopping areas. 3BR/2BA. **BOB KUYKENDALL 369-8534**

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**509 DIXIE**: Owner has installed new double paned tinted windows, new sprinkler system, new kitchen floor & countertops, new sewage lines, new laminate flooring in living room & dining room, new garage door device, new wider gate in fence. Very clean house, ready to sell. **ANGIE GOODMAN 464-7869**

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**400 RICHLAND**: This home has a cozy private feel that is minutes from Ft Rucker. A new A/C unit is being installed. Other amenities includes an extra storage shed, outdoor gazebo for entertaining guests, plenty of ceiling fans for year around fresh air, 2-car garage & plenty of storage. Don't miss this one. **CHRIS ROGERS 406-0726**

**LAKE NICHOLS ~ \$249,900**

**181 COUNTY ROAD 680**: Beautiful home on 2.3± acre lot. French doors open onto a huge & gorgeous screened patio that looks out onto a large wooded backyard. Current owners have created a nice walking trail through the woods. If peaceful country living & privacy are what you seek, then this house is perfect! The floor plan is great for everyday living and entertaining. There's plenty of room for a large family or lots of guests. With acceptable offer, owners will install a closet in the 4<sup>th</sup> bedroom which they use as a den. **ROBIN FOY 389-4410**

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**HUNTER RIDGE ~ 4 BEDROOM**

**75 COUNTY ROAD 171 - NEW CONSTRUCTION!! \$239,900**: 4BR/3BA brick home on wooded lot. **JACKIE THOMPSON 406-1231**

**COTTON CREEK ~ 4 BEDROOM**

**23 BLUE RIDGE ~ \$326,000**: If you like comfort & charm, you'll love this sparkling 4BR/3.5BA in fabulous condition. From the gleaming wood floors to the stainless kitchen appliances, it's been well taken care of. Thoughtfully designed semi-open floor plan, this home offers warm woods, soft carpets, separate dining, large living area, family room with French doors & vaulted ceiling, an office & screened porch overlooking a beautiful landscaped yard. A home you will truly enjoy...schedule your viewing today. **JUDY DUNN 301-5656**

**\$136,900**

**300 BROKEN ARROW**: Wonderfully updated 3BR/2BA home. Granite counters in kitchen & all stainless appliances. Vaulted, beamed ceilings in living room with huge floor to ceiling windows & a fireplace. Huge laundry room. Separate dining room plus eat-in kitchen, this is a fantastic family home. Fully fenced, private backyard. Great location very convenient to Ft Rucker & all amenities in Enterprise. **BOB KUYKENDALL 369-8534**

**NEW LISTING ~ \$125,000**

**222 CLAREMONT**: Very good condition & on the way to Ft Rucker. **ANGIE GOODMAN 464-7869**

**10± ACRES ~ 5 BEDROOM**

**740 COUNTY ROAD 102 - DALEVILLE**: Where can you find 5BR/3BA, 3,000+ SF home on approx 10 acres within 5 miles of Ft Rucker, Daleville & Enterprise? **TERRI AVERETT 406-2072**

View more pictures of these homes at [www.c21regencyrealty.com](http://www.c21regencyrealty.com)

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**504 RIVERWOOD, SOMMER BROOKE S/D - \$254,900**: Ready for new family! New construction in Sommer Brooke: 4BR/2BA, stainless steel appliances, hardwood, carpet, tile, low E windows & sprinkler system. Owner is licensed residential home builder & REALTOR in the state of Alabama. **BILLY COTTER CONSTRUCTION 347-2600**

**JUST LISTED ~ \$42,900**

**864 COUNTY ROAD 401, ELBA**: Sold as is. 2BR/1BA. **FRAN & DON KALTENBAUGH 790-5973**

**JUST LISTED ~ \$180,000**

**103 HABERSHAM**: 4BR/3BA. Roof approximately 4 years old. Kitchen remodeled 10 years ago. In-law suite is approximately 675 SF...living area, kitchen, bedroom & bath. Separate exterior entrance, entrance from suite to porch & entrance to main house. **JUDY DUNN 301-5656**

**JUST LISTED ~ \$196,000**

**113 CRISTY**: Home is like new with open floor plan & beautiful cabinet work. **JACKIE THOMPSON 406-1231**

**JUST LISTED ~ \$78,000**

**511 VICTORIA**: Enter through the front foyer & you can go either into the living room with fireplace to enjoy the morning sun while sipping your tea or you can go into the family room with tiled floor & ceiling fan & sit at the bar to the kitchen. Equipped with stove, vent hood, dishwasher & refrigerator, you only need to bring your household items. Jacuzzi tub in master bath, mirrored closet doors & laundry room in close proximity. In-ground pool for summer enjoyment with retaining wall. **EVELYN HITCH 406-3436**

OCTOBER 29, 2015

## SOAR

### Black Hawk modification complete

By Staff Sgt. JuJuan S. Broadnax  
U.S. Army Special Operations Aviation  
Command

RICHMOND, Ky. — The last of the newest line of special operations helicopters was shown at the Special Operations Forces Supply Activity facility Oct. 16.

The first two of this aircraft was released from the SOFSA facility to the 160th Special Operations Aviation Regiment (Airborne) in early 2011.

“For over 10 years, this has been one of the largest, complex programs ever undertaken by USSOCOM and executed right here at a little Bluegrass Station in Lexington, Kentucky,” said Col. Samuel Peterson, SOFSA program executive officer.

“The complexity of such an undertaking cannot be overstated, nor can the accomplishments with respect to the overarching acquisition imperatives of cost, schedule

and performance,” said Brig. Gen. Erik Peterson, commanding general of the USA-SOAC.

In 2005, contracts were issued for modifications to the 160th SOAR’s existing fleets of MH-60K and MH-60L models. The modifications included improved rotor blades and engines, a new suite of flight systems and navigations aids, multi-mode radar, a new-build cabin fuselage, and a composite tail cone and horizontal stabilizer.

“All of this was accomplished by a skilled, well-trained, well-led and managed workforce executing with outstanding productions, engineering and technical collaboration,” said Peterson. “(It) was accomplished below budget, due to efficiency sought and achieved by this workforce.

While this program is extremely

SEE SOAR, PAGE B4



PHOTO BY SGT. THOMAS MORT

Brig. Gen. Erik Peterson, commanding general of the U.S. Army Special Operations Aviation Command (Airborne), gives a speech during a ceremony at the Special Operations Forces Supply Activity Facility in Richmond, Kentucky, Oct. 16. The ceremony was to commemorate the completion of the modification of the MH-60M Black Hawk.



### GOOD TO GO

ARMY PHOTO

An 82nd Combat Aviation Brigade Aviator gives a thumbs up to paratroopers from the 407th Brigade Support Battalion, 2nd Brigade Combat Team, while conducting sling load operations Oct. 8 at Fort Bragg, N.C. The BSB paratroopers worked as a team to sling load various types of equipment in their inventory.

## Brigade welcomes new commander



PHOTO BY SPC. SCOTT LINDBLOM

Col. Jeffrey A. Becker, incoming commander, 3rd Combat Aviation Brigade, reviews the Soldiers with Brig. Gen. James R. Blackburn, Task Force Marne commander, and outgoing commander, Col. John D. Kline, at the change of command ceremony on Hunter Army Airfield, Ga., Oct. 19.

By Sgt. William Begley  
3rd Combat Aviation Brigade  
Public Affairs

HUNTER ARMY AIRFIELD, Ga. — The 3rd Combat Aviation Brigade welcomed a new commander during a ceremony at Hunter Army Airfield Oct. 19.

The brigade and community welcomed the new commander, Col. Jeffrey A. Becker, while bidding farewell to the outgoing commander, Col. John D. Kline.

The brigade also welcomed in a new command chief warrant officer, CW5 Timothy C. Smail, while bidding farewell to CW5 George Kelly.

Sending their regards all the way from Afghanistan by way of an audio message were the 3rd Infantry Division

SEE BRIGADE, PAGE B4

## Special Army outreach effort in nation’s capital

By Brian Lepley  
U.S. Recruiting Command  
Public Affairs

In most cases, the 160th Special Operations Aviation Regiment conducts its secret missions under cover of night around the world.

But there were three of its lethal, high-tech aircraft, parked outside the Washington DC National Guard armory on two sun-splashed days last weekend, with children and parents exploring every inch of the helicopters, and SOAR personnel answering questions.

“It’s fun to reach out to the public, let them see who we are, what we do, instead of just what they see on the news,” said Sgt. 1st Class Justin Baird, a crew chief with BCompany, 1st Battalion, 160th SOAR at Fort Campbell, Kentucky.

U.S. Army Recruiting Command stages the exhibit with the assistance of U.S. Army Special Operations Command each year in the nation’s capital in conjunction with the Army Ten Miler. There’s many outreach opportunities with a race that draws 35,000 runners, more than 6,000 of



PHOTO BY BRIAN LEPLEY

Sgt. 1st Class Justin Baird explains the M134 mini-gun to a young visitor at the Washington, D.C., Armory Oct. 9 during an Army outreach exhibit. Baird and the aircraft, MH-60M Black Hawk, are from B Company, 1st Battalion, 160th SOAR at Fort Campbell, Kentucky.

them being Soldiers.

“This is good outreach for the Army, the recruiting mission and we engage active duty personnel who’re thinking of going Special Forces,” said Maj. Justin Middleton, Delta Company commander, Special Operations Recruiting Battalion, Fort Bragg, North Carolina.

“Our mission out here is to engage

key leaders, congressional leaders, to show the capabilities of Army Special Operations Forces down range, what we do, what we bring to the fight. We’re also here for the taxpayers to see ARSOF operators and equipment in person. They rarely get to see us except maybe at air shows.”

SEE OUTREACH, PAGE B4

## 4-3rd Avn. Regt. assists with Baltic Piranha

By Staff Sgt. Michael Behlin  
10th Press Camp Headquarters

RUKLA, Lithuania — Soldiers with the 4th Battalion, 3rd Aviation Regiment provided air support for Exercise Baltic Piranha at Gaiziunai Training Area Oct. 22.

The exercise aimed to train the rapid response force of the Belgian armed forces, enabling it to hone its conduct of stability operations and other joint actions.

The Soldiers provided a UH-60M Black Hawk and crew for the joint exercise, which included members of the Belgian armed forces, Lithuanian Grand Duchess Birute Uhlan Battalion and Lithuanian Grand Duke Algirdas Mechanized Infantry Battalion.

“Overall, everything went well,” said Maj. Patrick Wilde, the 4-3rd Avn. Regt. executive officer and UH-60M pilot. “The Belgian armed forces are very good at incorporating Aviation assets into their overall plan and scheme of what they want to do.

“Working with the other NATO nations, as well, has been a very good experience,” Wilde continued.

Wilde and his crew were responsible for inserting a Belgian reconnaissance team into the objective area at Gaiziunai Training Area and evacuating a casualty later in the exercise.

Those involved were very appreciative of the time spent with their NATO counterparts and saw this exercise as a very valuable experience, said Capt. Catherine Kinsel, commander of B Company, 4-3rd Avn. Regt. and UH-60M pilot.

“It’s really awesome and eye opening,” she said. “When we work with our NATO partners, they’re offering their procedures and we are looking at operations through a NATO lens. We have a lot to offer them with regards to training, but we can learn so much from them.”

The 4-3rd Avn. Regt. is the current rotational Aviation force attached to the 12th Combat Aviation Brigade, which is committed to building strong relationships with its NATO allies in Europe.

Exercise Baltic Piranha is part of Operation Atlantic Resolve, providing U.S. and allied forces the opportunity to work and train together, and improves their ability to operate as a combined force – a capability that is essential to the security and strength of Europe, according to U.S. Army Europe officials.



PHOTO BY STAFF SGT. MICHAEL BEHLIN

Members of the Belgian armed forces prepare to load onto a 12th Combat Aviation Brigade UH-60M Black Hawk during Exercise Baltic Piranha at Gaiziunai Training Area in Rukla, Lithuania, Oct. 22.

