

SALUTE
Post honors 20
retirees at ceremony



Story on Page A3

MINING GEMS
Program preps
students for higher
learning



Story on Page C1

**OUTDOOR
RECREATION**
Disc golf continues to
gain popularity



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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ENTERTAINING THE WIREGRASS

Soldier Show set to entertain, inform

By Nathan Pfau
Army Flier Staff Writer

People in the Wiregrass are in for a treat when the 2015 U.S. Army Soldier Show returns to entertain and inform the surrounding communities through song and dance.

There will be two shows at the Enterprise High School Performing Arts Center Aug. 20 and 21, with show time at 7 p.m. each day, said Kristi Fink, DFMWR special events coordinator.

This year's show, sponsored by GM Military Discount and CHASE, and put on by Army Entertainment and the Directorate of Family, Morale, Welfare and Recreation, promises a high-octane show featuring some of the Army's best singers and dancers, she said.

"This is an important event for both our military community, as well as the surrounding community to have the opportunity to see a fantastic show put on by some



PHOTO BY NATHAN PFAU

Soldiers of the 2014 U.S. Army Soldier Show perform for a packed audience at the Enterprise High School Performing Arts Center during last year's performance.

of the Army's finest," said Fink. "The Soldier Show provides important information that is creatively shown throughout the performance to help people better understand Army life."

All performers in the show are active-duty military members and fulfill a one-year temporary duty to perform for the Soldier Show. The performing Soldiers come from all aspects of life and various military occupation specialties. The show

provides a different avenue that allows the Soldiers to showcase their other talents outside of their everyday jobs, said Fink.

The show is a 90-minute, song-and-dance production for the Soldier, by the Soldier, said the special events coordinator, and each Soldier is selected through a rigorous audition process, and the ensemble spends months training and rehearsing before hitting the road to tour the country.

"We always try to offer several fun, en-

teresting events for our Soldiers, families, retirees and civilians in the Wiregrass," added Janice Erdlitz, DFMWR marketing director. "We know we have a diverse community and we always want to offer something everyone can enjoy."

Although the show is meant as an amazing form of entertainment, it's also meant to educate, said Erdlitz.

SEE SHOW, PAGE A5

128th Avn. Bde. welcomes new leader

By Kelly P. Morris
U.S. Army Aviation
Center of Excellence
Public Affairs

The 128th Aviation Brigade, part of the U.S. Army Aviation Center of Excellence, welcomed a new command team and bid farewell to the outgoing commander on Joint-Base Langley-Eustis, Virginia, July 30.

Col. John L. Smith, commander of the 128th Avn. Bde., assumed command from Col. Julius A. Rigole in a change of command ceremony on Murphy Field.

Maj. Gen. Michael D. Lundy, USAACE commanding general, hosted the event. Also attending from the USAACE command team were Chief Warrant Officer of the Branch CW5 Randy Godfrey, and Aviation Branch Command Sgt. Maj. Eric C. Thom.

Lundy, who was the reviewing officer for the event, described the day as "special" and "bittersweet."

"When we bid farewell to one awesome Army family, we get to welcome another one in the Smiths. They are absolutely the right team to take command of the 128th," Lundy said.

The 128th Avn. Bde. "Born under Fire" develops and conducts ongoing Aviation maintenance, logistics and leadership training for the Army to produce technically qualified Aviation maintenance Soldiers, and technically and tactically proficient Aviation maintenance leaders.

In his remarks, Lundy emphasized the importance of strong leadership.

"This school produces phenomenal Soldiers. The lifeblood of our Branch, the Soldiers that are our



PHOTO BY KELLY P. MORRIS

Maj. Gen. Michael D. Lundy, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, passes the colors to the new 128th Aviation Brigade commander, Col. John L. Smith, during a change of command ceremony at Murphy Field, Joint Base Langley-Eustis, Va., July 30. Smith assumed command from Col. Julius A. Rigole.

true combat power, those that build the combat power out in the force are the responsibility of this brigade. And as you see them go out into the field, it's clear the mark we put on them, that they are truly above the best," he said.

Lundy said he looks forward to seeing the Smiths take the 128th Avn. Bde. to even greater heights.

Smith's most recent assignment was the director, Air Land Sea Application Center, Langley Air Force Base, Virginia.

Smith thanked special guests, leaders and members of the 128th for attending, and lauded the Rigoles for their contribution to the brigade.

"Shari and I are excited to be back with Army Aviation Soldiers and civilians," Smith said. "To the Soldiers of 128th, you represent the finest in the Army and our nation, and I'm extremely proud to join your team and look forward to serving with you."

In his farewell remarks, Rigole reflected on accomplishments of the brigade during his tenure. The 128th trained more than 12,000 Soldiers, received the Army Superior Unit award and was recognized as a Training and Doctrine Command Institution of Excellence.

The brigade trains three shifts, 24 hours a day with no cycle breaks, develops new training devices, and maintains programs of instruction to ensure they are relevant and meeting the needs of the Branch.

"You make miracles happen every day," Rigole said to the 128th team. "Through your dedication and devotion to the mission, our trainees are tested and born under fire as they complete their soldierization process. I am humbled and honored to have had the opportunity to train Soldiers, build the bench and have an impact on the future of our Branch. I could not have asked for anything more."

Lundy lauded Rigole as a leader by example and a person he was able to trust completely.

"Thank you for your phenomenal leadership. You truly have been committed to this brigade, to our Army and to our Branch," Lundy said.

Lundy thanked Rigole's wife, Karen, for her volunteerism, caring and compassion.

"That's what's special about our Army team — our spouses participate fully, freely, without reservation. It's made a huge impression on young families who are just coming into our Army," Lundy said.

Rigole's next assignment is the senior Aviation logistician for the Headquarters, Department of the Army, Pentagon.



PHOTO BY NATHAN PFAU

Soldiers stand guard, blocking the road on Andrews Avenue in front of the Directorate of Public Safety where a simulated improvised explosive device detonated during last year's force protection exercise. This year's exercise is scheduled for Aug. 18-20.

Fort Rucker observes Anti-terrorism Month

By Nathan Pfau
Army Flier Staff Writer

As the seemingly endless string of violent events continues in the news, like the deadly shooting of four Marines in Chattanooga, Tennessee, it's quite apparent that people need to remain vigilant.

The Army and Fort Rucker want to make sure its Soldiers and citizens remain safe, so in observation of Antiterrorism Awareness Month, installation officials urge people to keep their eyes open for any suspicious activity and to promote family awareness, said Mike Whittaker, Fort Rucker antiterrorism officer.

"The purpose of Antiterrorism Awareness Month is to instill Army-wide heightened awareness and vigilance to protect the Army community from acts of terrorism," said Whittaker. "It's the Army's version of a neighborhood watch, and in this particular day and age, it's time the neighborhood wakes up."

"We're not all in a gated community like in Fort Rucker," he continued. "People who live on post have no idea how well they have it because there are so many layers of security on post. Those who live off the installation don't live with that level of security."

Between external terrorist threats, home-grown violent extremists, and people who have their own personal agendas against the military or government, Whittaker said it's time people close the gap on their own personal security, and Step 1 is vigilance.

"Terrorists don't wear identification badges or uniforms, and you can't pick them out by their appearance," said the antiterrorism officer. "By paying attention to your surroundings and taking note of any unusual or out-of-place behavior and reporting it, one may help frustrate an attack."

"I don't know your neighborhood like you do," he said. "If there's a car parked in your neighborhood and you don't know what it's doing there, get up and tell somebody. If there are people leaving packages or people you're unfamiliar with asking a lot of questions, don't just go home and tell mom or dad about it — let the police know or let us know."

Whittaker said if it makes people uncomfortable, then it's probably not right, adding that people

SEE MONTH, PAGE A5

Soldiers observe and learn about a prototype aircraft during last year's Aviation Industry Day. This year's Fort Rucker Aviation Industry Days are scheduled for Aug. 12-13 at The Landing. Opening remarks will take place at 9 a.m. and displays open at 10 a.m. Aug. 12. The event will feature 50 industry displays in The Landing and more outside of the facility. Day 1's theme is "Maintain the Asymmetric Advantage" and starts off with a welcome at 9 a.m., followed by Maj. Gen. Michael D. Lundy, Fort Rucker and USAACE commanding general, speaking on "Bridging the Gap/Developing Disruptive Technologies to Dominate in all Environments" at 9:15 a.m. The CG then hosts a discussion on "Looking Beyond F2025" at 1:30 p.m. in the Legends Room and a social at Divots at 4:30 p.m. Day 2's theme is "Training to Win in an Increasingly Complex World" and features a CG discussion in Legends on "Preparing Agile Soldiers and Leaders for Complex Environments" at 11:30 a.m. For more information, call 598-5311.



FILE PHOTO

PERSPECTIVE

CLARIFYING

For those still unsure, Army defines 'online misconduct'

By C. Todd Lopez
Army News Service

WASHINGTON – If Soldiers were still unsure of what bad behavior looks like online, the Army clarified it for them in an All Army Activities message – commonly called an ALARACT – that went out force-wide last week.

Online misconduct, it says, is “the use of electronic communication to inflict harm. Examples include, but are not limited to: harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect.”

The ALARACT 122/2015, which comes as part of an effort to address Soldier use of social media and other online forms of communication, also defines good behavior online, “electronic communication,” and “online-related incident.”

“The Army Values require that everyone be treated with dignity and respect,” the message reads. “Harassment, bullying, hazing, stalking, discrimination, retaliation, and any other type of misconduct that undermines dignity and respect are not consistent with Army Values and negatively impact command climate and readiness.”

The ALARACT emphasizes commanders’ responsibility to “reinforce a climate where current and future members of the Army team, including Soldiers, Army civilians, contractors and family members, understand that online misconduct is inconsistent with Army values.”

The document also said such a climate included an avenue through which “online-related incidents are prevented, reported and addressed at the lowest possible level.”

In March, the Army’s chief of staff directed the creation of a tiger team to address the issue of online misbehavior, including retribution, and to find ways to prevent and respond to harm inflicted through the use of electronic communication.