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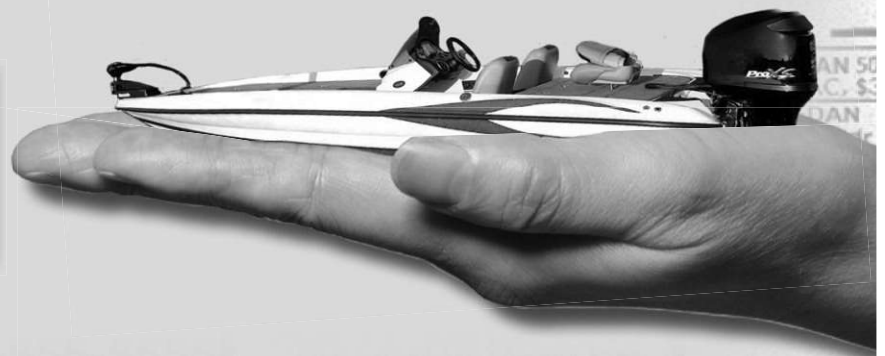
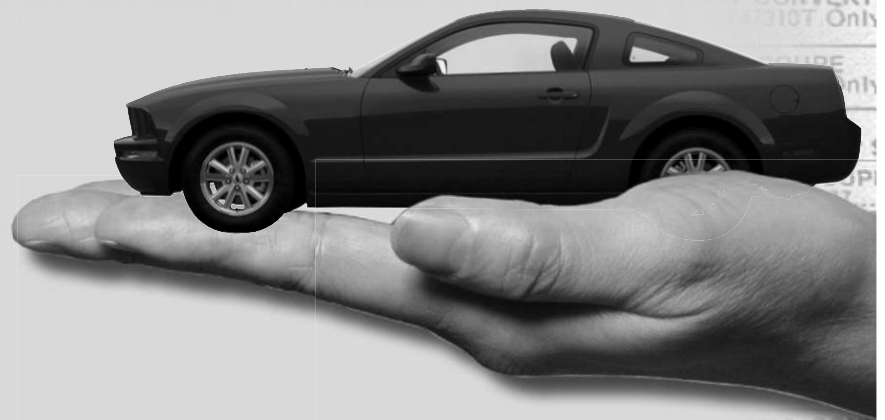


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# SOAR: Leaders impressed with teamwork

Continued from Page B1

important to SOCOM, U.S. Army Special Operation Command, USASOAC and, of course, to the Nightstalker regiment, it has also greatly enhanced the capabilities of Bluegrass Station as PEO SOFSA, said Peterson.

“We have expanded the engineer capabilities to support non-recurring engineering and test flight activities,” he said. “We now have a robust team with dedicated skill sets that are here to provide our expertise and capabilities to SOF rotary wings needs into the future.”

Peterson went on to explain how the facility has been able to expand by building additional hangars, Aviation

parts warehouses, helo pads, and various upgrades to improve the logistics process and procedures needed to better support the 160th SOAR at Fort Campbell.

“What really impresses me is the teamwork, and the team of contributors and stakeholders that brought all of this together,” said Peterson. “It’s pretty humbling the amount of talent we have assembled for such a sustained effort, and even more impressive is the collaboration and collegiality across this team that got us to this milestone.

“What also impresses me is that all of this talent provided a substantially improved, reliable, high-performance tool to better enable our most important asset: the Nightstalker Soldier,” he said. “And trust me, those Nightstalkers, and

the elite special operations forces that they support, have effectively used the tool that you have provided across the globe in the most demanding missions in the most demanding conditions and it has never let them down.”

He explained that the Nightstalkers have flown the MH-60M in more than 13 different countries to demonstrate the United States’ resolve and have executed more than a dozen combat missions in Afghanistan while supporting U.S. Special Forces.

“Thank you for enabling Nightstalkers with effective tools to accomplish their incomprehensively demanding missions in the face of determined foes anywhere in the world,” said Peterson.

# Brigade: Military, supporters attend ceremony

Continued from Page B1

command team of Maj. Gen. Jim Rainey, currently U.S. Forces Afghanistan Deputy Commander-Support and his senior enlisted adviser, Command Sgt. Maj. Christopher Gilpin.

“It’s always bittersweet when we say goodbye to one great commander, but we’re fortunate today that we will be welcoming in another great commander,” Rainey said. “Jeff, I’d like to welcome you. You’re stepping into big shoes, but you come with a great reputation and I know you’re absolutely up to this challenge.”

The crowd was full of military and military supporters from the local area. Also on hand was Kline’s father, U.S. Congressman John Kline from Minnesota. The job of master of ceremonies was handled by local celebrity Sonny Dixon.

The reviewing officer, Brig. Gen. James R. Blackburn, Task Force Marne commander, spoke on the successful tenure of Kline while welcoming Becker to the division.

“It has been a real pleasure watching John Kline serve as Falcon Six with command chief Kelly by his side every

step of the way,” Blackburn said. “The command climate that has been established here by this great commander and command chief has been nothing short of phenomenal.”

“Today, we officially welcome Jeff Becker and Timothy Smail. Gentlemen, we know you are the right leaders at the right time,” Blackburn said. “The Falcons are in very good hands, indeed.”

Kline spoke about his experience commanding the Falcon Brigade, thanking the many Soldiers, battalion commanders and command sergeants major, as well as the division leaders.

“I’ve thoroughly enjoyed commanding this team over the last two years,” Kline said. “The teamwork we’ve had between the division leadership and the staff has been fantastic. It’s nice to work for leaders that let you lead.”

Kline said he felt confident that he is leaving the brigade in the very capable hands of Becker.

“He has a fantastic reputation within our Branch. He is the perfect choice for me to pass on the torch to,” Kline said.

Becker expressed his gratitude to be given the command of the Falcon Brigade.



PHOTO BY SGT. WILLIAM BEGLEY

Brig. Gen. James R. Blackburn, Task Force Marne commander, hands the brigade colors to the new commander of the 3rd Combat Aviation Brigade, Col. Jeffrey A. Becker, at the change of command ceremony Oct. 19.

# Outreach: Recruiters discuss multi-faceted EOD mission set

Continued from Page B1

Army 10-Miler runners were required to pick up race packets at the armory Oct. 9-10 before the Oct. 11 run. It’s a semi-captive audience of very fit civilians and Soldiers and their family members. Washington, D.C., residents

also visited in the gorgeous weather.

Besides the 160th, units at the armory included 7th Special Forces Group, Eglin Air Force Base, Florida, civil affairs and psychological operations groups from Fort Bragg, and the 55th Ordnance Company, Fort Belvoir, Virginia.

“A lot of citizens don’t know what EOD does, so we get

to talk to them about our specialized mission set,” said Sgt. 1st Class Brie Kotula, an EOD recruiter for SORB. “They see the movie ‘The Hurt Locker’ or stuff on TV. This lets us show them we just don’t disable IEDs in Iraq and Afghanistan. We help local and state police departments with munitions disposal and sweeps.”

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OCTOBER 29, 2015

## FLYING, FIRING, FUN

### Spouses earn wings at Spouses' Aviation Day

By Nathan Pfau  
Army Flier Staff Writer

Military spouses play a vital role in the lives of Army Aviators, and Fort Rucker periodically gives those valued Army family members the opportunity to step into their Soldiers' boots and get a taste of the training that goes on day to day.

Fort Rucker spouses got the opportunity to get down and dirty during this year's Spouses' Aviation Day Oct. 22 when they tried their hand at flying, shooting, problem solving and survival skills.

The spouses were split into four groups in which they would tackle four different types of training that every Army Aviator must complete: flight simulation, firing range simulation, team-building skills and Helicopter Overwater Safety Training.

"We had so much fun," said Danielle Cahill, Army spouse and participant. "My husband challenged me to do this, so of course I had to take him up on the challenge."

For Cahill and fellow participant Pamela Burris, the team building exercise at the leaders reaction course was one of the most challenging events.

"The most difficult aspect of the day was probably the obstacle course," said Burris. "Trying to have the strength (to complete the task) and have everyone work together and get on the same page was hard. You can't just rely on yourself for that."

While on the course, the spouses had to figure out how to traverse an area with ammunition canisters using only the tools provided, which during some obstacles included long metal poles, while others utilized wooden planks. They were only allowed to step on areas covered in white, and areas marked in black were considered dead zones, which meant any object or person that touched the area would be considered out of action.

Each team had to safely get across the area with both ammo cans while getting their entire team across safely, as well.

Throughout the course of the day, the spouses were also able to get their hands on M-4 and M-16 rifles, as well as a Mark 19, a 50-caliber machine gun, and even a rocket launcher at the Engagement Skills Trainer 2000 shooting range simulator. They started off firing at pop-up targets, before taking aim at turkeys, enemy troops and even tanks.

Although the simulators aren't live-fire exercises, the guns simulate the kickback of real weapons, according to EST 2000 officials.

The training at the HOST facility allowed the spouses to literally get their feet, and everything else, wet as they suited up and got in the water. They had to swim under water along a designated area to open a hatch, simulating being trapped in an aircraft underwater.

Although they weren't taken for a ride in the full simulator that would submerge them in an enclosed space, simulating a downed helicopter, Burris said the exercise they had to complete was challenging enough.

"It was really tough," she said. "Trying to swim and find your way to a door underwater was really challenging and harder than it seems."

One of the highlights of the day, however, is when the spouses get to fly high in the flight simulators at Warrior Hall.

There they get to experience what it's like to operate different airframes, such as OH-58D Kiowas, CH-47 Chinooks and UH-60 Black Hawks.

Cahill said that although the experience was fun, she understands that the training is serious for Soldiers and it gave her a greater appreciation for what her Soldier must go through.

"Of course this gives me a greater appreciation for what he does," she said, "but, at the same time, I'm hoping that him being home with the twins also gives him a greater appreciation for what I do."

A graduation ceremony was held at the U.S. Army Aviation Museum where the spouses



PHOTOS BY NATHAN PFAU

Participants of Spouses' Aviation Day work together to overcome an obstacle at the Leader's Reaction course Oct. 22.



Participants of Spouses' Aviation Day take a group selfie in front of the training pool at the HOST facility during Spouses' Aviation Day Oct. 22.



Johanna Covell, Army spouse, prepares to take on an exercise at the Helicopter Overwater Survival Training facility.

received their wings, but the ceremony was meant for more than congratulations – it was a way for leadership to say "thank you" for the support that military spouses provide.

"I really want to thank all of you for coming out to participate," said Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general. "I think it's great for you to be able to come out and be able to understand a little bit better about what it is your spouses do. Whether they fly or support Aviation, this

should give you an idea of some of the training that they go through and what it means to be part of Army Aviation.

"I'd also like to thank you for the support that you provide your spouses," he continued. "We're really busy as a Branch and as an Army, and we couldn't do the things that we do today without your support and your encouragement – and sometimes tough love. I think it's very important that we take time out of our busy days to be able to provide these kinds of opportunities for you."

## FRITE NITE



PHOTOS BY NATHAN PFAU

Families from all across the Wiregrass enjoyed a frightening good time during the annual Frite Nite event at Fort Rucker's Riding Stables Friday and Saturday.

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If interested, call 255-2257.

### Position: Marketing Coordinator AFAP Conference

Volunteer needed to attend required Army Community Service and Army Family Action Plan volunteer training sessions; attend AFAP Advisory Council meetings; submit AFAP marketing status report during advisory council meetings; develop promotional advertising to enhance the visibility of AFAP, including flyers, posters, pamphlets, newspaper, TV and installation briefings; attend after action review meetings and provide input for the final AAR; serve as a spokesperson for the AFAP program; and adhere to guidelines as outlined in Army Regulation 608-47, AFAP program handbook and the installation AFAP Program standard operating procedure. The conference is Nov. 4-5. If interested, call 255-9637.

### Position: AFAP Facilitators

AFAP is scheduled for Nov. 4-5. Volunteers needed to serve as neutral steward of work group; keep workgroup focused during breakout sessions; encourage participation by group members; maintain timeline set forth by AFAP coordinator; work with group recorder, transcriber, issue and staff support personnel, and subject matter experts for accurate reporting of issues; ensure delegates complete symposium evaluation forms and forward to the AFAP coordinator; ensure concise and precise wording of proposed issues and recommended solutions; focus energy of the group on a common task; suggest alternative methods and procedures; protect individuals and their ideas from attack; help group find win-win solutions; attend AAR meetings and provide input for final AAR; and serve as a spokesperson for the AFAP program. If interested, call 255-9637.

### Position: AFAP Issue Manager/Subject Matter Expert Coordinator

AFAP is scheduled for Nov. 4-5. Attend required volunteer training sessions. Attend AFAP Advisory Council meetings. Submit AFAP Issue status report during meetings. Track all issues submitted for the annual AFAP Conference and place in appropriate workgroup for discussion. Train issue support person. Prepare tasker memorandum. Work with AFAP coordinator

and ACS director to ensure each issue is assigned an SME prior to being placed in a workgroup. During conference, work closely with issue support volunteers to ensure understanding of issues and ensure copies of installation and Army issue update book are provided for issue managers. Update priority issues in installation issue update book from replies from proponents and the commander's steering committee. Attend AAR meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. If interested, call 255-9637.

### Position: Activities Support

Following basic and well-established library procedures, assists library staff in performing one or more of the following duties: shelving books, periodicals, newspapers; disposing of library materials; physical processing of new materials; maintaining and preserving collections (includes shelf reading and cleaning/repairing materials); morning routine of collecting/shelving materials from tables and chairs, collecting items from book drop, checking status of printers/copiers; interlibrary loans; reserve book program; overdue notices; serials check-in; story time (includes reading stories); summer reading program; teen/adult programs; displays and exhibits; special events; and library beautification projects.

If interested, call 255-3643.

# ON POST

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

## Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Friday from 9–10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information from the military pay office on benefits, entitlements, advance pay, government travel card and more. They will also receive information on Army Emergency Relief and budgeting, preparing for employment before moving (for spouses), compiling the necessary documents and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a move.

Space is limited, so people should register early by contacting the relocation readiness program at 255-3161 or 255-3735.

## Volunteer recognition ceremony

Army Community Service will honor Fort Rucker volunteers at the quarterly Army volunteer recognition ceremony Monday at 1:30 p.m. in the U.S. Army Aviation Museum.

For more information, call 255-1429.

## CYMS database temporarily down

The child, youth and school services child and youth management system database will be down temporarily Monday and Tuesday for a required upgrade. During this time, no payments can be taken or processed. CYMS users will not be able to log into CYMS and they will not be able to swipe their CYSS cards at facilities. All programs will resume normal CYMS operations on Wednesday. CYSS will allow extensions for payments, including no late fees if paid by Nov. 11. The CYMS 10.3 upgrade will not impact care or availability for childcare, only administrative functions of payment, Web application and facility card swipe.

For more information, call 255-9638 or 255-3925.

## PAC meeting

The Fort Rucker Child, Youth and School Services Parent Advisory Council meets Tuesday from 5–6 p.m. in the child development center, Bldg. 8938. The meeting is free to attend and open to all Fort Rucker parents. PAC meetings give parents the opportunity to provide input about administrative policies and developmental programming for CYSS services, and establish volunteer opportunities. PAC members will earn two parent participation points per meeting and when they accumulate 10 points, they will receive 10 percent off monthly child care fees.

For more information, call 255-2958.

## Army Family Team Building app

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

For more information, call 255-9637.

## Handmade ornament contest

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will hold a handmade ornament contest for children ages 3–11 Monday - Nov. 25. Ornaments may be turned in to the youth center, child development center or parent central services (Bldg. 5700). Prizes will be awarded to first-place entries in the following categories: 3-5 years old, 6-8 years old and 9-11 years old. Awards will be presented at the post Christmas tree lighting ceremony. All handmade ornament entries will be displayed on the post Christmas tree. Participants should label their entry with the child's name and age, and the guardian's name and contact information.

For more information, call 255-1749.

## NAF job hiring event

The Fort Rucker Non-appropriated Fund Civilian Personnel Advisory Center will host a NAF job hiring event Tuesday at the Enterprise Chamber of Commerce from noon to 4 p.m. The team will be actively recruiting for the following positions: lifeguards, cooks, waiters and bartenders. Those interested should bring their resumes and be prepared for an interview. Hiring officials will be on site.

For more information, call 255-9123, 255-0872 or 255-0157.

## EFMP information and support group

The Exceptional Family Member Program invites all active duty military families who have an exceptional or special-needs family member to its information and support group meeting Tuesday from 9–10 a.m. at The Com-



FILE PHOTO

## Right Arm Night

The Landing Zone will host Right Arm Night today from 4–6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

mons, Bldg. 8950. The topic for the meeting is holidays and traveling with a special-needs family member. Tools and resources will be discussed that can assist families have a successful trip. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions, according to EFMP officials.

For more information and to register, call 255-9277.

## Army Family Action Plan

Fort Rucker's Army Family Action Plan conference is scheduled for Wednesday-Nov. 5 at Wings Chapel from 8 a.m. to 4 p.m. The grassroots community program helps resolve issues that impact Soldiers and their families, retirees, civilians and survivors. People can submit issues to the AFAP through Friday.

For more information, call 255-9637.

## Teen Focus Group Army Family Team Building

Join DFMWR for a solution-focused process and help improve the Fort Rucker community. The Fort Rucker FY 2016 Teen Focus Group will be held during the Nov. 5. Army Family Action Plan focus group at Wings Chapel from 4:30–8 p.m. Call 255-9637 to register. Dinner is provided.

## Small business counseling

Army Community Service offers small business counseling with free one-on-one sessions Nov. 5 for those operating or who are interested in operating their own small business. Sessions will be held in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling may include, but aren't limited to: advertising, organizational structures, financial planning, inventory controls, management, marketing, personnel planning, pre-business planning, and sales techniques.

Appointments are scheduled every 30 minutes starting at 9 a.m. To make an appointment, call 255-2594. The counseling is sponsored by the ACS Employment Readiness Program and the Troy University Small Business Development Center. The counseling is open to active-duty Soldiers, National Guard, Reserve, retirees, Department of Defense civilian employees and their eligible family members.

## Financial readiness training

Army Community Service offers financial readiness training Nov. 6 from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are also welcome to attend.

For more information, call 255-9631 or 255-2594.

## Native American story time

The Center Library invites children of all ages to its Native American story time Nov. 6 from 10:15–11 a.m. The staff will help people learn about Native American heritage, culture

# DFMWR Spotlight

**Upcoming Family & MWR  
Events and Activities**

## FORT RUCKER

# NAF JOB HIRING EVENT

**Tuesday,  
November 3  
12 pm–4 pm**

Enterprise Chamber of Commerce,  
553 Glover Avenue

**Actively recruiting for  
the following positions:**

Lifeguards \$7.25–\$7.75 / hr  
(depending on experience)

Cooks \$10.67 / hr

Waiters \$8.33 / hr

Bartenders \$8.91 / hr

**For additional information, contact the  
Fort Rucker CPAC office at (334)255-9123  
or (334)255-0872/0157.**

[www.ftruckerarmy.com](http://www.ftruckerarmy.com)

and way of life. Story time is open to all authorized patrons. The event is exceptional family member-friendly.

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

## Peanut Festival field trip

The youth center will help kick off the Month of the Military Family with festival fun, food, games and rides. Youth center members are welcome to attend the National Peanut Festival field trip to Dothan Nov. 7 from 2–10

p.m. The field trip is open to youth in grades six to 12 with an active Middle School and Teens Pass. The trip is free for active Torch & Keystone Club members enrolled in the after school program. Parents and youth are responsible for money for food and shopping at the festival. Youth may stop by the youth center for verification of active club membership. All other members with active passes are welcome to attend, but will be responsible for their own fees.

For more information, call 255-2260.

## FORT RUCKER MOVIE SCHEDULE FOR OCT. 29–NOV. 1

### Thursday, October 29

No Escape (R) ..... 7 p.m.

### Friday, October 30

Hotel Transylvania 2 3D (PG) ..... 7 p.m.

### Saturday, October 31

The Visit (PG-13) ..... 7 p.m.

### Sunday, November 1

Everest (PG-13) ..... 1 p.m.

# Corporations promise to hire Soldiers

By David Vergun  
Army News Service

WASHINGTON — “We again and again find that the young people we bring in (to corporate America) from the military, turn out to be very strong associates. They’ve been tested. They’ve been trained. They’ve been through adversity. They’ve proven themselves,” said the chief of U.S. sales and operations for Coca-Cola Refreshments USA, Inc.

“And we and other organizations throughout the private sector need to continue to understand how to translate those experiences and those skills into what we need. That’s one of the goals of this program,” Partnership for Youth Success, Mark P. Rahiya said.

Rahiya and others spoke at a PaYS Memorandum of Agreement signing between the Army and Coca-Cola during a Pentagon ceremony Friday.

Coca-Cola is the 562nd corporation to sign an MOA with the Army since 2000, the year PaYS stood up, said Mark S. Davis, deputy assistant secretary of the Army for marketing, and director of Army Marketing and Research Group.

Other PaYS partners include Facebook, Inc.; Sony Computer Entertainment America, LLC; Caterpillar; Amazon; Southwest Airlines; many other Fortune 500 companies; and others.



Mark P. Rahiya, chief of U.S. sales and operations for Coca-Cola Refreshments USA, Inc., and Lt. Gen. James C. McConville, deputy chief of staff, G-1, sign a Partnership for Youth Success Memorandum of Agreement between the Army and Coca-Cola at a Pentagon ceremony Oct. 23.

## How PaYS works

Lt. Gen. James C. McConville, deputy chief of staff, G-1, explained that the MOA means corporations or public-sector agencies have promised job interviews and possible employment to Soldiers who’ve joined the Army through PaYS once their term of military service has ended. During their time in the Army, Soldiers’ military occupational specialties and training are matched to corresponding PaYS partners’ skills and knowledge, so they’ll have the necessary skill sets.

Thus far, about 161,000 Soldiers came into the active Army

through PaYS, McConville said. Another 36,000 came into the Reserve.

Also, of 2,440 interviews conducted since 2013, 1,183 were hired as a result, according to a PaYS fact sheet.

“The Army invests in America’s youth,” McConville then told four young men and women who he was about to administer the Oath of Enlistment through the PaYS programs. “When you leave the Army, you’ll be stronger. You’ll be smarter. You’ll be more talented. You’ll have more poise. You’ll be more confident.

“And when you come out,” he continued, “these corporations, like Coca-Cola, will want you,

because you’ll have these incredible skills and will have done some very challenging and difficult things. So when you enter the civilian market, you’re going to be a great catch. You’re precisely the kind of people we want serving our country.”

“In the Army, we say once a Soldier, always a Soldier. The reality is once you’re a Soldier, you’re a Soldier for life,” McConville said.

He then gave the four young people a tip of how to succeed in the Army and later in life.

“There (are) three things we expect you to be physically fit. Second, we expect you to have integrity and character. And the third thing, we expect you to be willing to learn. Then you’ll be fine.”

The four new enlistees include:

- Antonio Fetaomi Guzman, who will become a 25B information technology specialist, and his PaYS partner is American Systems Corp.;

- Yuri V. Ramos, who will become a 25U signal support systems specialist, and her PaYS partner is the Maryland Department of Public Safety and Correctional Services;

- Elyshia Jnal Harris III, who will become a 92A automated logistical specialist, and her PaYS partner is the Maryland Transportation Authority Police; and  
- Cortez Grie, who will become

a 92A, and his PaYS partner is 1st Mariner Bank Corp.