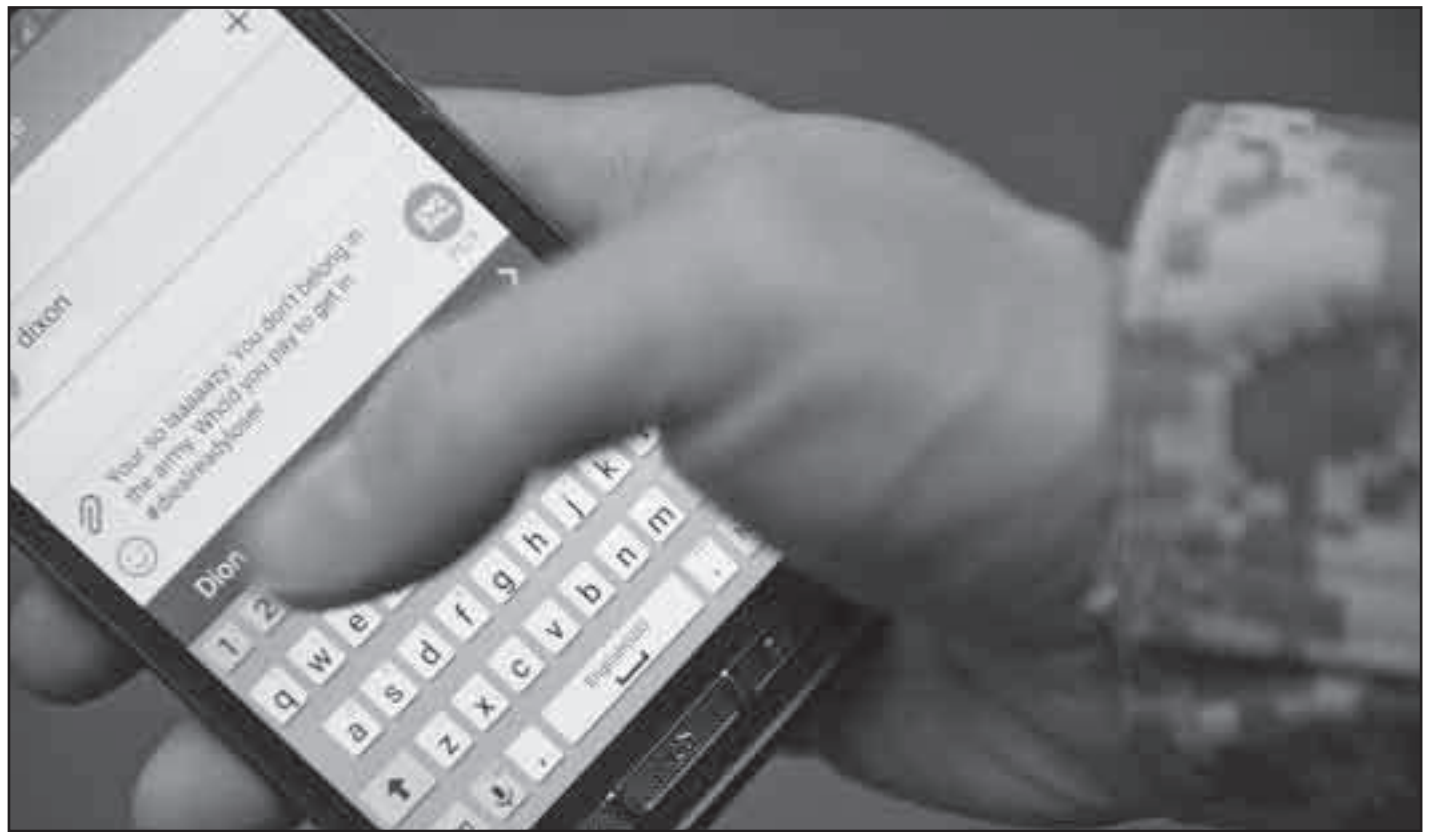


PHOTO ILLUSTRATION BY C. TODD LOPEZ

If Soldiers were still unsure of what bad behavior looks like online, the Army clarified it for them in an All Army Activities message that went out force-wide last week.

One goal of the tiger team was to create a reporting system for online-related incidents and report those up to senior Army leadership.

Tiger team member Lt. Col. Kay Emerson, who also serves as director of the Army’s equal opportunity policy office, said members of the Army staff and command representatives are working now to identify the data fields and reporting requirements for such an online reporting system.

“Once collated, senior Army leadership will have a sight picture of reported online-related incidents and actions taken by commanders in the field,” Emerson said.

The Army is expected to update AR 600-20 in the next published version to address online and social media violations. Emerson said she is currently re-writing paragraph 4-19 within AR 600-20 to incorpo-

rate the Department of Defense’s drafted policy with the Army’s online conduct efforts.

Section 4-19 of AR 600-20, called “Treatment of persons,” addresses hazing and bullying, as well as command and individual responsibilities in regards to them. Both the regulation and the ALARACT direct Soldiers and Army civilians who experience or witness online misconduct to report it to their chain of command.

Additionally, section 4-19 of AR 600-20 is punitive in nature. It authorizes commanders to potentially punish those who are in violation of its direction, making failure to adhere to the Army’s rules for online behavior a punishable offense.

“Soldiers who violate this policy may be subject to punishment under the UCMJ (Uniform Code of Military Justice),” the

regulation reads. “Whether or not certain acts specifically violate the provisions of this paragraph, they may be inappropriate or violate relevant civilian personnel guidance.”

Despite new rules and direction in regard to use of social media and other forms of electronic communication, the Army says it doesn’t want to stop Soldiers from communicating online. Instead, said an Army official, when using electronic communication devices, Soldiers should apply “Think, Type, Post.”

That maxim is summarized as “think about the message being communicated and who could potentially view it, type a communication that is consistent with Army values, and post only those messages that demonstrate dignity and respect for self and others.”

Rotor Wash

“School is now back in session for many local students. What are some tips for getting back into the swing of things after vacation?”



Amanda Ethredge,
military spouse

“Make sure they get plenty to eat for breakfast to give them the energy they’re going to need.”



Jacob McKay,
Army veteran

“Make sure they get used to an early sleeping schedule.”



Amanda Brockway,
military spouse

“Get them back in a routine, like going to bed at certain times or no TV after a certain time.”



Marcus Edgar,
civilian

“Start waking up earlier each day to help get back in the routine of being up for school.”



Mary Kohrman,
military family member

“Plan your schedules out for the coming weeks.”

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Post honors 20 retirees at ceremony

By Jim Hughes
Command Information Officer

With a combined 476 years of service, 20 Soldiers retired Friday at the Fort Rucker Quarterly Retirement Ceremony in the U.S. Army Aviation Museum.

This quarter's retirees are listed below.

Col. Tom Climer

Climer, director of organization and personnel force development, entered military service in 1986 upon being commissioned at the U.S. Military Academy, West Point, New York. He said the highlights of his career were serving as the first-ever exchange officer with the Irish Defense Forces and assisting the Army staff to reconstitute after the 9/11 attack on the Pentagon. He and his wife, Julie, have four children and are still deciding where they plan to reside in the future.

Col. James E. Baker Jr.

Baker, U.S. Army Aviation Center of Excellence director of training and doctrine, entered military service upon being commissioned at West Point in 1988. He said the highlight of his career was his final posting at Fort Rucker where he had the opportunity to serve with the dedicated professionals, teammates, and friends of both the U.S. Army Combat Readiness Center, and Directorate of Training and Doctrine families. He and his wife, Amanda, have two children. They plan to take a short break and enjoy a vacation with their family.

Col. Brian Smalley

Smalley, dean of the U.S. Army School of Aviation Medicine, entered military service in 1989 upon commissioning through the ROTC program at Ohio University. He said the highlight of his career was his final tour in Afghanistan where he was the command surgeon for Combined Joint Task Force 101. He and his wife, Carmen, have two children. They plan to reside in Enterprise.

Maj. Jennifer B. Farmer

Farmer, CRC staff judge advocate, entered military service with the Navy in 1990 and joined the Army in 1999 after graduating from the Seattle University School of Law. She said the highlight of her career her tour with the 2nd Infantry Division where she met her husband, CW4 Robert Farmer, and served with her brother, Sgt. 1st Class Clint Barrett. She and Robert have two children. They plan to reside in Dothan.

CW5 Robert Roebuck

Roebuck, CRC Operations Division chief, entered military service in 1992 through the



Fort Rucker's latest retirees. Back row - Command Sgt. Maj. Patrick A. Blair, Sgt. 1st Class Marvin Brown Jr., Sgt. 1st Class John E. Santoro, Staff Sgt. Frank A. Griggs and 1st Sgt. Keith R. Schultz. Front row - Staff Sgt. Joshua S. Bautista, CW4 Larry Karmine, Staff Sgt. William Ramos, Maj. Jennifer B. Farmer and Sgt. 1st Class Gary M. Brown.



Back row - 1st Sgt. Douglas W. Schwab, CW4 John Hernandez, CW5 Robert Roebuck, Col. Brian Smalley and CW4 William Staniewicz. Front row - Sgt. 1st Class Steve L. McMillan, CW2 Kimberly Johnson, Col. Tom Climer, Col. James E. Baker Jr. and CW4 Chris Davenport.

Warrant Officer Flight Training Program. He said the highlight of his career was supporting ground forces in the combat theater during OIF and Operation Enduring Freedom. He and his wife, Tracey, have four children. They plan to reside in Mount Dora, Florida.

CW4 William Staniewicz

Staniewicz, A Co., 1st Battalion, 145th Aviation Regiment Aviation mission survivability officer lead instructor, entered military service in 1983 as an infantryman, and then, in 1987, was selected for Warrant Officer Flight Training. He said the highlight of his career was being the 12th Combat Aviation Brigade tactical operations officer in combat. He and his wife, Dana, have two children. They plan to reside in Santa Rosa Beach, Florida.

CW4 John Hernandez

Hernandez, B Co., 1-212th Avn. Regt. maintenance evaluator and platoon leader, entered military service in 1987 as a dental laboratory technician, and then, in 1991, was selected for Warrant Officer Flight Training. He said the highlight of his career was being able to instruct and help new Aviators to reach their dream of becoming helicopter pilots while being able to instruct in English and Spanish. He and his wife, Angela, have one child. They plan to reside in Enterprise.

CW4 Chris Davenport

Davenport, B Co., 2-228th

Avn. Regt. UC-35B instructor pilot and flight operations officer at Dobbins Air Reserve Base, Georgia, entered military service in 1991 as a cryptologic voice intercept operator, and then, in 1998, was selected for Warrant Officer Flight Training. He said the highlight of his career was serving with the U.S. Army Europe VIP Flight Detachment in Wiesbaden, Germany. He and his wife, Sharon, have two children. They plan to reside in Kennesaw, Georgia.

CW4 Larry Karmine

Karmine, U.S. Army Medical Command Aviation safety officer, entered military service in 1992 as a chemical operations specialist, and, after a short break in service, was selected for Warrant Officer Flight Training in 1999. He said the highlight of his career was being an aeromedical evacuation pilot in support of OIF. He and his wife, Kelly, have three children. They plan to reside in Enterprise.

CW2 Kimberly Johnson

Johnson, U.S. Army Warrant Officer Career College Communications Department instructor/writer, entered military service in 1995 as an automated logistics specialist, and then, in 2007, was selected for the Warrant Officer Candidate School. She said the highlight of her career was being training, advising and counseling officer at Fort Rucker. She and her husband, retired 1st Sgt. Sean Johnson, have two

children. They plan to reside in Mobile.