## Corporate perspective

Rahiya provided his corporate perspective regarding hiring veterans. Prior to working with Coca-Cola in 1997, Rahiya served as an officer in the U.S. Navy Submarine Force, so he understands what it means to serve, as well.

“The young men and women coming out of the military understand the value of hard work,” he said. “We find they’re high-integrity individuals because of what they’ve learned as part of that military culture and they bring that with them.”

He said Coca-Cola, as well as other companies, recognize those attributes, “combined with MOS skills sets, whether they’ve been mechanics or one of any other number of amazing skills they learn. You can take advantage of that and get them into the right job and train them and you get fantastic employees – and very loyal employees, as well.”

Some 120,000 men and women are coming out of the Army every year and going into the workforce, he said. “That’s a phenomenal opportunity for our country.”

Many thousands of veterans work for his company, he added. This year, to date, 997 veterans were hired. PaYS strengthens companies’ ability to hire and retain veterans.

## Army Entertainment announces 12 finalists for Operation Rising Star

By Tim Higgs  
Installation Management Command  
Public Affairs

FORT SAM HOUSTON, Texas — Twelve finalists have been selected for the 2015 Operation Rising Star singing contest.

The finalists will perform live in San Antonio and their performances will be broadcast online at [www.OpRisingStar.com](http://www.OpRisingStar.com), where viewers can watch and vote for their favorite vocalists, and directly impact the final results.

The 11th annual competition began on Army installations around the world, primarily at Morale, Welfare and Recreations venues, in part to help promote esprit de corps among service members and their families.

Army garrisons in South Korea produced three finalists: Capt. Cydnia Jackson of Camp Humphreys, Sgt. Clayzella Butler of Camp Red Cloud and Air Force Tech Sgt. Candice Fagan of Yongson.

Two finalists hail from garrisons in Germany, including Sgt. Robert Gulley of Rheinland-Pfalz, and family member Isabelle Robin of Bavaria.

Spc. Pha Xiong was the local winner on Fort Hood, Texas.

Two active-duty finalists emerged from online competition: Navy Petty Officer 1st Class Steven Powell of Navy Recruiting Station Pleasant Hill, California, and Air Force Master Sgt. Gregory Fetz of the Georgia Air National Guard.

The other finalists are military family members from throughout the continental United States, including: Irene Simmons of Fort Stewart, Georgia; Chelsea Tabisz of Joint Base Maguire-Lakehurst, New Jersey; Melinda Way-Bonner of Fort Hunter Liggett, California; and Arlen Abella of U.S. Army Garrison Hawaii.

The live finals are scheduled for Nov. 28, Nov. 30 and Dec. 2 at Fort Sam Houston Theatre.

The site and date of the reveal show, where the winner is announced, will be either Dec. 4 at the Fort Sam Theatre or Dec. 8 at a downtown San Antonio venue, likely the Tobin Center for the Performing Arts, said Tim Higdon, Army Entertainment producer.

Operation Rising Star is a military singing contest based on the concept of

“American Idol.” The program is run by the Army Installation Management Command’s Family and Morale, Welfare and Recreation Army Entertainment Division, headquartered on Joint Base San Antonio-Fort Sam Houston.

Army Entertainment promotes resiliency and quality of life for Soldiers and their families through quality entertainment programs such as the U.S. Army Soldier Show, the Army Concert Series and Operation Rising Star.

## RELIGIOUS SERVICES

### WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

### BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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Contemporary C-3 - in the Fellowship Hall..... 8:45AM  
The Gathering (Youth) ..... 6:00PM  
Sunday School ..... 9:55AM  
Nursery Care ..... Every Service

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1 Corinthians 11:1

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

# Zoo hosts spooky family fun

**Montgomery Zoo**  
Press Release

Montgomery Zoo will continue its 11 nights of horror and fun at Zoo Boo Oct. 29-31 from 6-9 p.m. nightly. People can climb aboard the thrill ride of a life time at the Haunted Hay Ride or visit the Pumpkin Pull for a non-scary, traditional hay ride. Participants will also be treated to games, bouncy castles, concessions and more. Gates open nightly at 6 p.m. and the first Haunted Hay Ride will pull out at dusk. Cost is \$15 for ages 3 years old and older. Ticket includes entry, one ride on either the Haunted Hay Ride or the Pumpkin Pull Hay Ride, and one sheet of game tickets – 10 tickets per sheet.

For more information, call 334-240-4900 or visit [montgomeryzoo.com/announcements/zoo-boo-week-1](http://montgomeryzoo.com/announcements/zoo-boo-week-1).



## WIREGRASS COMMUNITY CALENDAR

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

### ANDALUSIA

**ONGOING** — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit [www.andalusialegiopost80.org](http://www.andalusialegiopost80.org).

### DALEVILLE

**OCTOBER** — The Daleville Farmers Market takes place Thursdays throughout October from 2-5:30 p.m. on the corner across from Bojangles. Local farmers sell produce, including pumpkins, sunflowers, honey, jelly, pickles and more.

**NOV. 2-19** — Food drive with donation boxes in various locations throughout the city, sponsored by the Lions Club.

**NOV. 6** — Memorial wreath laying at the POW/MIA Veterans Memorial in Daleville beside the Daleville Cultural and Convention Center at 10 a.m., sponsored by the city and the Lovely Touch Garden Club.

**NOV. 11** — Veterans Day ceremony at Veterans of Foreign Wars Post 6020, on Hwy. 84, at 11 a.m.

**NOV. 14** — Fill the Pantry Benefit Ride. Registration starts at 8:45 a.m. at Larry's BBQ, sponsored by the F.A.I.T.H. Riders.

### DOTHAN

**NOV. 6-15** — The National Peanut Festival will run at various times and will feature a variety of vendors, shows, rides, food and live entertainment. For more information, visit [nationalpeanutfestival.com](http://nationalpeanutfestival.com).

**NOV. 7** — Dothan Montessori School is hosting its third annual Montessori Madness 5K and Fun Run at 8 a.m. DMS is located at 205 Holly Lane. There will be goody bags, door prizes, a children's fun run and more. To register, visit [www.dothanmontessorischool.com](http://www.dothanmontessorischool.com). For more information, call 671-7170.

### ENTERPRISE

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

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

### GENEVA

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

### MIDLAND CITY

**ONGOING** — Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

### NEW BROCKTON

**ONGOING** — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

### OZARK

**NOV. 11** — Woodlawn Memorial Gardens Cemetery will host a Veterans Day ceremony at 11 a.m. The public is invited to attend.

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

### PINCKARD

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

### SAMSON

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

Community Center.

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

### TROY

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

### WIREGRASS AREA

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

**OCTOBER-NOVEMBER** — The Frank Jackson Trail Masters presents the eighth annual Scarecrows in the Park at Frank Jackson State Park on Opine Road in. The event features more than 500 scarecrows along over 4 miles of walking trails. For those unable to walk the trails, golf cart tours are available. To schedule a tour, call 334-488-5033. There is no charge to view the scarecrow exhibits; however, the state park entrance fees will apply.

## Beyond Briefs

### Haunted Hearse Tours

People are welcome to take a ride through Montgomery's dark history in a real hearse. During the ride, people will be treated to ghostly tales of events, some long past, that happened along the quiet streets of the Capital City. Tours will leave The Alley every hour on the hour, beginning each evening in October starting at 7 p.m. The last tour is at midnight each night. The cost is \$15 per person. Organizers warn that some of the descriptions of deaths and events are graphic and that Haunted Hearse Tours might not be suitable for everyone.

To make a reservation, call 334-514-4457. For more information, visit [www.hauntedhearsemfg.com/Home\\_Page.html](http://www.hauntedhearsemfg.com/Home_Page.html).

### Alabama National Fair

Montgomery will play host to the Alabama National Fair Oct. 30 to Nov. 7 at the Garrett Coliseum and Fairgrounds, 1555 Federal Drive. The event will feature more than 60 rides, food, information and commercial booths, livestock competitions, and more. Scheduled entertainment will include Cole Swindell, Oct. 31; Anthony Hamilton, Nov. 1 and Lynyrd Skynyrd Nov. 7.

For more information, visit [www.alnationalfair.org](http://www.alnationalfair.org).

### Old Time Christmas Market

Lynn Haven, Florida, will host its Old Time Christmas Craft and Vendor Market Nov. 7 from 9 a.m. to 3 p.m. at Roberts Hall at the corner of Hwy. 77 and 9th Street. The market will feature about 50 vendors and crafters offering their fall products and services, a visit from Santa and Christmas carolers.

For more information, call 706-506-1450.

### Moscow Ballet's Great Russian Nutcracker

The Moscow Ballet's production of the "Great Russian Nutcracker" will pay a visit to Panama City's Marina Civic Center Nov. 8 at 3 p.m. Regular ticket prices range from \$28-\$68, and VIP and platinum tickets run \$105 and \$175 respectively.

For more information or to buy tickets, call 413-499-1733 or visit [www.nutcracker.com](http://www.nutcracker.com).

### Veterans 5K Freedom Run/Walk

WVAS-FM Radio Station is partnering with Jimmy John's to host the 2015 5K Veterans Run/Walk Nov. 7 at 8:30 a.m. Registration begins at 7:30 a.m. Adults and youth of all ages and people from all branches of the military, whether active or retired, are welcomed to participate in this event honoring and supporting veterans in the River Region.

The run and walk will begin at Jimmy John's on Carter Hill Road, and wind its way through the campus of Alabama State University and Old Cloverdale. Additional information about the event, including vendor information and entry fees, is available by calling 334-229-5074.

### Zoo Veterans Appreciation Week

The Montgomery Zoo will thank the country's men and women of the armed forces during its Veterans Appreciation Week Nov. 8-14. All veterans, active-duty military and their immediate family members will receive a 50-percent discount on regular daytime admission to the Montgomery Zoo and Mann Wildlife Learning Museum. Participants must provide a valid military identification to receive the discount.

For more information, visit [montgomeryzoo.com/announcements/veterans-appreciation-week](http://montgomeryzoo.com/announcements/veterans-appreciation-week).

### Alabama Pecan Festival

Mobile will host the Alabama Pecan Festival Nov. 6-8 at the Tillman's Corner Community Center. The event will feature a carnival atmosphere with rides, food, face painting, arts and crafts, and jewelry. Free grandstand events include a classic country and western show, a Sunday gospel show and more.

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

### DAV 5K Run Atlanta

People are welcome to participate and show their support for service members by walking, running or motor-

cycle riding at the Disabled American Veterans 5K Run Atlanta scheduled for Nov. 14, 8:30 a.m., in Atlanta. Registration fee is \$30 for adults 18 and over and motorcycle riders, and \$15 for youth ages 6-17. Veterans, active-duty military, Reservists, National Guard members and cadets may participate for free.

For more information, send an email [toaldavtrain@charter.net](mailto:toaldavtrain@charter.net) or call 334-447-8811.

### Oakwood Cemetery Tour

The Oakwood Cemetery Tour Tells of Montgomery's mysterious past, according to Old Alabama Town officials. The Landmarks Foundation invites the public for a tour of historic Oakwood Cemetery Nov. 8 at 2 p.m. with guides who recount the life stories of a few of those entombed in Scott's Free Burying Ground, the Confederate Graves and the Land of Peace. Officials said people should wear comfortable clothes and shoes, and bring water. The tour costs \$10. Registration is recommended.

For more information, visit [www.oldalabamatown.com](http://www.oldalabamatown.com), and to register, call 334-240-4500 or 888-240-1850.

### Friday Fest

Friday Fest in downtown Panama City, Florida, is Bay County's largest street festival with more than 200 show cars, 50 vendors and live bands – filling up six blocks of Harrison Avenue the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

### Jasmine Hill Gardens

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

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

# ROTC cadets develop beyond basic learning

By C. Todd Lopez  
Army News Service

WASHINGTON — It's not enough for newly-minted officers to be able to replicate on command the tasks they learned as part of their ROTC experience, said the commander of Army Cadet Command. Those officers must also be agile problem solvers.