Command Sgt. Maj. Patrick A. Blair

Blair, 1st Aviation Brigade command sergeant major, entered military service in 1986 as an infantryman, and then, in 1988, reclassified as an air traffic controller. He said the highlight of his career was serving as an NCO with his wife, best friend and soul mate, Rhonda, at his side. He and Rhonda have two children. They are undecided on where they plan to reside.

First Sgt. Douglas W. Schwab

Schwab, Kenner Army Health Clinic first sergeant at Fort Lee, Virginia, entered military service in 1990 as a combat medic and later became a flight medic. He said the highlights of his career were serving Soldiers as a first sergeant and being an example for his sons by completing his educational goals. He and his wife, Sherry, plan to reside in Alabama.

First Sgt. Keith R. Schultz

Schultz, USASAM first sergeant, entered military service in 1994 as a combat medic and later re-enlisted as a flight medic. He said the highlight of his career was marrying his wife, Jamie, and having one amazing child. They plan to reside in Enterprise.

Sgt. 1st Class John E. Santoro

Santoro, DOTD operations and project NCO, entered military

service in 1989 as an infantryman and later re-enlisted as an Aviation operations specialist. He said the highlight of his career was seeing the long-lasting impression he has made on all the Soldiers he personally mentored and trained. He and his wife, Necol, plan to reside in Enterprise.

Sgt. 1st Class Gary M. Brown

Brown, USASAM instructor and flight surgeon course NCO in charge, entered military service in 1994 as a combat medic. He said the highlights of his career were being a platoon sergeant, and leading and mentoring Soldiers while in Iraq. He and his wife, Rhonda, have two children. They plan to reside in Coffee Springs.

Sgt. 1st Class Marvin Brown Jr.

Brown, NCO Academy Maintenance Branch first sergeant, entered military service in 1993 as a cannon crewmember and later re-enlisted as an OH-58 Kiowa armament/electrical/avionics systems repairer. He said the highlight of his career was marrying his wife, Lorraine, and having one wonderful child. They plan to reside in Leesville, Louisiana.

Sgt. 1st Class Steve L. McMillan

McMillan, Directorate of Public Safety operations NCO, entered military service in 1991 as a combat engineer, separated, and, after a stint in the National Guard, returned to active duty as a military police officer in 1999. He said the highlight of his career was marrying his wife, Christy, and having three wonderful children. They plan to reside in Orange Park, Florida.

Staff Sgt. William Ramos

Ramos, Cairns Base Operations air traffic assistant supervisor, entered military service in 1992 as a petroleum supply specialist and later re-enlisted as an Aviation operations specialist. He said the highlight of his career was marrying his wife, Elizabeth. They plan to reside in Enterprise.

Staff Sgt. Joshua S. Bautista

Bautista, CRC Reserve liaison warehouse supply sergeant, entered military service in 1994 as a supply clerk. He said the highlight of his career was having three wonderful children. He plans to reside in Atlanta, Georgia.

Staff Sgt. Frank A. Griggs

Griggs, Aviation Life Support Equipment Course instructor, entered military service in 1995 as a CH-47 Chinook mechanic. He said the highlight of his career was marrying his wife, Melissa, and having two wonderful children. They plan to reside in Enterprise.

News Briefs

Breastfeeding Awareness Month

Lyster Army Health Clinic recognizes Breastfeeding Awareness Month by hosting an information table near the pharmacy and primary care clinic from 8 a.m. to 4 p.m. through Friday. Information will include basic facts, support information and more. The breastfeeding campaign, funded by the U.S. Department of Health and Human Services, seeks to empower women to commit to breastfeeding by highlighting new research showing that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity.

AAFES back-to-school savings

As students and families prepare for a new school year, the Army and Air Force Exchange Service offers up savings on back-to-school items at the Fort Rucker Post Exchange Friday-Sunday. Eligible items include clothing, computers, school supplies and books.

School physical appointments

Lyster Army Health Clinic will offer after-hours school physical appointments during the dates and times below to help ensure the highest continuity of care possible while providing timely access for patients requiring a school physical. The slots will fill quickly, so people are advised to book appointments as soon as possible.

The dates include: Aug. 13, 4-6 p.m.; Aug. 27, 4-6 p.m.; and Sept. 10, 4-6 p.m.

People should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with people's primary care providers.

Opportunity Knocks

The Fort Rucker Thrift Shop has an opening for a cashier/assistant bookkeeper and a floor clerk. Hours are Tuesdays, 9 a.m. to noon; Wednesdays, Thursdays and Fridays from 9 a.m. to 2:30 p.m. There may other days and hours as determined by the manager. The cashier is responsible for ringing customer transactions, customer service and money management, although there may be additional duties assigned. The floor clerk is responsible for organization and merchandising, putting newly priced donated and consigned items on the floor, assisting customers in the fitting room, assisting customers as needed and other duties as assigned.

Retail experience is a plus. The pay is \$8 an hour.

Employment applications can be downloaded from the thrift shop's website at <http://www.fortruckerthriftshop.org/employment.html> and submitted during business hours. The thrift shop staff asks people not to call in reference to the jobs.

Lyster activity classes

Lyster Army Health Clinic offers free yoga classes Mondays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. People are encouraged to bring their own mat, but the staff has extra if people forget. Also, free Zumba classes take place Mondays and Wednesdays at 4 p.m. in the Lyster Activity Center, Rm. J-100.

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.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

ID card appointment system

Mondays, Wednesdays and Fridays from 7:45 a.m. to 3:45 p.m., the ID card service, located in Bldg. 5700, is available to people by appointment only to better serve the community and alleviate some of the long waits that people experience when getting their ID cards, according to military personnel division officials. If necessary, people will still be able to get their ID cards as a walk-in customer on Tuesdays and Thursdays from 7:45 a.m. to 3:45 p.m.

To make an appointment, people can visit <https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876>.

When visiting the website, people can choose their desired appointment date by looking at the calendar that is available on the site. Days shown in green mean there are appointments available for the day, and days shown in grey mean there are no appointments available for the day.

People need only to select their desired appointment day, the time they wish for their appointment, and then fill out the necessary information on the screen. After their information has been submitted, a confirmation email should be sent to the address provided to confirm the appointment.

For more information, call 255-2182.

Legal office: Proper documentation essential to PCS success

By **Jeremy Henderson**
Army Flier Staff Writer

As the military community continues prime permanent change of station season, the Fort Rucker Legal Assistance Office of the Staff Judge Advocate stresses the importance of documentation.

"Every time a Soldier leaves Fort Rucker, we sit down to talk to them about what should be done to protect their belongings during a move," Capt. Rob Juge, chief of client services for the Fort Rucker Legal Assistance Office of the Staff Judge Advocate, said. "Make sure you take pictures beforehand, make sure you agree with how the carrier has noted your goods and file any claims within the designated timeframes."

However, according to Juge, it is not always possible to reach every individual preparing to PCS.

"We know many people have potentially already moved to the area and we haven't had the opportunity to speak with them, yet," he said. "We want to provide this valuable information to them and anyone else preparing to PCS."

According to Juge, having this knowledge prior to a move is critical to ensuring owners are covered in the event any items are lost, damaged or stolen during a move.

"We just want them to know what to do to protect their belongings," he said. "If there are any questions, they can easily reach someone in this office."

Properly documenting belongings prior to a move can provide a smoother transition to the next duty station, said Juge.

According to Juge, anyone preparing to PCS should follow these guidelines.

1. Video record or photograph everything pre-move. Include televisions and gaming systems (date stamp photos or use current newspaper for date). Record a video of working appliances and electronic devices, including applications on smart televisions.
2. Appraise antiques and special items. Scan a copy of the appraisal and keep the original in a safe place.
3. Keep and scan receipts for expensive items.
4. Use locks and anti-pilfer packing tape to pack foot lockers and tough boxes.
5. Make sure items with serial numbers (and small, valuable items) are recorded on high-value item sheets.
6. Label all Blu-ray discs, video games and DVDs. List them on inventory sheets. If they are not listed on the inventory sheet and get lost during the move, then they cannot be claimed as a loss.
7. Owners should not sign anything they don't agree with (especially condition codes). If they don't agree, write "I take exception."
8. Get a friend or family member to help watch the moving crew.
9. Don't pack any currency and hand-carry all jewelry.
10. Note inclement weather at the time of move.
11. If it isn't on the inventory sheet, it probably can't be



PHOTO BY NATHAN PFAU

Russell B. Hall, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, Lt. Col. Andras M. Marton, Fort Rucker Staff Judge Advocate, and Pfc. Brittany J. Pursuitte, military justice paralegal for the office of the Staff Judge Advocate, cut a birthday cake in honor of the JAG Corps' 240th birthday at Bldg. 5700 July 29.

12. When receiving household goods, owners should make note of any damage to boxes when they unpack. Use a mobile device to photograph damage and be sure to take a picture of inventory tag for easier claims filing.
13. Owners should not initial high-value items sheet or sign it until they physically see the items. Open the box to ensure its presence and condition.
14. Make the moving crew unpack boxes. If they don't, owners have to pay to have trash hauled away and they may have issues if something is broken.
15. Movers must reassemble everything moving and packing crews disassemble.
16. File all claims within the time limits – no more than 75 days.
17. Keep all moving documents.
18. If owners have problems, OSJA suggests they call the quality assurance technician at the destination transportation office while the movers and packers are still there.

For more information, call 255-3482 or visit <http://www.rucker.army.mil/sja/client-services/>. Information may also be obtained via Facebook at <https://www.facebook.com/RuckerLAO/>.

DOD officials observe counter-drone demo in California

By **Lisa Ferdinando**
Department of Defense News

POINT MUGU, Calif. — Small unmanned aircraft systems are easy to obtain and launch, and they're hard to detect on radar, making them of particular concern to the Department of Defense, according to officials taking part in the Black Dart 2015 counter-UAS demonstration.

Black Dart 2015, which began July 26 and runs through Friday, is DOD's largest live-fly, live-fire joint counter-UAS technology demonstration. Navy Cmdr. David Zook, chief of the Capabilities Assessment Division with the Joint Integrated Air and Missile Defense Organization told reporters Friday.

Zook briefed reporters at Naval Base Ventura County and Sea Range at Point Mugu. He said the demonstration is bringing together some 1,000 people, including industry personnel, observers from allied nations and participants from four military branches.

Small drones can be launched from virtually anywhere and fly a significant radius, Zook said.

"Small manned and unmanned aircraft have always been hard to find," he said. "It's hard to tell the difference in the radar cross section from that and other small airborne vehicles, or even birds."

Black Dart 2015 provides "a unique and very valuable window for us to come together for two weeks here and practice in a littoral environment, a land-based environment and a deep-sea environment in many different scenarios," Zook said.

Zook said the demonstration features cooperation and interoperability among military services in air and missile defense, while also assessing the anti-UAS capabilities of DOD, its agency partners and industry.

Previous Black Dart demonstrations have resulted in new systems or improvements in technology, tactics and procedures that have helped the warfighter, he said.

Staying ahead

One only needs to look at recent news reports to see incidents involving members of the public using drones, including a quadcopter that landed at the White House, said Air Force Maj. Scott Gregg, Black Dart's project officer.

Drones can easily be purchased over the Internet or at a hobby shop, Gregg said. Defense officials are focused on staying ahead of the threat, he said.

"If there is anything that the terrorists



PHOTO BY LISA FERDINANDO

Air Force Maj. Scott Gregg, Black Dart project officer, speaks to the media in front of an MQ-9 unmanned aircraft system at Naval Base Ventura County and Sea Range, Point Mugu, Calif., Friday.

have shown, it's that they'll be innovative and use anything that they can at their disposal to do what they're trying to do," Gregg said.

"What we're trying to do at Black Dart is make sure that we are staying ahead of the game and that we have a good understanding of their capabilities before those capabilities outpace ours," he added.

The smaller class of drones is an "emphasis item" this year at Black Dart, in response to concerns from combatant commanders and interagency partners, including law enforcement agencies, Gregg said.

"It's a problem for everyone," he said. More than 70 countries are using UAS, either in government or military application, Gregg said.

Gregg points out that radio-controlled model aircraft have similar performance and capabilities to some of the UASs that are considered to be threats.

"It's a burgeoning market. The threat is expanding rapidly, proliferation is expanding rapidly and it's not just a military threat," he said. "Our allies are using them, our coalition partners are using them, but our adversaries are using them, too."

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Show: Soldiers show what it means to be 'Army Strong'

Continued from Page A1

The theme for this year's show is "We Serve," and will feature current hits "Uptown Funk," "Bang Bang" and "Turn Down for What," along with the Army classic "Oh, How I Hate to Get Up in the Morning." The show will also pay tribute to the 50th anniversary of the Battle of Ia Drang Valley, one of the bloodiest conflicts during the Vietnam War, according to Fink.

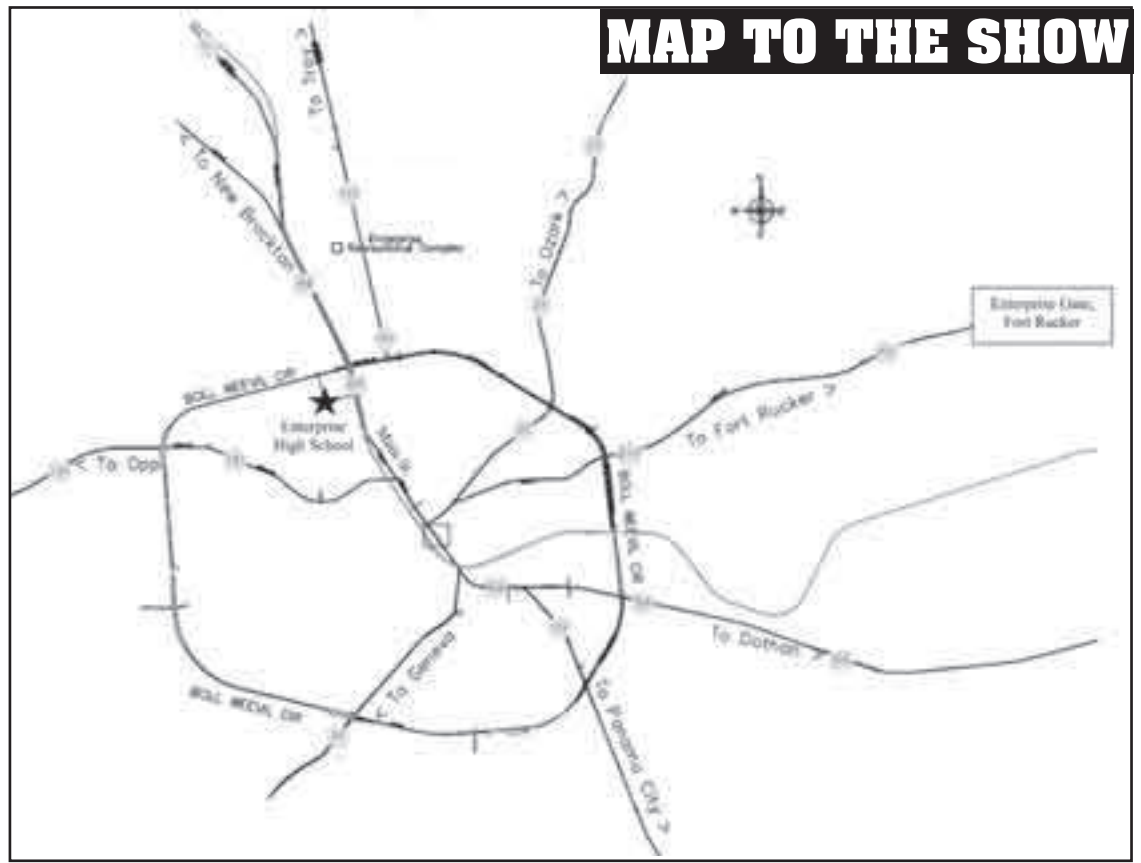
The Broadway-style production will explore the foundational elements of what it means to serve in the military, both in and out of uniform, as well as to showcase how the country serves the Soldiers in return.

"The 2015 U.S. Army Soldier Show honors our Army's continued service, resilience and strength with its mission to effectively inform, educate and inspire our audiences into action,"

reads the DFMWR website. "It celebrates this great nation, our Army, and the families and communities that serve and support our service members in return, and we are honored to share this experience of service with (the community) and are confident that the performance of 'We Serve' will leave behind a positive and uplifting reminder of what makes our Soldiers and our Army Family 'Army Strong.'"

"We are very proud to be able to share with the entire Wiregrass community the experience of the U.S. Army Soldier Show," said Erdlitz. "We hope everyone will be able to take in one of the two performances being held. It's a great show, and a wonderful opportunity to show your support for the talented Soldier cast and the U.S. Army."

The show is free and open to the public. For more information, call 255-9810.



Month: Program aims to increase awareness of surroundings

Continued from Page A1

should go with their gut instincts. The first line of defense starts with the people in the community.

There are different programs within the antiterrorism spectrum, including iWatch, eGuardian and iSalute, which are all designed to help Soldiers, family members, citizens and anyone in the community report suspicious activity, said Cory Greenawalt, Fort Rucker Training and Doctrine Command antiterrorism officer.

Through iWatch, the program's main focus is to get people to be aware of their surroundings and remain vigilant to help stop terrorism, said the antiterrorism officer.

"Law enforcement can only do so much, so it's up to the installation's Soldiers, civilians and citizens to keep an eye out for suspicious activity," he said.

The eGuardian program is designed mainly for local law enforcement, and through this program they report on suspicious activity, which will go to the Fort Rucker antiterrorism office, said

Greenawalt. With that information, antiterrorism officials go through the reports and look for credible reports and work with local law enforcement to see how far the potential threats go.

Booths will be set up at various locations through the installation, including the post exchange, the commissary and Bldg. 5700, where antiterrorism officials will be able to provide people with information regarding ways to stay safe, and people can even pick up some free antiterrorism promotional items.

Also, the post will be conducting its annual all-hazards exercise Aug. 18-20, where the installation's systems and response teams will be tested with a predetermined scenario.

"Don't make yourself a soft target," added Whitaker. "Sit and talk with your family and your children. Our best system of security is the people knowing and saying something, because we can't be everywhere at once. That gives us an exorbitant amount of assets to try to find a needle in a haystack. All we ask is that you be safe, be prudent and call."

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From Enterprise, go through Ft Rucker take right on Will Logan Road, then right onto Candlewick Boulevard, house down on the right OR from Ozark, take Andrews Ave toward Ft Rucker. Turn on Will Logan Road, then right on Candlewick, home on right.



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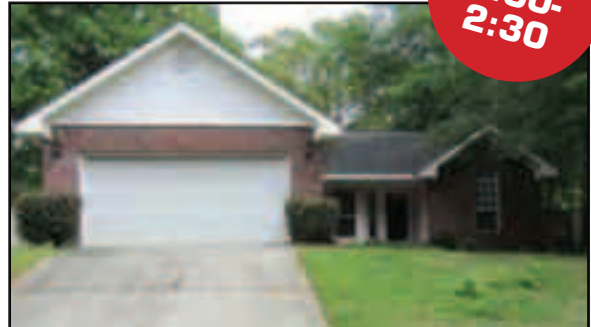
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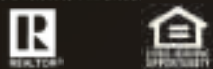


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108 CHRISTOPHER: Nice 4BR/2.5BA home with an in-ground pool with a new liner. Large bonus room that could be used as a living room, office or play room. Separate dining room & kitchen bar, family room with a fireplace & opens to a large deck that overlooks the pool & big backyard. Heat pump installed June 2011. Convenient to schools, shopping & Ft Rucker. **BOB KUYKENDALL 369-8534**

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110 BRITT ~ Relax with a salt water pool & porch. 4BR/2.5BA, over 2,400 SF, grandroom, separate dining room & eat-in kitchen. There is an underground dog fence that extends to the front yard. Owner is anxious to sell. It has it all. **ANGIE GOODMAN 464-7869**



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AUGUST 6, 2015

Efforts enhance future vertical lift

By Bill Crawford

Aviation and Missile Research,
Development and Engineering Center
Public Affairs

HUNTSVILLE — Efforts are being made to establish methods to reduce the time to develop and field new software capabilities and their life cycle costs for future vertical lift aircraft.

Aviation and Missile Research, Development and Engineering Center's Joint Multi-Role Technology Demonstrator project is leading those science and technology efforts through two initiatives.

Joint Common Architecture and Future Airborne Capabilities Environment are key to achieving these goals, and expected to demonstrate the means to develop avionics software, which is more portable, modular and interoperable than currently fielded.

If successful, future Army aircraft may leverage the portability aspects to share software across different computing envi-

ronments similar to the manner in which smartphones are able to share applications today. Common modular applications could lead to systems that are supportable by more than a single vendor and are no longer platform specific meaning they will be able to be used on more than one particular aircraft.

AMRDEC has many partners in industry and academia working alongside to achieve these common architecture goals through JCA and FACE. These players are using these complementary efforts to mature the processes needed to develop modular avionics functions, create a new standard software organizational framework, and define open interfaces that can be used to acquire and field new mission capabilities applicable across a fleet of aircraft.