"We are focused now on the officers of 2020 and beyond, on producing young leaders that can meet the challenges of a complex world," said Maj. Gen. Peggy Combs. "Our overarching goal is to produce officers of character that are agile and adaptive leaders."

More than 35,000 college students at nearly 1,050 campuses are now participating in Army-led ROTC programs. Combs said she believes the diversity of the United States is well represented by the Army's ROTC footprint.

Because ROTC happens on college campuses, Combs said the Army is in a good position to better prepare young Americans to meet the challenges of being new officers.

"Because we are in an academic environment, we have the wonderful opportunity to really utilize an education platform, to really get our officers thinking up to the next level and really develop a thinking skill," she said.

As the Army moves from an "Army at war" to an "Army of preparation," she said officers will need to not just recite information, or perform tasks, but creatively solve new problems they've never seen before, using the knowledge and experience they have already learned. That means doing more than demonstrating their ability to perform a task, she said.

"We're taking our officers up what they call 'Bloom's Taxonomy,'" she said. "At the very base of Bloom's Taxonomy, you have knowledge, where you memorize information and then spit it back out. But as you go up Bloom's Taxonomy, you get where you can analyze first and then synthesize



PHOTO BY SGT. KEN SCAR

Army Reserve 1st Sgt. Anthony Childs, C Company, 1st Battalion, 518th Infantry Regiment, 98th Training Division, shows a Clemson University ROTC cadet the proper way to salute during a drill and ceremony lab held by drill sergeants on Clemson's Bowman Field, S.C., Sept. 3.

that knowledge, so you have a full understanding of everything. So when you are given a complex problem you have never seen before and don't have a checklist to solve that problem, you have to go into that box of knowledge you have, pull it apart, take knowledge from multiple places and solve the problem."

The Army, she said, wants "agile thinkers — leaders that can solve a complex problem in a short amount of time using creative solutions."

Also critical for new officers, she said, is an adherence to ethics.

"Ethics in our decision making is front and center," she said, adding that the concept will be permanently solidified in Army doctrine by the spring, with implementation of the "Cadet Character and Leader Development Strategy."

The strategy, she said, "integrates this approach individually

for character development, leader development and knowledge-based kinds of things."

Today, the Army Cadet Command commissions about 5,000 officers a year into the Army. ROTC produces about 78 percent of new officers. The rest come from Officer Candidate School and from the U.S. Military Academy at West Point, New York, she said.

Combs said when a command-er brings a new second lieutenant into his command from a ROTC

program, he can expect "a leader of character that is committed to the Army profession: a leader that can think, who is capable of solving problems, and who is responsible for him or herself and others."

The Army Cadet Command is also responsible for managing the Junior Reserve Officers' Training Corps program at high schools.

"That program centers on developing greater citizens with a desire to serve their community," Combs said.

More than 330,000 high school-aged cadets participate in JROTC at nearly 1,700 schools throughout the United States, as well as at Department of Defense Dependents Schools overseas, she said.

About 25 percent of those JROTC cadets choose, after high school, to pursue some form of military service — either by enlisting in one of the four branches of service, or by first going on to participate in a college-level ROTC program.



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# LEGENDS

## Bleier, Staubach discuss Vietnam War experiences

By David Vergun  
Army News Service

WASHINGTON — Army combat veteran and four-time Super Bowl champion Rocky Bleier of the Pittsburgh Steelers said he's often asked what it's like to be in combat.

"We pray that we come back from war," he said he tells them. "We have to live with the scars, both visible and invisible. We have to live with the trauma. We have to live with what happens during that period of time.

"But it's a foundation. It's an experience that we who have served in the military understand," he said. "And it's the lessons that you learn from them that you incorporate into your own life.

"Those lessons we learned on the gridiron, as well as on the battlefield, are the same ones that we learn every day in our lives," he continued. "And that is to take care of one another. Never leave a comrade behind, and to fight for what is right and to do what's right."

Bleier said he's not asked what it's like to play football, since a lot of kids have had that experience in school or in backyard pickup games.

But combat, they ask about, he said. Less than 1 percent of Americans are in the military and less than 10 percent of those find themselves in combat, he said.

So, for most he meets, he said, "there's really no reference point."

Bleier, and Navy combat veteran and two-time Super Bowl champion Roger Staubach of the Dallas Cowboys, spoke at the Pentagon at the Army G-4-sponsored Vietnam War Commemoration event: "Game Changers: Reflections on Service, Sports and Life," Oct. 21.

When asked what it's like in combat, Bleier said he also tells them that in 1968, after 10 games into the season with the Steelers, he was drafted into the Army and was sent to Hiep Duc near Chu Lai, South Vietnam, as a specialist four infantryman assigned to the 196th Light Infantry Brigade, 23rd "Americal" Division.

During one mission, his company was tasked with returning to the place where a firefight had taken place two days earlier. Their mission was to retrieve Soldiers' bodies who had been left behind.

About 8 a.m., while crossing a rice paddy, they were attacked. Bleier, a grenadier, covered his buddies by firing his M-79 grenade launcher at the enemy. About that same time, he got hit by an enemy bullet in the thigh. He was wounded once more and was later awarded the Bronze



Former pro football players and Vietnam veterans Roger Staubach and Rocky Bleier meet with Army Chief of Staff Gen. Mark A. Milley during their visit to the Pentagon to commemorate the 50th anniversary of the Vietnam War Oct. 21.

Star Medal.

Being a Vietnam veteran was tough, he said. There was less unit cohesion than in today's Army. For instance, Soldiers did not deploy to Vietnam as units, they deployed and returned state-side as individual replacements.

Also, it was a different social climate in the country. People were protesting the war and there was not a lot of love for veterans, he said.

"Fellow brothers and sisters didn't have that same ability to talk about it, many to this very day," he said. "I run across children of Vietnam veterans who say their dad never talked about it. I feel sad for them. There wasn't a support group they could go to."

Bleier said he was luckier than most. After spending a lot of time recuperating from his injuries in the hospital, he was welcomed back to the Steelers.

He said he became somewhat of a "poster child for the military" because of the success he experienced on the gridiron along with his combat experiences.

Being asked to tell his story "for me was a personal catharsis," he said. "It gave me a chance to come to terms with that service that everyone else repressed."

While Bleier praises today's Army and military, he said that in some ways he laments the end of the draft. "Back then, everyone had skin in (the) game."

Today, service is for the patriots, he said, and when they're sent into harm's way, it's not like it was during Vietnam, where many families had or knew somebody who served.

Another difference between then and today, he said, is then, you wrote letters. It might take weeks or months to receive one back, so getting one was really

special.

Getting care packages was special, too, he said. "You looked forward to that. Everyone in your company somehow sensed that you were going to get a care package that day and they sort of hung around you. They knew before you knew. Then bam, they were there to take everything they could out of that package."

Today, Soldiers can often chat real time on social media to their loved ones, he said. He said he wonders how Soldiers can focus on the mission at hand if a loved one is chatting about problems at home. "That would be difficult. It's got to be tough."

Bleier said he's proud of his service, but it's "been a slow time coming" for Vietnam veterans to receive recognition for theirs.

### More about No. 20

Bleier, No. 20, was a Round 16 pick in the NFL draft, playing for the Pittsburgh Steelers as a running back in 1968 and from 1971-80. He's a four-time Super Bowl champion.

While playing for the Steelers, he totaled 3,865 rushing yards, averaged 4.2 yards per carry, ran a total of 5,159 yards and made 25 touchdowns.

Before playing for the Steelers, he played on the 1966 national championship Notre Dame football team.

### Staubach's story

Staubach attended the U.S. Naval Academy in Annapolis, Maryland, where he won the 1963 Heisman Trophy playing for the Midshipmen.

During the Vietnam War, Staubach served as a supply corps officer, attaining the rank of lieutenant.

Staubach said he volunteered to

go to Vietnam "because I wanted to give something back."

He was stationed at the Naval Support Group in Da Nang for six months, then Chu Lai for six months. The I Corps area at that time, 1966 and 1967, was occupied by Marines, so everything he did was for them, he said. The Army would move into that area later, just as he was leaving.

"I came to love the Marine Corps," he said, adding that he loves all of the services "but the Marines, I saw them in action. Some of my teammates were Marines, some were shot and killed. It wasn't a popular, war but we were asked to do it. It was a shame how our Vietnam veterans were treated."

The good news today, he said, "is that we really care about our military. I'm really proud of them and what they do for us."

The world is a really unstable place today, he continued. "Our military are important to ourselves and our kids."

He encouraged employers to hire veterans because they have so much more to offer, having the instilled values of service, duty and sacrifice.

### More about No. 12

In 1969, Staubach was an NFL Round 10 draft pick for the Dallas Cowboys, where he played from 1969-79.

In 1971, he was named the NFL's most valuable player. He's was a six-time Pro Bowl selection, two-time Super Bowl champion and was named most valuable player in Super Bowl VI.

While playing for the Cowboys, he totaled 22,700 passing yards, his quarterback rating was 83.4, and he completed 153 passing touchdowns and 20 rushing touchdowns.

In 1985, he was inducted into the Pro Football Hall of Fame

### Tribute from the DAS

Lt. Gen. Gary Cheek, director of the Army staff, provided opening remarks, and moderated Staubach and Bleier's discussion in the packed Pentagon Auditorium.

It has been almost 40 years since the epic Super Bowls between the Cowboys and Steelers, Cheek said, right before on-cerivals Staubach and Bleier traded friendly jabs at each other over which team was the greatest.

Cheek then showed a short video tribute by Tom Landry and Howard Cosell, both of whom served in World War II. Landry served in the Army Air Corps while Cosell served in the Army. The two of them described Staubach and Bleier as real heroes, not just sports heroes.

Echoing what Staubach and Bleier said, Cheek said, "Our memories of the Vietnam War that started 50 years ago are quite different from any other war. We sent troops to perform a duty, and many Americans did not support or honor them. They returned home to criticism and scorn, and many continue to deal with the challenges they faced.

"But our country has changed. The positive response Afghanistan and Iraq War veterans get today is due, in large part, because our Vietnam veterans were determined that their experience would not be re-lived by future generations," he said.

"Our gratitude for those who served in the Vietnam era may be 50 years late, but it is sincere," he said.

This year, almost 9,000 commemorative partners across the country are holding commemorative events in parks, businesses and schools to honor Vietnam veterans and their families, he said.

"We remember the 58,220 Americans who gave their lives, including Bob Kalsu of the Buffalo Bills and Don Steinbrunner of the Cleveland Browns," Cheek mentioned.

"Today, we are joined by two great leaders to reflect on service, sports and life, and to help us honor the millions who served," Cheek said. "Let us all be inspired to see veterans — past, present and future — with a renewed perspective. Welcome home, vets."

### Meeting the Army

During their visit to the Pentagon, Staubach and Bleier spent some time visiting Army Chief of Staff Gen. Mark A. Milley and Sgt. Maj. of the Army Daniel A. Dailey. They also spent time visiting Vietnam veterans who were invited to the Pentagon.



COURTESY PHOTO

## Pick-of-the-litter

Meet Shadow, an approximately 8-9-month-old female short-hair cat available for adoption at the Fort Rucker stray facility. She is loving and well-behaved. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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**SPICE**  
Substance abuse coordinator warns of dangers  
Story on Page D4

OCTOBER 29, 2015

## Monstars advance in playoffs

By Nathan Pfau  
Army Flier Staff Writer

As the Fort Rucker Intramural Football Season began its playoff week, two teams took to the field Tuesday on a quest for the championship.

And for one team, advancing was like taking candy from a baby.

In true Halloween fashion, the D Company, 1st Battalion, 145th Aviation Regiment Monstars came out on top as they beat the 1st Aviation Brigade Swift and Deadly 19-0 to advance in the playoffs.