The impetus for the Army's development is the Future Vertical Lift Family of Systems, which are expected to begin fielding



ARMY ILLUSTRATION

SEE LIFT, PAGE B4

Joint Common Architecture will support the Army's future vertical lift fleet.



PHOTO BY SGT. JUAN F. JIMENEZ

A U.S. Army paratrooper assigned to 1st Brigade Combat Team, 82nd Airborne Division, exits a CH-47 Chinook during Operation Federal Eagle, July 15. The operation is an annual joint-airborne operation held between U.S. and German paratroopers to promote friendship and military partnership.

Estonian, U.S. forces receive new jump wings

By Sgt. Juana Nesbitt

13th Public Affairs
Detachment

NURMSI, Estonia — Despite ominous clouds, which lingered from the day before, Estonian and U.S. Army paratroopers began their day early July 23 to conduct combined airborne operations at a drop zone near Nurmsi.

"We've been training and preparing with the Estonian airborne unit that is out here to conduct airborne operations," said Sgt. Hector Ortega, a jumpmaster with Destined Company, 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team.

"It was a joint exercise with Estonian and U.S. Army Soldiers," said Pvt. Karita Ortus of Kohla-Jarve, a volunteer with the Estonian Defense League. "We were given the opportunity to jump from a UH-60 Black Hawk Helicopter."

As the morning progressed, the skies began to clear, and the paratroopers proceeded to issue parachutes and conduct jumpmaster personnel inspections.

Ortus stated she was really excited to finally get the chance to jump and understands the importance of training with her counterparts.

"I don't really know how to explain it. I feel like I've done something really great," she said. "(Training together) is really useful — this is how we get to know each other and see what's important to each other."

For Capt. Taavi Talunik, the brigade defense officer with the Estonian Defense Force, it was an honor to learn from and jump with the U.S. Army paratroopers and was impressed by their professionalism.



ARMY PHOTO

Two UH-60 Black Hawks from B Company, 4th Battalion, 3rd Aviation Brigade, 3rd Infantry Division depart from the loading area at a drop zone in Nurmsi, Estonia, July 23.



PHOTO BY SGT. JUANA NESBITT

A paratrooper with 2nd Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team jumps from a UH-60M Black Hawk near a drop zone in Nurmsi, Estonia, July 23.

"U.S. Army Airborne personnel are much more professional than we are," Talunik said. "It was a great honor to jump with the 173rd Airborne Brigade Combat Team and I won't forget this day for the rest of my life."

When it was all over, about 150 U.S. and Estonian Soldiers jumped, and the partnered na-

tions held a small foreign wing-pinning ceremony right on the drop zone.

Spc. Malachi Lavergne, a small arms repair specialist with G Company, 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade Combat Team, said receiving his Estonian jump wings was a blessing and rein-

forces why the U.S. Army is in Estonia.

"I think it creates a wider, broader image between the U.S. and Estonia," he said. "It's not just the Estonian army or the American Army, but it's a bigger picture — everybody needs one another, and that's what we are looking for."

MEDEVAC

Unit on call 24/7, mission changed since drawdown

By Vanessa Villareal

3rd Infantry Division Public Affairs

AFGHANISTAN — Within an hour of its transfer of authority, Task Force Shadow Dustoff received its first 9-line, or medical evacuation request.

It was 1 p.m. on April 8. A mass casualty event just happened at Jalalabad Airfield. Five Soldiers were injured in a "green-on-blue" attack, with an Afghan soldier opening fire on the team training with him. In less than 15 minutes, the duty crews were wheels up and en route to JAF.

"It was hectic," said Maj. Travis Owen, commander, C Company, 6th Battalion, 101st Airborne Division (Air Assault). "There was a lot going on. The pilots in command took charge and we headed out to Jalalabad. The crews ended up having to do two turns between Bagram and Jalalabad that day because of the patients' critical state."

C Co., 6-101st Task Force Shadow, from Fort Campbell, Kentucky, has been in country since March. During its tour here, it will provide theater-wide aeromedical evacuation for U.S. coalition forces, contractors, Department of Defense civilians and Afghan forces.

"We're on duty all of the time," Owen said. "Our job is 24/7 uninterrupted MedEvac coverage. We're always at a heightened state of readiness. Should a mission drop, we have something called the 'golden hour,' the hour immediately following injury. Statistically, getting a patient to the next highest level of care within that hour greatly increases their chances of survival, up to the 97th percentile. And, as the fastest form of evacuation, MedEvac is an integral part of that process."

The team has four aircraft on duty here at Bagram, providing two lines of coverage called "first up" and "second up." First-up crews serve as the primary response team for missions, while second-up crews, though still held to the same 15-minute launch criteria, will launch only as a back-up should patient load exceed capabilities of the first two aircraft.

In the MedEvac hangar, mornings are usually reserved for personal time and administrative items on the to-do list. Starting at 3 p.m. is an operations and intelligence brief, and a shift change handover, where operations updates are given.

"Once that happens, we're on duty," Owen said. "And we wait. And that's part of the fortunate and unfortunate part of the job. You're sitting around, waiting on that call. But when it comes, you have to be ready to go. That's the unfortunate part — the waiting around. The fortunate part is you know that if you're not getting called, people aren't getting hurt."

He said the mission has changed since he was a lieutenant in Iraq in 2007. At that

SEE MEDEVAC, PAGE B4



PHOTO BY SGT. 1ST CLASS DAVID WHEELER
A MedEvac crew carries out a mission in Afghanistan July 15.

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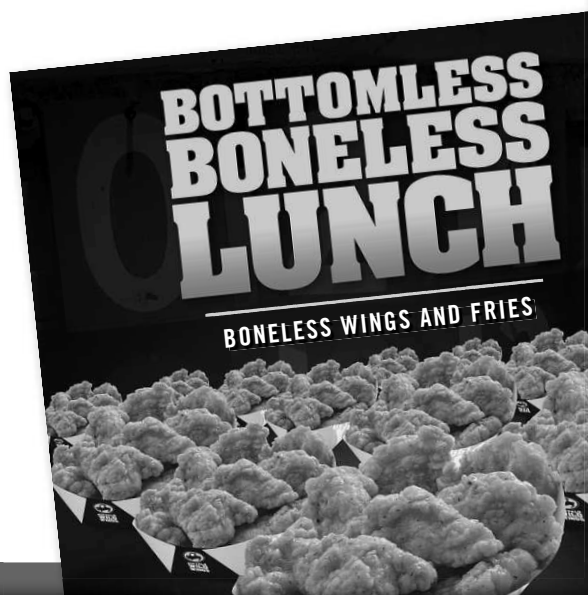
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Lift: Software reuse provides interoperability

Continued from Page B1

in the 2030's. The JCA reference architecture may be used by the FVL FoS in its initial architecture design. One possible outcome is that pieces of the avionics systems – and possibly other software – for the four FVL variants could be interchangeable.

“We see the key elements to software reuse as: portability, modularity and interoperability,” said Marty Walsh, AMRDEC’s Aviation Development Directorate Mission Systems Demonstration lead for the JMR TD.

Walsh added that the interchangeable software may lessen “vendor lock,” which happens when the system is dependent on one specific vendor for development and to resolve issues.

However, the real solution to contractor vendor lock is government-defined software architectures.

Additionally, software development and refinement has become one of the most expensive and important facets of aircraft development.

“Seventy percent of new aircraft development cost is now in software,” said AMRDEC’s Alex Boydston, a member of the JMR TD engineering staff. He cited the example of the F-35 Joint Strike Fighter as an aircraft whose development has been delayed and, also, whose cost has increased dramatically due to software development problems.

The Army was a founding member of the FACE consortium in 2009 to establish an open soft-

ware architecture to help achieve commonality. This consortium is composed of many industry and government organizations, their representatives, and advisers, creating a setting where industry has direct access to the government customer and can work together to identify and select appropriate open standards and influence procurement and policy.

Scott Dennis, director of the AMRDEC’s Software Engineering Directorate, Aviation Systems Integration Facility, is an active member of the FACE consortium. “FACE is working to establish a software common operating environment that allows portability and the creation of software product lines for the entire military vertical lift community and does this in consensus fashion.”

In May, AMRDEC conducted initial concept validation testing at SED in which similar avionics software components, acquired from different vendors, were integrated with and demonstrated on two different computing systems and operating environments designed to FACE standards. The results of these tests indicate software portability may be achievable for the FVL FoS.

The Army plans to evaluate potential FVL processes, tools, standards and technologies through JMR TD demonstrations.

The Air Vehicle Demonstration will demonstrate critical flight systems technologies while the Mission Systems Architecture Demonstration will examine the processes, tools and standards necessary to implement appropriate mission system architectures for potential application to FVL.

Because it is a multi-service and mission aircraft, the FVL FoS will be required to support a variety of missions such as air assault, aerial reconnaissance, attack, special operations, anti-submarine warfare, search and rescue, cargo and more. The software product line enabled by JCA and FACE is considered to be a key element of achieving the most cost efficient, multi mission capability for FVL.

“We are currently working with industry through the Vertical Lift Consortium to define the functions, interfaces, and interactions of software components that reside on a general purpose processor,” Walsh said. “This is the heart of JCA.”

MedEvac: Soldiers value opportunity to help others

Continued from Page B1

time, he was flying up to eight hours a day, clearing the battlefield for injuries from a myriad of causes.

“You name it,” he said. “It happened. And that continued for Iraq and here all the way up to about 2012, 2013. That’s when things started slowing back. With the drawdown, there were fewer troops who were less likely to get attacked. And then, as we transitioned to a train, advise, assist mission, it’s slowed down significantly more.”

Between first- and second-up crews, Owen’s team has eight pilots on call, although the pilots themselves are not “technically medical.” It’s what goes on in the back with patient treatment that’s different. This rotation specifically is noteworthy, as critical care nurses like Capt. Mary Wallace are now flying as actual crew members, trained and progressed in back-seat duties in addition to providing the en route critical medical care.

“I came up as a nurse then trained in the critical care specialty,” Wallace said. “That’s when I was connected with this unit while they were still at Fort Campbell. Major Owen and 1st Sgt. James Conway really did an excellent job training us up prior to deployment. Our position is very new in the MedEvac world. They’re helping pave the way to have critical care nurses serving with the medics. It’s proving to have a much bet-

ter survival rate with two medical providers back there.”

This is Wallace’s second deployment. Before this one, her preparation included training flights, how to talk on a radio and communicate with the pilots, and a lot of simulated patient care in the back of a helicopter to introduce her to the fast-paced tempo of a MedEvac mission.

“For the first time, you’re seeing an en route critical care nurse go through the actual progression of an actual crew member, which is unheard of in the Army,” Owen said. “And let’s say I have a crew member that goes down, you can see immediately the value there. He or she can cover down for any crew member in the rear of the aircraft to assist with that procedure.”

“It’s been great working with the medics because they have a whole different point of view on how to take care of Soldiers when you first get them,” Wallace said. “And then we bring in the long-term type care or the critical care side of it – ventilators, things like that – that are more prevalent in the critical side. With all of that combined, we have a really great team that’s able to take care of the full picture.”

“Each crew member participates in the overall function of the aircraft,” Owen said. “The difference with the ECCNs is that their primary function is patient care. However, if the safety of the aircraft ever becomes com-

promised, that ECCN is a part of the crew and able to function as such. So, let’s say the medic is focused inside conducting operations. The nurse has the ability to cover down for that side of the aircraft and act as a crew member in that aspect, which contributes to the overall safety of our flight.”

1st Lt. Amberly Weber, section leader, grew up in an Air Force family of pilots. Her dad was a C-130 pilot, which is where he met her mom, a flight nurse. Weber’s uncle was a bomber pilot and another uncle was a fighter pilot.

“I joined the Army to be Dustoff and fly MedEvac,” she said. “My parents, uncles and sister are all Air Force, so they naturally tried to talk me out of it. But my grandmother and grandfather had both served in the Army in World War II, and they loved watching ‘M*A*S*H*’ reruns in the afternoons. I grew up watching ‘M*A*S*H*’ with them, and that was where the dream first came from, to be able to fly that mission in combat.”

This is her first deployment. She spent a little more than a year on Fort Rucker for flight school, graduated in March 2014 and, by May, had arrived on Fort Campbell.

“I love being deployed,” Weber said. “I’m blessed to finally be able to fly the MedEvac mission, which has been the goal for so long, and I’m lucky to be with a really wonderful group of people here at BAF [Bagram Airfield] and at our other sites. Our company has outstanding, motivated Soldiers and leader-

ship. Thus far it’s been an incredible experience.”

Staff Sgt. Zachary Rice, crew chief and headquarters platoon sergeant, manages the maintenance on all of the aircraft here at BAF. He comes from a military family and said he not only loves helicopters, but the thought of flying always interested him. This is his third deployment.

“A helicopter is a more advanced system, as opposed to working on a motorcycle or anything else,” he said. “It’s challenging. Whenever you break something that you’re not used to, the trouble-shooting procedures, and trying to figure out what’s wrong with it can become very involved. In a lot of cases, it’s very similar to the human body, and diagnosing symptoms and illness there. So it’s fun cross training with the medics and getting to work on patients, as well as work on helicopters. It’s pretty cool.”

CW2 Christopher Colon, one of the primary trainers for the Dustoff mission and pilot in command, is on his seventh deployment. With a 14-year military police background, his last two deployments have been Aviation deployments. During one of his previous Iraq rotations as a military policeman, he was himself MedEvac’d.

“I have a profound respect for Dustoff,” he said. “I went to flight school with the specific target of becoming a Dustoff Aviator. So, I’m lucky that when I arrived to Fort Campbell I was assigned to MedEvac.”

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Mining GEMS

Program preps students for higher learning

By Nathan Pfau
Army Flier Staff Writer

The U.S. Army Aeromedical Research Laboratory became the scene of a simulated crime recently, but for some sixth and seventh graders it was an opportunity for learning.

Using forensics techniques and deductive reasoning, students of USAARL's Gains in Education of Mathematics and Science program were on the case as they tried to solve the kidnapping of their mascot during the forensics and physical science sessions of the GEMS program, which ran from July 6 through Friday, according to Anna Clay, GEMS program resource teacher.

"This is our forensics program, so we focus on science as it relates to the legal system," she said. "Leading up to the day of the crime, the students started the week by performing some hair and soil analysis, as well as looking at fiber samples to determine what types of fiber something might be and where it came from."

The students also got to learn about fingerprints, which Clay said was one of the children's favorite days where they looked at the different features of fingerprints and actually got to dust for the prints and performed the cyanoacrylate fuming, also known as super glue fuming, which causes the fingerprint to develop.

"They also looked at hair follicles, and with that they looked at it under a microscope to basically look at the hair and see if one sample is consistent with another," said the resource teacher. "The match can get pretty close – it's not a 100 percent match, but they can know at least that it's the same type of hair."

On the day of the crime, which fell on Thursdays of each week for the students, the lab was set up for the students to investigate the crime scene for evidence, which was found in the form of bottles, torn cloth, shoe prints, etc.

They had to gather their evidence and get together in their groups to come up with questions to interrogate their suspects, and then a mock trial was held to determine who the students thought was guilty.

The crime scene investigation portion of the lesson was some of the students' favorite part of the entire learning process, including Emma Koe, who is 12-years old.

"I really love science and forensics, so I wanted to go through the program," she



PHOTO BY NATHAN PFAU

Pvt. Sebastian Hernandez and Spc. Daniel Guerrero, both of USAARL, act as security escorting the suspect that students convicted during their forensics lesson using evidence they found during the GEMS program at USAARL July 23.

said. "(The investigation) has been my favorite part so far. I like to learn about science and I like to explore more about it," adding that one day she hopes to pursue a career in criminal justice.

The children weren't the only ones learning throughout the process, however.

Audrey Ward, GEMS assistant mentor, is a college student going to the University of Alabama, and she also has an interest in

science for her career and thought that the GEMS program would help give her some experience in teaching.

"I had family friends who participated and said it was awesome, so I thought that it was something that I might be interested in helping out with," she said. "This process has been really fun. Sometimes it can be stressful, but it's just mostly fun because you get to see how fascinated the kids are with

science. We kind of take science for granted when we get older, but for these kids, and to see them learning it, the wonder of it is kind of renewed."

Ward said the program has helped her with her organizational skills and how to commit – lessons she will take with her throughout not only college, but the rest of her life.

While students and mentors alike were learning through forensics and physical science, on the other side of the installation at the Fort Rucker Elementary School, fourth and fifth graders were getting their own GEMS lessons in simple machines.

The children got the chance to build their own Rube Goldberg machines, which are complex machines that perform relatively simple tasks, according to Jonathan Gonzalez, GEMS mentor.

For Gonzalez's group, their simple task was to hit a button.

"We took up as much space as we could to hit that button and it's been really fun," he said. "For our machine, we start off with a bunch of marbles that will go down a tube and land in a bucket. The bucket is attached to a pulley and counterweight, and once enough marbles are added, the bucket will drop where it will land on a lever."

From there, the lever is meant to hit a ball that will send it going down a ramp to hit books that are set up like dominoes, and when the books all fall, the last book is attached to another pulley and counterweight system, which will hit a golf ball and send it down a ramp, and eventually, the button will be pressed by the machine.

Gonzalez said that the purpose of the exercise is to show that a lot of everyday things are made of these simple machines and more complex than they seem.

"You can take something that's complex and break it down into smaller, simpler components," he said.

Much like the GEMS program, which is comprised of many simple components to combine into one large program, the purpose of the program also serves a higher purpose, which is to give the students a leg up in life, said Clay.

"Students in GEMS get an opportunity to jump right in and do things themselves rather than sitting and listening to a teacher talk about a lesson over and over again," she said. "They get to learn how to do it, and then they get the chance to actually go and do it themselves. It's amazing to see the growth you see in the students in a single week."

'HUNT THE GOOD STUFF'

Resilience training helps build strong families

By Nathan Pfau
Army Flier Staff Writer

Fresh off celebrating its 50th birthday, Army Community Service is continuing its duty to support the Soldiers, families and community members of Fort Rucker, and one way it's doing this is by offering a better outlook on life through resilience training.

ACS offers monthly resilience workshops to better serve the community, but its next session will be a full, two-day session to help families through tough times, said Ruth Gonzalez, relocation readiness program manager.

"The resilience training that we offer is training for anyone who wishes to build the skills they need to face challenges, whatever they may be – simple or extreme," said Gonzalez. "It teaches the skills needed to help face all types of challenges throughout their lives, be it of a positive or negative nature."

The next resilience training will be held Aug. 17-18 from 8:30 a.m. to 3 p.m. on both days at The Commons, Bldg. 8950, and this will be a complete, two-day training session. To attend, people must sign up for the session by Aug. 13.

One of the main ways resiliency helps people get through those challenges is by focusing on the positive aspects of daily life, said the program manager.

"One of the skills that we work on is Real-Time Resilience. If you begin

doubting yourself and you have that inner voice saying that 'you're lousy, or that you're really messed up,' you can fight those thoughts with the skills that we give you," she said. "We help you counter those thoughts with more productive ones, and we help you see a more positive way to look at situations. We give you the skills to fight those negative thoughts and to not get lost in them – those thoughts of self-doubt, whether professionally or at home, you can fight those."

Oftentimes people tend to focus on the negative aspects of their day, said Gonzalez, but if that habit can be reversed to focus on the good, then people tend to notice the more positive aspects in life and ignore the negative.

"We teach skills that are really common, but people really don't think about it until they're in training and see that they can think of something a different way," she said. "This training is focusing on skills that lots of people have and have heard of, but as life goes on and gets busy, and issues and challenges come up, they forget and lose their focus. We help them get that focus back."

ACS also offers monthly mini workshops that Gonzalez said can help more people by seeing them more often to help them work on their situations.

During the mini workshops, the attendees go to a 2 1/2-hour training session, once a month, which gives them time to work on those skills before they come back to following sessions, she said, adding that the

two-day workshop gives ACS the opportunity to get more in depth with the issues families, spouses or Soldiers might be having.

One thing that people do from session to session is to "hunt the good stuff," Gonzalez said. During the time between sessions, people must not only go over the skills that were discussed, but also hunt the good stuff throughout their day, and keep a journal of at least one or two things that have gone well in their day.

"When they come back (the next month) they have a list of good things – things as simple as their spouse washing the dishes or the kids picked up after themselves," she said. "Rather than focusing on the negative, they get to see the positive things in their lives."

"This type of training is necessary because there are just so many different stressors throughout the work day and throughout life in general," said Gonzalez. "With civilians, it could be about workloads or personnel cuts – having to do more with less. So, how do you deal with that and still be positive?"

The military side has its own challenges, she continued.

"Being a training installation, many students are focused on their training and studies, so that can put stress on families," Gonzalez said. "What can you do to overcome that frustration? That's what resilience training is here to help with."

For more information or to sign up, call 255-3817.

VOLUNTEER OPPORTUNITIES

Silver Wings Golf Course

Project: Volunteers needed for Pro AM Aug. 14-16 and Ladies Professional Golf Tournament Aug. 18-20.

For more information, call 598-2449.