Monstars showed superior offensive prowess throughout the game as Swift and Deadly struggled to keep up. Although the 1st AB team nearly managed to rally in the second half to get on the scoreboard, the 1-145th team's defense proved too strong, not allowing a single point.

"I think we drove the ball really well the whole game," said 2nd Lt. Jack Fitzsimmons, Monstars team captain. "They

really couldn't stop us on offense and our defense played really well – we had the coverage down tight."

Monstars' tight defense started off as Swift and Deadly received to start things off, only managing a short return. The 1-145th team held tight against their opponents to force a punt early in the game to take possession and get their chance to get on the scoreboard.

Swift and Deadly was off to a decent defensive start as they managed to keep the Monstars at bay and forced a turnover only minutes into the possession. But their offensive capability wasn't able to keep up with their opponent's.

For most of the first half, possession of the ball switched back and forth, but it was Monstars who would stop the stagnation as they started to push hard toward the opposing goal line. They managed to get within five yards of the end zone before they were stopped by Swift and Deadly, who were able to get their opponents to a



Second Lt. John St. Pierre, player for Monstars, runs the ball up field past opposing players during an intramural playoff game at the Fort Rucker Physical Fitness Center football field Tuesday.

fourth down, but unable to stop their momentum as the 1-145th found a gap in their defense and ran it in for a touchdown. They then added the extra point to lead 7-0 with only minutes remaining in the first half.

Try as they might, Swift and Deadly weren't able to get through the Monstars' defense, who again forced the 1st AB

team to punt, allowing their opponents another chance at scoring before the end of the half.

Monstars' took full advantage and pushed hard toward the opposing goal line, managing a 20-yard pass into the end zone for their second touchdown with less than a minute left in the half.

Swift and Deadly started

to push aggressively up field, managing multiple first downs to get closer to the goal line, but an interception by Monstars ended their hopes of scoring in the half as the buzzer sounded.

Going into the second half, 1-145th had the advantage as they received to start, and without missing a beat, they were able to make the plays to push toward the opposing end zone, and within minutes had their third touchdown to lead 19-0.

Swift and Deadly had their work cut out for them if they wanted to try and turn things around at this point in the game. It seemed as if they might rally with a hail-Mary pass that put them closer to the goal line, but despite the long bomb, it wasn't enough to push past the Monstars' defense, which remained tight.

With only minutes remaining in the game, the Monstars' offense seemed to dwindle, but their defense remained strong, which is all they needed to take the win as the clock wound down.



Soldiers check out the Fort Rucker Resiliency Resources Mobile App.

## MOBILE HEALTH

App helps Fort Rucker stay resilient

By Jenny Stripling  
Lyster Army Health Clinic  
Public Affairs

Do you know where to find running trails around Fort Rucker? How about where Bible studies are located? Did you know there is a 5K coming up soon? What about the operational hours for the post library?

These are questions many may have when first arriving at Fort Rucker. Now, there is a mobile app for your smartphone or tablet devices that can answer all of these questions and more.

The Fort Rucker Resiliency Resources Mobile App utilizes the five health domains from the Comprehensive Soldier and Family Fitness campaign – Physical, Emotional, Family, Spiritual and Social – and combines the data from the Fort Rucker Community Resource Guide and Fort Rucker websites so you can easily access important information about the topics that impact you and your family's daily lives.

"The concept of the mobile app is this: in a year's time there are 525,600 minutes. Out of all of these minutes, a person may spend approximately 20 minutes with their health provider, on average, five times a

SEE MOBILE, PAGE D3

## Some clinic beneficiaries may change primary care managers

By Jenny Stripling  
Lyster Army Health Clinic  
Public Affairs

Some Lyster Army Health Clinic beneficiaries may soon receive a letter stating that their primary care manager has changed.

Lyster has bid farewell to some providers due to the permanent change of station season and have worked hard to bring in new staff. The clinic recently hired new staff with the intent of providing the best mix of physicians, nurse practitioners, physician assistants, registered nurses, licensed practical nurses, as well as support staff, to provide beneficiaries with a high-reliability healthcare team tailored to meet their specific healthcare needs.

"Lyster is strategically aligning physician and nursing staff to ensure your assigned PCM team meets or exceeds all of your expectations," said Col. John Peters, deputy commander for clinical services at LAHC. "We are paying special attention to your specific healthcare needs and a vital step in this process is realigning some of our enrolled patients to new primary care managers."

PCM changes at LAHC are only made after a thorough review of each patient's medical history determines the best doctor for his or her medical concerns.

"The most important aspect of PCM changes is to make sure the patient is

### MEET NEW LYSTER PROVIDERS

**Capt. Heather Atamian** is a certified physician assistant at Lyster who previously served with the 2nd Combat Aviation Brigade. Originally from California, she enjoys spending time at the beach, hiking, snowboarding and traveling.

**Maj. Ashley Smith** arrives to Lyster from Landstuhl, Germany. She serves the Fort Rucker community as Lyster's chief of Primary Care and as a pediatrician. Originally from Ohio, Smith is a board-certified pediatrician. She enjoys running, biking, hiking and watching movies.

**Capt. Nathan Jansen** (not pictured) is a board-certified internal medicine provider at Lyster and is originally from Tennessee. Jansen previously served as a resident at Eisenhower Medical Center where he received the Outstanding Internal Medicine Clinic Resident Award for 2014-2015.

**Dr. Omotayo Idera-Abdullah** is a board-certified pediatrician who arrives to Team Honor from Jacksonville, Florida. Abdullah has been the recipient of many awards, including the American Academy of Pediatrics Continuing Medical Education award in 2013.



ATAMIAN



SMITH



IDERA-ABDULLAH

happy and receiving the best care possible from their new provider," said Col. Gary Wheeler, LAHC commander. "Realigning some things allows us to better provide our patients with outstanding, highly-reliable healthcare

that best suits them and their family."

Most PCM changes are expected to take place after Saturday.

People with questions can call LAHC's Managed Care Enrollment coordinators at 255-7731 or 255-7216.

## PIGSKIN PICKS



	Miami vs. New England	Detroit vs. Kansas City	Minnesota vs. Chicago	N.Y. Giants vs. New Orleans	Cincinnati vs. Pittsburgh	Green Bay vs. Denver	Indianapolis vs. Carolina
<b>Col. Tom von Eschenbach</b> CDID (35-14)							
<b>Capt. Louis Hill</b> 6th MP (28-21)							
<b>Jim Hughes</b> PAO (39-10)							
<b>Capt. Mike Simmons</b> DPS (37-12)							
<b>Sharon Storti</b> NEC (34-15)							

# DOWN TIME

**FLASH GORDON**  
by JIM KEEFE

WE HAVE TO TAKE OFF NOW!  
NOT BEFORE I SEE WHAT'S OUT THERE.  
DON'T YOU UNDERSTAND? IT DESTROYED MY WHOLE CREW!  
YOU SAID WHATEVER ATTACHED YOU ONLY DID SO AT NIGHT.  
WELL, IT'S NOT DARK OUT.  
NOT YET.  
WHICH MEANS THAT SOMETHING ELSE IS OUT THERE.

FLASH GORDON  
BY JIM KEEFE  
ANOTHER SURVIVOR OF THORNE'S DOOMED EXPEDITION IS FOUND.

WAIT!  
DON'T TAKE OFF!  
THORNE!  
I DIDN'T THINK ANYONE ELSE MADE IT!  
YEAH? WELL, YOU THOUGHT WRONG!  
THORNE, WE BETTER GET GOING.  
SULLO?  
WELL, I'LL BE... NOT EVERY DAY YOU RUN INTO THE MAN WHO OVERTHREW KING MING THE MERCILESS!  
HEAR THAT, THORNE? WE GOT A CELEBRITY HERE!  
THORNE?  
THE SUN'S GOING DOWN.  
WE MADE IT. I CAN'T BELIEVE IT...  
...IT'S FINALLY OVER.  
NEXT: NIGHTFALL!

NEVER SEEN A MAN WITH WHITE SKIN BEFORE, WHO DO I HAVE TO THANK FOR THE RIDE?  
THE NAME'S GORDON.  
FLASH GORDON.

10-25

Just Like Cats & Dogs by Dave T. Phipps



## Trivia test

by Fifi Rodriguez

# T R I V I A

- MOVIES: What kind of fish is Dory in "Finding Nemo"?
- U.S. PRESIDENTS: Which U.S. president served the shortest term?
- HISTORY: What is the earliest written system of laws known to us?
- FAMOUS QUOTATIONS: What 20th-century comedian once said, "Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly and applying the wrong remedies"?
- GEOGRAPHY: What is the largest country in South America?
- LANGUAGE: What does it mean when someone "blovviates"?
- GENERAL KNOWLEDGE: How long is the Tour de France bicycle race?
- FIRSTS: Who was the first woman appointed to the U.S. Supreme Court?
- U.S. STATES: Which state is known as "The Pine Tree" state?
- TELEVISION: Which Muppet character lives in a garbage can on "Sesame Street"?

See Page D4 for this week's answers.

## Super Crossword

**TITLE STARTERS**

**ACROSS**

- 1 Turns target
- 5 Accumulates
- 12 Present, as a plan
- 20 Isolated
- 21 Pin-on in a welcome kit
- 22 Bum soother
- 23 Vegetation-destroying weather event
- 25 It bodes well
- 26 Author Nin
- 27 Shopping site
- 28 Back-to-sch. month
- 29 "I'll take that as —"
- 30 Catholic service with minimal ceremony
- 33 Number one, redundantly
- 37 — dixit (assertion lacking proof)
- 38 Hawaiian tree
- 41 Actor Perlman
- 42 Deal in
- 43 Slow musical movements
- 46 Move with oars
- 48 Actors Guinness and Baldwin
- 52 Hymn that repeatedly urges "come home"
- 58 Prefix with practice
- 59 Exhibit fallibility
- 60 Magazine edition; Abbr.
- 61 Hosp. zones
- 62 Plum relative
- 63 Uttered, as a farewell
- 64 False identity
- 66 Spills liquid
- 68 Dove sound
- 69 Nailed, as a test
- 70 "Having planted the idea ..."
- 75 Spanish for "this"
- 76 Bobby on ice skates
- 77 Apartment managers, for short
- 78 Dumbfound
- 79 "L"— c'est moi!
- 80 Chick's chirp
- 82 Biblical no-no
- 83 French body of water
- 85 Roadwork gunk
- 86 "Can't Help Lovin' — Man"
- 87 Title for Monaco's Prince Albert II
- 91 Flat, as soda
- 93 Haloed woman; Abbr.
- 94 Solitary monk, maybe
- 95 Kuwaiti ruler
- 98 Sullivan and Harris
- 100 Leaf-to-branch angle
- 101 Racing pace
- 105 Sweetly melodious birds of North America
- 110 Tile in a mosaic
- 112 Roman 111
- 113 Goes fast
- 114 Aloha Tower locale
- 117 Polytheist, to a monotheist
- 118 Alert for a 96-Down, say
- 121 She scored a #1 with the hit found at the starts of this puzzle's longest answers
- 124 Was next to
- 125 Carrying no burdens
- 126 Macpherson or Fanning
- 127 Grinch's trait
- 128 China's Mao
- 129 Bit of a core

**DOWN**

- 1 Strong base
- 2 Requiring change to be inserted, briefly
- 3 Wives' mothers, e.g.
- 4 Salami, say
- 5 Blyth of film
- 6 Us, for one
- 7 Boom box bands
- 8 Toxin fighters
- 9 Typhoon, e.g.
- 10 Egg-hiding occasion
- 11 SFPD title
- 12 Wise gurus
- 13 Flees to wed
- 14 File sound
- 15 Nurtured
- 16 —-lacto diet
- 17 Supply with a new staff
- 18 Fashion
- 19 Southeast Asian capital
- 24 "Patience — virtue"
- 28 Clerical councils
- 31 Fixes, as a dog or cat
- 32 Heroic tales
- 34 Poets' A.M.
- 35 Criticize brutally
- 36 Every one
- 39 Jeremy of the NBA
- 40 Antique car
- 44 "Kathy Griffin: My Life on the —"
- 45 Pabst brand
- 47 Brand of grape juice
- 49 Make unhealthy thin
- 50 Virtuoso solo passages
- 51 Lugers, e.g.
- 52 Kelp and Irish moss
- 53 Weight-loss drug
- 54 Italian omelet
- 55 Support, as a belief
- 56 Tree anchor
- 57 Pope from 440 to 461
- 63 When doubled, baby boy on "The Flintstones"
- 65 At the drop of —
- 66 Emphasis
- 67 Lying on one's back
- 71 Pueblo people
- 72 Greek Mars
- 73 Taxonomic subdivisions
- 74 Opposite of day, in Berlin
- 81 Fizzes (out)
- 83 Put a lid on
- 84 Spray
- 87 Pants parts
- 88 Make anew
- 89 Put a jinx on
- 90 Company's bottom line
- 92 Pants part
- 96 Device that features Siri
- 97 "Impact" co-star Ella
- 99 Becomes ecstatic
- 102 Provide a feast for
- 103 Delphi shrine
- 104 Utterly failed
- 105 "Get out!"
- 106 Rust or lime
- 107 Martial arts mercenary
- 108 Tall grasses
- 109 Jet-black
- 111 Abbr. on a beach bottle
- 115 Sun output
- 116 Language of Pakistan
- 119 Weed B —
- 120 It's in bronze
- 121 Daily grind
- 122 A half-score
- 123 "Life of Pi" director Lee

See Page D4 for this week's answers.