Army Community Service

Position: Army Family Action Plan Conference (Nov. 4-5) Marketing Coordinator

Duties: Attend required ACS and AFAP 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 media relations with flyers, posters, pamphlets, newspaper, television and installation briefings. Attend after-action review meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. Adhere to guidelines as outlined in Army Regulation 608-47, AFAP Program Handbook and the installation AFAP Program standard operation procedure.

For more information, call 255-9637.

Position: AFAP Facilitators

Duties: Serve as neutral steward

SEE OPPORTUNITIES, PAGE C3

ON POST

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

Youth center open house

The Fort Rucker Youth Center will host its back to school open house Friday from 5-7 p.m. The open house will give families an opportunity to tour and participate in the variety of activities offered at the center. The center's cooking club will provide snacks and refreshments. There will also be a teen vs. parents dodgeball match in the gym, arts and crafts, and a robotics demonstration in the technology lab. Youth must be ages of 11-18 in grades six-12 to become a member at the youth center. For more information, call 255-2260.

Financial readiness training

Army Community Service will host its financial readiness training Friday 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. This 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.

Resilience training

Army Community Service will host family member resilience training Aug. 17-18 from 8:30 a.m. to 3 p.m. at The Commons. The training is designed to give people the tools they need to become more resilient in all the challenges that life may throw at them. People need to register by Aug. 13.

For more information and to register, call 255-3735.

Soldier Show

The 2015 U.S. Army Soldier Show will perform in the Wiregrass Aug. 20 and 21 at 7 p.m. each day at the Enterprise High School Performing Arts Center. The Soldier Show is a live Broadway-style variety performance featuring the Army's best talent. This year's production, "We Serve" explores the foundational elements of what it means to serve, in and out of uniform, as well as how our country in return serves them. This year's show is sponsored by GM Military Discount and CHASE. Admission is free. No tickets are required. Doors open one hour prior to the show. Seating is on a first-come, first-served basis. For more information, call 255-9810.

Youth center membership competition

Fort Rucker Child, Youth and School Services hosts a youth center membership competition throughout August. For every new member an active CYSS member brings in to the youth center, Bldg. 2800, their name and the new member's name will be put into a drawing for a grand prize at the end of the month. The more friends a person brings in to sign up, the greater the chance they will have to win. Youth must be between the ages of 11-18 and in grades six-12 to become a member - membership is free. Families eligible for services include active-duty Soldiers, activated or mobilized Guard and Reserve Soldiers, contractors and Department of Defense civilians.

For more information, call 255-2260.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Aug. 20. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Newcomers welcome

Army Community Service will host a newcomers welcome Aug. 21 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

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



PHOTO BY NATHAN PFAU

Girls Night Out

The Landing will host Girls Night Out Aug. 14 in the ballroom from 6-9 p.m. The event will feature fashion, fun and prizes, with a DJ providing entertainment while attendees visit the numerous organizations on hand from throughout the community that cater to women, according to organizers. Prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. - people must be present to win prizes. This event is open to the public for ages 18 and older. Tickets are on sale for \$10. For more information, call 598-2426 or 255-1749.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Aug. 22. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 3 a.m. from the West Beach, Lake Tholocco parking lot and return at 8 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

For more information or to sign up, call 255-4305 or 255-2997.

Right Arm Night

The Landing Zone will host Right Arm Night Aug. 27 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.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Aug. 28 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.

SHARP awareness car wash

The Fort Rucker Installation Sexual Harassment/Assault Response and Prevention Team will host a SHARP awareness car wash Aug. 28 from 11:30 a.m. to 1 p.m. at The Commons, Bldg. 8950, on 7th Avenue. People are welcome to meet the SHARP team, and receive information on the prevention and increase their awareness of sexual harassment and assault while they get their car washed for free.

For more information, call 255-2382.

Child, Family Find Campaign

The Exceptional Family Member Program will conduct its Child and Family Find Campaign throughout September to identify active duty military families with special needs. Special needs can include physical, intellectual, developmental delays, and emo-

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Spotlight

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tional impairments that require special treatment, therapy, education, training or counseling. Enrollment is mandatory for Soldiers who are active duty, Reserve Soldiers in the USAR-Active Guard Reserve program and Army National Guard personnel serving under authority of Title 10, United States Code who have EFMs. Mobilized and deployed Soldiers are not eligible. When possible, Soldiers are assigned to an area where the medical and special education needs of their EFM can be met. If you are a Soldier with a family member with a special need

or disability or have knowledge of someone who is disabled or with a special need, call the EFMP at Lyster Army Health Clinic at 255-7431. Lyster's EFMP conducts EFM screenings, enrollments, updates and dis-enrollments. By regulation, Soldiers in EFMP are required to update their EFM enrollment every three years or sooner if services for special needs are no longer required. For EFMP advocacy services, respite care, information and referral services, free educational and training opportunities, resource library and relocation assistance, call 255-9277.

FORT RUCKER MOVIE SCHEDULE FOR AUGUST 6-9

Thursday, August 6

Mission: Impossible - Rogue Nation (PG-13).....7 p.m.

Friday, August 7

Mission: Impossible - Rogue Nation (PG-13).....7 p.m.

Saturday, August 8

Studio Appreciation Advance Screening (PG-13) Free Admission.....7 p.m.

Sunday, August 9

Inside Out (PG).....1 p.m.

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TRANSITIONS

Veterans help curate nation's archaeological artifacts

By J.D. Leipold
Army News Service

WASHINGTON — Wherever the U.S. Army Corps of Engineers has started an excavation project, such as the construction of reservoirs and associated water control programs, archaeologists have been on hand to retrieve artifacts, which could be hundreds or even thousands of years old.

The project shuts down briefly while the archaeologists carefully remove pieces of pottery, sections of clay pipes, animal bones and teeth, stone tools, pieces of what were once wine or apothecary bottles, and even arrowheads and musket balls.

Most of USACE's archaeological artifacts were discovered between 1947 and 1985. Federal law requires these collections be stored for long-term preservation, and made available for scientific research and public education.

In 2009, using American Recovery and Reinvestment Act funding, USACE established a unique and beneficial program — the Veteran Curation Program — to manage the collections. The program provides temporary employment and archaeological curation training to post-9/11 veterans at laboratories in Augusta, Georgia; St. Louis, Missouri; and Alexandria, Virginia.

Since establishment of the Veterans Curation Program, 241 veterans have been employed by the program and 139 gained full-time, permanent employment after their five-month stint with the VCP. An additional 39 have continued on with their education at colleges, universities and in certificate programs. Presently, there are 36 veterans working in the three labs.

While processing archaeological artifacts, veterans learn computer skills, database and records management, software proficiency, and photographing and scanning technologies.

Managing the Alexandria lab directly, and the Augusta and St. Louis labs remotely with occasional week-long trips, archaeologist Jasmine Heckman not only oversees the collections that the veteran technicians are processing, she arranges for guest speakers to come in once a week to talk with the transitioning Soldiers, Sailors, Airmen and Marines on a variety of topics — from financial guidance to the building of resumes and holding mock interviews.

While Heckman never served in the military, she said she believes helping veterans successfully prepare for a civilian career is a good way to thank them for their service.

She said those veterans, who are hired on at the lab, demonstrate genuine interest in the subject matter and really want to be a part of what goes on in the labs.

"They all really wanted to be here and learn how to archive these artifacts," Heckman said. "It's all invaluable to the Corps because many of these collections come in



PHOTO BY J.D. LEIPOLD

Naval Reservist and Afghanistan veteran Michael Rosario-Figueroa catalogues lithic artifacts at the Veterans Curation Program laboratory in Alexandria, Va. A hospital corpsman, Rosario-Figueroa says many of the skills he's learned in cultivating artifacts apply to his field of study — art history.

to the lab and they can be in really rough shape — the boxes are tattered and torn, information can be, at times, tough to read, but we're able (to) archive, then rehouse these materials, re-box them and ensure that the research material is all digitized and scanned. It really is very worthwhile to researchers."

One Army veteran, Jackie Muddiman, was medically retired as a staff sergeant in 2011 after 15 years of service. He served one tour in Kosovo and four tours in Iraq. But his body couldn't handle the injuries he'd suffered during that third trip to Iraq in 2005. During that tour, his Humvee had been hit by an improvised explosive device. Of the four Soldiers in the vehicle, only two survived.

Today, at 35, he's awaiting "a lot more surgeries" on his left arm and leg. He also has trouble with post-traumatic stress. But now, he said, he's looking ahead to a different life after having been a Soldier for so many years.

"I'm gaining skills as far as the databases go, organizing documents. The archives process is so intensive that I've actually been able to use it in my personal life, arranging all those military documents you need for retirement. If someone calls and says they need a copy, I don't have to fumble through 40 in folders, I can just pull it up on my computer and zap it to them," he said.

Muddiman found out about the VCP through the Army Wounded Warrior Pro-

gram while he was assigned as cadre at the Fort Drum, New York, Warrior Transition Unit.

"A counselor emailed me and asked if I'd be interested. I read the job description and said, wow, that does sound interesting because I'm a history buff," he said.

Muddiman's goal is to transition into a company called Mission BBQ, a restaurant chain of 18, which was founded on Sept. 11, 2011, and focuses on recognizing service personnel and first-responders.

Lab technician and former sergeant Porsche Beale joined the Army right out of high school. She spent nine years serving, including a hitch in Tikrit, Iraq, in 2009. She said she spent nearly her first seven years in the Army at a variety of installations, but never got to see her children. After she had her third child she left the Army and her marriage failed.

After the Army, she said, the best jobs she could find in the Washington, D.C., area were part-time and didn't pay well enough to cover rent. Soon, she and her three children were living in a homeless shelter. But then she found out about the VCP.

"This program has been a true blessing because I've come into so many contacts," she said. "I'm now in transitional housing with Operation Homefront, which allows me to build my income up again and work on my credit score. I love doing this work. I never knew what an archaeologist was before I came here, but the work has been

absolutely great."

When Beale's internship ends, she's headed for real estate training and hopes to open her own brokerage firm in the next three to five years.

Being homeless almost happened to 10-year veteran and sergeant Julie Comtois, who served seven years on active duty, and three years in the Army Reserve. She served as a geospatial engineer during her time in uniform, "a glorified map-maker," she said. "The Army was one of the Top 5 best decisions I made in my life. It provided me with a really good skill set."

Comtois served 15 months in Kirkuk, Iraq, back in 2006. She also did a tour at the Army Geospatial Center, and auditioned for and was selected to participate in the U.S. Army Soldier Show. In the Soldier Show, she sang, danced and played the drums.

After she left the Army, she said, she still didn't know what to do with her life. Her life was "falling down around her." She couldn't afford to live alone any longer, nor could she afford her car or much of anything else. Then she heard about the VCP from a friend, who had served at the Augusta lab.

"This program was a lifesaver," she said. "Being able to work with veterans from other services, who understand what you've been through is really refreshing. I'm incredibly lucky."