## Weekly SUDOKU

by Linda Thistle

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

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

**UPFOR GRABS!** Available: Two hundred-year-old stone mansion; 120 rooms, 20 fountains, completely furnished. Bid amount, swimming pool, gym, 18 acres, tree-shaded grounds, with tower, beds, shrubs, fountains. Well maintained. Price: \$1,000,000. Bid by phone or in person. Call: (301) 271-1111.

**6 PRESIDENT**

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

**AN IN-HOUSE ELECTION**

Writing is an important daily activity, but in a manner of speaking you can also choose to use a pen or pencil to write your name in a progressive election. Write your name in a progressive election. Write your name in a progressive election. Write your name in a progressive election.

**IN**

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_  
6. \_\_\_\_\_

### Wishing Well

SCORE 10 points for using all the letters in the word below to form two complete words.

**ELECTION**

1. \_\_\_\_\_  
2. \_\_\_\_\_

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

Try to score at least 10 points.

**SPELLBINDER**

SCORE 10 points for using all the letters in the word below to form two complete words.

**ELECTION**

1. \_\_\_\_\_  
2. \_\_\_\_\_

### Wishing Well

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

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.

### HOCUS-FOCUS

BY HENRY BOLTAPOFF

Find at least six differences in details between panels.

# Save a life through early detection

By Richard J. Curley  
Army Public Health Center (Provisional)

In recent years, medical advances in both early detection and treatment have helped millions of women survive breast cancer.

This year, 230,000 women will be diagnosed with breast cancer and currently more than 2.8 million breast cancer survivors are living in the United States, according to the American Cancer Society. However, breast cancer continues to be the most commonly diagnosed cancer among women worldwide and the second leading cause of death among women in the United States.

## What is breast cancer?

Breast cancer is a disease that causes normal cells in the breast to change and grow out of control. Abnormal cells group together, also known as malignant tumors, destroy body tissue that may spread throughout the body. According to the American Cancer Society about 1 in 8 women in the United States will develop invasive breast cancer during their lifetime. A woman's risk increases with age, thus it is important to detect breast cancer early through screening.

## Why is early detection important?

The chances of survival are much higher if the cancer is detected in the early stages. According to the National Breast Cancer Foundation, when breast cancer is found early before spreading through the body,

the five-year survival rate is 98 percent.

The U.S. Centers for Disease Control and Prevention recommends breast cancer screening tests for early detection. This means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Talk with your doctor about which tests are right for you and when you should have them.

## Mammograms

To increase the chances of early detection, the CDC recommends that women 50-74 years of age get a screening mammogram every two years. Women 40-49 years should discuss with their medical providers as to when they should start getting mammograms. A mammogram is an X-ray of the breast.

Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

## Clinical breast exam

All women should receive a clinical breast exam during their annual physical. A clinical breast exam is an examination by doctors or nurses, who use their hands to feel for lumps or other changes.

## Breast self-exams

Women can also aid in early detection by examining their own breasts. Breast self-exams involve looking at and feeling both breasts with your fingers to check for lumps. Adult women of all ages are



ARMY PHOTO

The U.S. Centers for Disease Control and Prevention recommends breast cancer screening tests for early detection. This means checking a woman's breasts for cancer before there are signs or symptoms of the disease.

encouraged to perform a breast self-exam at least once a month. It is important that women know what is normal for the shape, look, and feel of their breasts, so that they are able to recognize any changes in the appearance of the nipple or breast that are different from normal.

If there are any signs or symptoms, a health care provider should check them out immediately.

Symptoms to look for include:

- Lump in the breast;
- Thickening of the breast skin;
- Rash or redness of the breast ;
- Breast swelling;
- New onset of breast pain;
- Dimpling around the nipple or on the breast skin;
- Nipple pain or the nipple turning inward;
- Nipple discharge ; and

- Lumps in the underarm area.

Changes in your breast do not always mean that you have breast cancer. In fact, 80 percent of breast lumps are found to be non-cancerous. Only an experienced health care provider can tell you what other tests should be performed to determine if you have breast cancer.

Remember to be proactive about your health. Having healthy behaviors coupled with appropriate medical screening is a primary method of preventing breast cancer.

To reduce your risk, keep a healthy weight, exercise regularly, get enough sleep and don't drink alcohol or limit alcoholic drinks to one a day. The Performance Triad, <http://phc.amedd.army.mil/topics/campaigns/perftriad/Pages/default.aspx>, provides tips about getting adequate sleep, proper nutrition and exercise.

# USA earns 17 medals from Military World Games

By Gary Sheftick  
Army News Service

PITTSBURGH — Team USA athletes who marched into the closing ceremony of the sixth Military World Games in Mungyeong, South Korea, Oct. 11, proudly wore 17 medals earned in competition against more than 100 nations.

Eight of those medals were earned by wounded warriors who competed for the first time in the Conseil International du Sport Militaire World Games. Although para-athletics and para-archery were deemed demonstration sports for their debut in the games, and the medals were not tallied in the official standings on the games' website, no difference from other award ceremonies could be seen in the stadium.

During the awards ceremonies, troops from all nations saluted as the stars and stripes were raised and the sound of the national anthem filled the venue. USA's Chief of Delegation Steven Dinote said he was extremely proud of the para-athletes, who earned medals in every one of the sports they entered.

All of the USA athletes represented the Department of Defense and the United States well, Dinote said.

"They are Soldiers, Marines, Sailors, Airmen and Coast Guardsmen first and foremost, yet they have the extraordinary ability to reach such an elite level and perform on the world stage in an event that is second only to the Olympic Games," he said.

The CISM World Games are held every four years, one year before the Olympic Summer Games. This year, Team USA won gold in women's sailing and formation skydiving, as well as silver in Greco-Roman wrestling. The women's golf team earned a silver medal, the men's golf team earned bronze, and USA women earned a bronze team medal in the marathon. The athletes ran the marathon just hours before the closing ceremony.

## Sailing gold

Team USA beat out Russia for gold in women's two-person dinghy sailing in the port of Pohang, South Korea, Oct. 7. U.S. Navy



PHOTO BY GARY SHEFTICK

U.S. armed forces athletes wave to the crowd as they walk into the closing ceremony of the CISM World Games in the main stadium of the Korean Armed Forces Athletic Corps in MunGyeong, South Korea, Oct. 11.

Lt. Trisha Kutkiewicz and Ensign Mary Hall actually finished the final race a boat-length behind the Russians and didn't realize they had won mathematically based on total points after 11 races. They came ashore disappointed until the official tally was posted an hour later showing USA had won by a single point.

## Skydiving gold

Team USA parachutists set a world record as they beat out China to take the gold in women's formation skydiving in Pohang, South Korea, Oct. 7.

Four female members of the U.S. Army Golden Knights Parachute Team performed 33 formations in 35 seconds during their last jump. Sgt. 1st Class Angela Nichols led a team of Sgt. 1st Class Laura Davis, Sgt. 1st Class Dannielle Woosley and Sgt. 1st Class Jennifer Davidson. Sgt. 1st Class Scott Janice jumped immediately behind the women to videotape their airborne formations from above for the judges.

## Wrestling silver

Army Sgt. Justin Lester took silver in Greco-Roman wrestling in the 75-kilogram division at the gymnasium in downtown Mungyeong, Oct. 10. He beat opponents from China, Poland and Egypt before losing in the final to

South Korea's Jin Hyeok Kim.

## Marathon medal

Air Force Lt. Col. Brenda Schrank led the women's marathon team to bronze, finishing with a time of 2:51:33. Just behind her, in 16th place, was Air Force Staff Sgt. Emily Shertz, who finished with a time of 2:51:54. Army Capt. Meghan Curran rounded out the USA's third-place team, finishing 20th at 3:05:38.

Poland's Iwona Lewandowska, the CISM record holder, led her team to gold with the day's best time of 2:31:25. Yugu Ma led China to silver with a time of 2:31:40.

## Triathlon medals

Team USA earned three other bronze medals that weren't counted in the official standings. The medals were awarded in the senior category of the triathlon, where athletes swam 1 1/2 kilometers against heavy surf off the Pohang beach, then biked 40 kilometers and ran 10 kilometers.

Air Force Reserve Maj. Judith Coyle earned bronze with an overall time of 2:15:27.69 seconds. Air Force Lt. Col. Jonathan Mason took a bronze in the men's senior category with a time of 2:02:54.78. Together with Navy Capt. Leslie Warren Boyer III, who finished at 2:07:28.59, they earned USA a

mixed-team bronze.

## Golf team medals

Team USA women were in fifth place after the second day of golf at Top-Bliss Country Club in Andong, South Korea. Air Force Maj. Linda Jeffery shot a 74 in her third round and her teammate Col. Shauna Snyder shot an 89, moving them up to fourth place. They were still 42 shots behind front-runner France, four shots behind runner-up South Africa and three shots behind South Korea.

The narrow, steep fairways took a toll on the last day, though, with South Africa's leader Karin Watts shooting an 81 and South Korea's Ju Jeoung an 89, compared to Jeffery's 79. Jeffery shot a total of 324 for the four rounds of golf, finishing fourth individually. Snyder shot 369 for the 72 holes, tying USA with South Africa for second place, but earning USA the silver medal due to low round of the day.

The men's team medal came down to the last player on the last hole. Air Force Staff Sgt. Kyle Wesolowski needed a birdie for USA to medal and he made it.

Army Capt. Joe Cave shot an overall 293 to lead the men to a bronze. Cave was two under par and in fourth place going into the last round, but ended up 12th. Cpl. Jordan-Tyler Massey finished 17th

overall with a score of 298. Air Force Senior Master Sgt. Spencer Mims and Wesolowski tied for 34th with Frederic Alba of France, all scoring 317. Army Staff Sgt. Kaleb Nichols finished 51st with a score of 331 and Navy Lt. Will Boyd shot 342 to finish 59th out of 83 golfers, many of whom were Professional Golf Association professionals from other nations, coach Doug Quirie said.

## Para-athletics

In para-track and field, Army Sgt. Elizabeth Wasil earned a gold in women's shot put. Army Sgt. Robert Brown earned a gold in the men's 100-meter dash and a silver in the 200-meter (Class A).

Marine Corps Sgt. Ivan Sears earned gold medals in the men's 100-meter and 200-meter wheelchair races and the men's 1500-meter race (Class D), along with a bronze medal in the men's para-shot put.

Army Staff Sgt. Michael Lukow earned a silver medal in men's individual recurve for para-archers, scoring a total of 125 points, just shy of the 127 earned by gold medalist Romaios Roumeliotis of Greece.

## Soccer

The USA men's soccer team won their final game in overtime and beat Canada, 3-2. After losing to South Korea, Algeria and Qatar, Team USA fought France to a draw, 1-1, and went on to play Canada Oct. 10 for their final match. Army 1st Lt. Trent Brown scored the first goal with a header shot. Petty Officer 1st Class Ian Schinelli scored the second goal. Canada's David Jeffery scored a goal and then a ball deflected off a USA player into their own goal.

"What made it tough was the rain," said goalkeeper Army Staff Sgt. Josh Blodgett from Fort Irwin, California. He said the wet turf made the ball move faster and skip off the grass. The second half ended with the score 2-2. In overtime, Trent scored the winning goal.

Several soccer players said they especially enjoyed the closing ceremony. They had missed the opening ceremony because they had been playing Algeria on the same afternoon at another stadium about an hour away.

# Mobile: App quickly locates information for healthy lifestyle choices

Continued from Page D1

year," said Capt. William Capp, Lyster chief of information management. "If you are only seeing your primary health care provider for 100 minutes out of the year, what else are you doing to positively affect you and your family's health the rest of the year? How can we at Lyster and at Fort Rucker impact your life space to help you make

healthy lifestyle choices? This mobile health app (helps) impact the life space of our Soldiers and families."

Capp said the app has the ability to find information fast, so Soldiers and families can make healthier lifestyle choices and be active in their daily lives.

Future updates for the app include a push notification that you can opt in or out of that notifies you of upcoming events like 5K runs or healthy cooking demonstrations at

Lyster.

As the app rolls out to other Army installations, a form of geo-targeting will give the ability to download the local base information into the app. This is a great feature, especially for someone that goes TDY to other places.

You can find the Fort Rucker Resiliency Resources Mobile App in your local mobile app store for Android and iPhone by typing in "Rucker" in the search field.

# Officials warn of Spice dangers

By Delonte Herrod

Joint Base Myer-Henderson Hall  
Public Affairs

WASHINGTON, D.C. — Using illegal drugs puts a person in an immediate "life or death" situation, said George Suber, a prevention coordinator for the Army Substance Abuse Program at Joint Base Myer-Henderson Hall.

Suber has been on the front lines helping people to overcome addiction for more than a decade.

Suber, who will celebrate his seventh year at JBM-HH in November, was trained in the Air Force as a drug and alcohol counselor in 1985. He's also worked at the Court Services and Offender Supervision Agency, a federal agency located in Washington.

"(I helped) with ex-offenders coming out of federal prisons," he said. "We assisted with their transition back into society, helped them to obtain life skills, group skills, and helped them through

drug addictions."

## Deadly consequences

He recently explained how he witnessed the tragic death of one of his clients. One day, Suber met with a client and after the client left his office, he drank liquid methadone, a drug used for pain, chased it with liquor, and the client then went outside in the hot sun. Thirty minutes later he was found dead outside.

Because of what he has witnessed, Suber wants to make Soldiers aware of a particular drug, Spice, which has plagued the National Capital Region for months. In July, fueled by its increased use, Washington Mayor Muriel Bowser signed a law that gave Metropolitan Police Department the authority to shut down any store for 96 hours for selling illegal drugs and fine them \$10,000. In early September, Metropolitan Police officers seized 265 pounds of synthetic marijuana in northwest Washington.

"This synthetic drug (has caused) peo-

ple to do harm to themselves, as well as others," Suber said. "For me, it's (making people aware) because this drug is affecting people's lives and killing folks."

## Synthetic, but illegal

Spice is a synthetic cannabinoid that drug dealers use to spray on marijuana to enhance its psychoactive affect, according to the Office of National Drug Control Policy. Spice, also known as K2, Summit and Scooby Snax, was first reported to be found in Dayton, Ohio, on a boat in 2008 by U.S. Customs and Border Protection, according to the Office of National Drug Control Policy.

In 2012, President Barack Obama signed the Synthetic Drug Abuse Prevention Act that categorized synthetic marijuana as a Schedule 1 drug, making it a criminal act to distribute or use it. Forty states, including Maryland and Virginia, have changed their laws to enforce harsher penalties on those caught smoking, distributing or intending to distribute it.

The drug identification catalog "Street-drugs," which is used by law enforcement agencies, universities and hospitals, wrote in its annual report that the basic ingredients in Spice can cause people to react in unpredictable ways.

## Serious side effects

"(This) fake drug, this synthetic drug alters people's minds and moods," Suber explained.

Suber said smoking spice, like traditional marijuana, will result in having a bloodshot red eyes with a glazed over look. But the physical reactions to Spice and marijuana are different.

"A lot of people (experience) paranoia, hallucinations and dizziness," he said.

This drug also causes panic attacks and giddiness and, according to Suber, can even cause people to become very violent. He also warned that though there are some common reactions to the drug, not everyone may experience the same effects.

# PIGSKIN PICKS



Oregon vs. Arizona State

USF vs. Navy

Virginia Tech vs. Boston College

USC vs. California

Georgia vs. Florida

Oklahoma State vs. Texas Tech

Miami vs. Duke

 <b>David C. Agan Jr.</b> PAO (33-16)											
 <b>Kent Anger,</b> DPTMS (34-15)											
 <b>Todd Conyers</b> USAACE (26-23)											
 <b>Wes Hamilton</b> NEC (32-17)											
 <b>John Tkac</b> DPS (29-20)											

## SPORTS BRIEFS

### Big Buck Contest

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

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

### Spooky 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Spooky 5K, 1-Mile Fun Run and Costume Contest Saturday. Registration on the day of the event will be from 7:30-8:45 a.m. at the Fort Rucker Festival Fields. The run will start at 9 a.m. The fun run will be free and open to all children, and will begin after the 5K is completed. Each fun run participant will receive a medal. There will be a costume contest with first-place trophies for overall best costume, scariest costume and most original costume, for both adults and children. The costume contest is free to enter and will start at 8:15 a.m. Cost for the run is \$25 and includes a shirt while supplies last. There is also a \$12 no-shirt option. Teams cost \$160 and the cost includes shirts while supplies last. Trophies will be awarded in various individual and team categories. Participants are encouraged to pre-register at either PFC.

For more information, call 255-3794.

### Deep Sea fishing trip

Outdoor recreation will host a deep sea fishing day trip aboard the Vera Marie in Destin, Florida, Saturday. All attendees have to do is sit back, relax and enjoy a day of fishing. Everything else will be taken care of. The bus will depart at 4 a.m. from the West Beach, Lake Tholocco Swimming Area parking lot and return at 8 p.m. Organizers recommend people bring a small cooler with drinks and snacks — no glass. ODR officials will stop on the way back to get food, but the cost for food is not included in the price. The cost is \$75 per person, plus tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and fish cut and cleaned at the end of the trip. The trip is not open to the public. All civilians must be sponsored by active-duty military, retired military or Department of Defense civilians. The sponsor must attend the trip with the person they sponsored. The trip is limited to 36 participants.

People can sign up at ODR or MWR Central. For more information, call 255-4305/255-2997.

### Fall youth basketball

Registration for fall youth basketball takes place now through Saturday. Participants need to have current sports physical, and be registered with child, youth and school services. Children must also meet age requirements by Sept. 1, 2015. Coaches are needed. Those interested should call 255-2257 or 255-2254.

## PUZZLE ANSWERS

### Super Crossword

Answers

ACID	AMASSES	SET	FORTH
LONE	NAMETAG	ALOE	EVERA
KILLING	FROST	GOOD	MEN
ANAIS	MART	SEPT	ANO
LOWMASS	MEMYSELF	ANDI	
IPSE	PALM	RON	SELL
ADAGIOS	ROW	ALECS	
SOFTLY	ANDTENDERLY	MAL	
ERR	ISS	ERS	SLOE
BADE	ALIAS	SLOPS	COO
ACED	WITH	THAT	THOUGH
TIN	MIND	ESTA	ORR
SUPES	AMAZE	ETAT	PEEP
SIN	LACTAR	DAT	HISSER
NEIGHNESS	STALE	STERE	HERMITE
	EMIR	EDS	AXIL
TROT	SONG	SPARROWS	TESSERA
CXI	HIES	OAHU	PAGAN
RINGTON	ROBERTA	FLACK	
ADJOINED	UNLADEN	ELLE	
MEANNESS	TSETUNG	SEED	

### Weekly SUDOKU

Answer

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

## TRIVIA

- Answers
- Blue tang
  - William Henry Harrison (arrived with one month in office)
  - The Code of Hammurabi (Babylonian) was inscribed around 1750 B.C.
  - Urochloa Max
  - Bevli
  - Spinali's propensity at length
  - 23 days (arriving about 1300 miles)
  - Santa's Day O'Course
  - Maim
  - Over the Clouds

## 72<sup>ND</sup> NATIONAL PEANUT FESTIVAL

November 6 - 15, 2015

### 2015 Entertainment

**TYLER FARR**  
FRIDAY, NOV. 6, 7:30 PM

**MARSHALL TUCKER BAND**  
TUESDAY, NOV. 10, 7:30 PM

**RUSH OF FOOLS**  
WEDNESDAY, NOV. 11, 6:30 PM

**CHRIS JANSON**  
THURSDAY, NOV. 12, 7:30 PM

**MADDIE & TAE**  
FRIDAY, NOV. 13, 7:30 PM

### 2015 Gate & Ride Specials

**GATE & RIDE SPECIALS**  
Regular Price Gate Admission (ages 6 and over) - \$7 • Ages 5 and under admitted free every day

**FRIDAY, NOVEMBER 6**  
Regular Price Gate Admission • \$25 Armband

**SATURDAY, NOVEMBER 7**  
\$35 Armband sold only from 10:00 a.m. to 4:00 p.m. • Armbands may be used until closing time

**SUNDAY, NOVEMBER 8**  
Alfa Farmers Members Admission \$5 with Membership Card  
\$6 Gate Admission for anyone ages 6 and over • \$20 Armband

**MONDAY, NOVEMBER 9**  
Pre-registered farmers and their families get in free  
ALFA Farmers Members Admission \$5 with Membership Card  
\$20 Armband

**TUESDAY, NOVEMBER 10**  
Dream Big Food Drive for the Wiregrass Food Bank  
Bring a minimum of 3 cans of food or 1 jar of peanut butter and receive \$2 off gate admission and \$5 off ride armband • Without food donations: Admission - \$7 and Armbands - \$20

**WEDNESDAY, NOVEMBER 11 - VETERAN'S DAY**  
Military and their family members with ID admitted free  
Regular Price Gate Admission for all others • \$20 Armband

**THURSDAY, NOVEMBER 12**  
Seniors (55 & over) admitted free from 12:30 until 4:00 p.m. • (Free admission only at the ALFA gate)  
Senior Admission \$5.00 starting at 4:30 p.m. • Regular Price Gate Admission for all others  
\$20 Armband

**SATURDAY, NOVEMBER 14**  
Military and their family members with ID admitted for \$5.00 • Regular Price Gate Admission for all others  
\$35 Armbands sold from 12:00 noon to 4:00 p.m. • Armbands may be used until closing time

**SUNDAY, NOVEMBER 15**  
\$22 Armband • No additional gate admission charged

### Advance Sales: Gate & Ride Tickets

**Advance Ticket Outlets\***  
\*Check With The Outlets Regarding Times and Cut-Off Dates Of Sales.

- Eagle Eye Outfitters • The Barn • Fieldcrest Apartments
- Five Star Credit Union • Henry County Health & Rehab Facility
- Solomon Chevrolet • Winn-Dixie

**Advance Admission — \$6.00**  
**Megapass — \$25.00**  
(Includes Admission & Armband)

Megapass & Advance Gate Tickets Available at the NPF Ticket Office & Online until 5:00 p.m., Thursday, November 5th