While she's presently not enrolled in college, getting her degree is on her list of things to accomplish in the next few years.

Opportunities: Weekly listing of volunteer positions on post

Continued from Page C1

of workgroup. Keep workgroup focused during breakout sessions. Encourage participation by group members. Maintain timeline set forth by AFAP coordinator. Work with group recorder, transcriber, issue/staff support personnel and subject matter experts for accurate reporting of issues. Ensure delegates complete symposium evaluation forms and forward to 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 report. Serve as a spokesperson for the AFAP program. If interested, call 334-9637 or 255-1429.

Position: AFAP Issue Manager/Subject Matter Expert Coordinator

Duties: 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 334 255-9637 or 255-1429.

Position: Greeter, Information and Referral

Duties: Assist in welcoming and directing clients into ACS. Answer the telephone. Provide light clerical support relative to ACS Information and Referral Program. If interested, call 255-3161.

Position: English as a Second Language Teacher

Duties: Provide language instruction to foreign-speaking individuals interested in speaking English. Provide instruction of the English language for the ESL program. If interested, call 255-3735.

Directorate of Family, and Morale, Welfare and Recreation

Position: DFMWR Training Clerk

Duties: File correspondence, cards, invoices, receipts, and other records in alphabetical or numerical order or according to the filing system used. Add new material to file records and create new records as necessary. If interested, call 255-1898.

Position: Library Aid

Duties: 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.

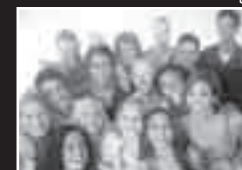
If interested, call 255-1429.

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Contemporary C-3 - in the Fellowship Hall..... 8:45AM
The Gathering (Youth) 6:00PM
Sunday School 9:55AM
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1 Corinthians 11:1

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

Monroeville: The ‘To Kill a Mockingbird’ experience

By Edith Parten

Alabama Tourism Department

You’ve read the book or maybe you’ve seen the movie with Gregory Peck. Now experience “To Kill a Mockingbird” and lots more firsthand on a visit to Monroeville.

As the home of Nelle Harper Lee, and her neighbor and childhood friend, Truman Capote, Mark Childress — the acclaimed author of the novel “Crazy in Alabama” — and other distinguished writers, Monroeville is considered the “Literary Capital of Alabama.”

Each spring, in addition to performances of “To Kill a Mockingbird,” Monroeville hosts the Alabama Writers Symposium at Alabama Southern Community College, Alabama Hwy. 21 S.; (251) 575-8226. This literary festival brings together some of the state’s most distinguished writers and scholars for a weekend of lectures, readings and discussion, with the highlight of the symposium being the presentation of the Harper Lee Award for Alabama’s Distinguished Writer of the Year.

Tour the Old Courthouse Museum

Your visit to Monroeville should begin on the courthouse square with a tour of the Old Courthouse Museum, 31 N. Alabama Ave., Monroeville; (251) 575-7433. Through photos and exhibits, you will discover personal stories about Harper Lee, known to her friends as Nelle, and others surrounding her Pulitzer Prize-winning novel, “To Kill a Mockingbird.” You will also get a glimpse into the life of Truman Capote, the famed author of the 1966 book “In Cold Blood.” Capote spent much of his childhood in Monroeville and was not only Lee’s neighbor, but the two also became close friends. Photographs of Capote and Lee can be seen in the second floor exhibit.

Visit the gift shop where you will find unique items related to Lee’s novel as well as crafts and other items from the local area, such as stone-ground grits from Rikard’s Mill in nearby Beatrice. While in the historic courthouse, walk up the steps to see the courtroom made world famous by the novel and movie. You can feel free to move throughout the courtroom. Walk up to the balcony area to imagine scenes from the famous trial. See the witness chair, judge’s bench and tables used by the prosecutor and defense attorney dur-

ing the trial. Throughout her childhood, Harper Lee, herself, often sat in the balcony as she watched her father practice law in the very same courtroom.

Don’t miss

Plan your visit to Monroeville to coincide with the annual performances of “To Kill a Mockingbird,” (251) 575-7433, from mid-April through mid-May. This play, which has been performed here for more than 22 years, will take you back in time.

Set in the 1930s in the fictional town of Maycomb, Ala., the novel tells the story of a black man named Tom Robinson who is accused of attacking a white woman and goes to trial during a time when racial discrimination was legal and culturally accepted in the South. It is also a coming-of-age story of a young girl named Scout and the imaginations of her brother Jem and her childhood friend, Dill. Locals say that the character of Dill is based upon Truman Capote.

While watching the all-local cast perform, you will develop a fondness for Robinson as well as his lawyer, Atticus Finch, the father of Scout and Jem. And, you will meet characters like Arthur “Boo” Radley, a recluse and one of the novel’s “mockingbirds,” described by critics as “a good person injured by the evil of mankind.”

The first act of the two-act play takes place at the amphitheatre on the lawn of the Courthouse Museum. Act II takes place inside the historic courtroom. Once inside the courtroom, you will see the trial unfold as Finch makes a passionate plea in Robinson’s defense. The members of the jury are always selected from the audience, so you might get a shot at sitting on the jury during the second act.

A prerequisite for your visit to Monroeville is to purchase your tickets early. This is a very popular event and tickets sell fast. In addition to the main performances, which feature a VIP reception on certain nights, special performances are held for various groups, including young audiences. Group tickets (10 or more) and tickets for museum members go on sale in January. General public ticket sales begin the first of March. Tickets may be purchased by phone, (251) 575-7433, or in person.

The birdhouse trail

Continue your tour of Monroeville with a stroll through

the downtown area to see some of the fascinating custom-designed birdhouses along the Birdhouse Trail, (251) 743-2879. The trail includes 25 uniquely crafted structures located throughout Monroe County. Highlighted in different scenes, the wooden birdhouses are the handiwork of area residents who designed, constructed and painted them. Many of the birdhouse designs depict scenes from To Kill a Mockingbird. Taking a picture standing by one of the birdhouses will make for a fun photo to remember your trip.

More to see and do

Art galleries are also popular in Monroeville. As you stroll along the square, be sure to stop and explore some of the quaint shops. A good stop is Pottery by Williams, 173 N. Mount Pleasant; (251) 282-0844 or (251) 743-3563, a working studio where you will discover unique art made from clay, including a wonderful collection of Sam Williams’ folk pottery. His displays include popular face jugs featuring the likenesses of President Barack Obama, Hillary Clinton and others. At the pottery shop, you can purchase bottles, vases and face jugs, or have something custom made.

Be sure to make your way to The Art Room, 50 N. Alabama Ave.; (251) 743-2190, where you can discover your own artistic talent by signing up for art lessons and creating your own painting. You can also enjoy the unique gifts and paintings offered by the owner. Across the street at 36 E. Claiborne, you will find another art studio, the Purple Papyrus, (251) 593-7449. This has become an interesting studio/gallery, specializing in art classes that include a variety of mediums — from paintings and drawings to printmaking and pottery throwing.

Stop in for books about Monroeville, the Black Belt region and Alabama at Beehive Coffee and Books, 11 W. Claiborne St.; (251) 575-4193. Housed in a former warehouse, the shop has original brick walls with a comfortable sofa where you can sit and enjoy a book and a cup of coffee or a cool beverage.

You can end your tour in downtown Monroeville with a stop at the Katherine Lee Rose Garden & War Memorial Gazebo. Located at Monroe County’s new courthouse, 65 N. Alabama Ave.; (251) 743-2879, the garden features more than 90 different roses maintained by the garden club. The gazebo is used for weddings and other functions.

WIREFGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

DOTHAN

ONGOING — Ballroom dancing lessons are offered Tuesdays at 6:30 p.m. at the Cultural Arts Center. Lessons will teach the Fox Trot, East Coast Swing, Rumba and Waltz. The cost will be \$2 per person per night. For more information, call 791-9407.

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

com or call 794-3871.

ENTERPRISE

STARTING AUG. 17 — Enterprise Women’s Day Class of Community Bible Study at First Baptist Church takes place Mondays from 10 a.m. to noon. The group will study the book of Isaiah. There is also a children’s ministry available for infants through eighth grade. Homeschool credit is available. Community Bible Study is an interdenominational study. For more information and to preregister, call 494-2039 or visit <http://enterprise.cbsclass.org/>.

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

AUG. 27 — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, located one block behind the New Brockton police station. New chapter officers for 2016 will be sworn-in and the \$500 DAV Forget-Me-Not Scholarship Award will be presented to Maurice Murphy, a recent graduate of Enterprise High School. A \$12 per person fee will be charged at the door as it is a catered

event. People should RSVP at 347-6009 no later than Aug. 24. DAV also extends an invitation to veterans throughout the Wiregrass to join as new members or as DAV Auxiliary.

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

AUG. 9-10 — The Ozark Arts Theatre, and the Dale County Council of Arts and Humanities will put on another theater production this fall. The play is titled “Cahoots,” a comedy in two acts by Rick Johnston. There are five actors in this play, three men and two women. Tryouts for this play will be held Aug. 9 from 1-4 p.m. and Aug. 10 from 4-6 p.m. at the Ann Rudd Art Center, 144 E. Broad Street. The production will be a dinner theater at the center. For more information, call 774-7145 or 774-6187. The center also needs people interested in set design and construction, and lighting and sound.

AUG. 14-15 — The 21st annual South Alabama Pro Rodeo Classic will take place from 6-8 p.m. at the Dale County AgPlex Arena at the intersection of Hwy.

123 and 231 South. Advance tickets cost \$8 for adults and \$6 for children ages 6-12 — ages 5 and under are admitted for free. Tickets at the gate will cost \$10 for adults and \$8 for children. Tickets are available at various locations. For those locations and more information, call 774-9448 or 797-9754.

PINCKARD

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

SAMSON

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

TROY

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

WIREFGRASS AREA

AUG. 23 — New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will celebrate its annual Men Day at 2:30 p.m., featuring guest speaker Pastor Randy Sewell of Little Rocky Mount in Jacksonville, Florida. All churches are invited to share in this special occasion. Dinner will be served.

Beyond Briefs

Ark of India exhibit

Ark of India: An Alabama Artist Explores Southern Asia is an exhibit about discovery at the History Museum of Mobile. It is an account of late 19th and early 20th century India as seen by Alabama artist Roderick D. MacKenzie, using his paintings, drawings, sculptures, photographs and writings. MacKenzie spent more than a decade in India, a place he described as exotic, dangerous, and colorful. He rode with princes on tiger hunts, climbed mountains along India’s Northern border, and swam in the sacred Ganges River.

The exhibit runs now through September. Admission costs \$7 for adults, \$6 for senior citizens and \$5 for students.

The History Museum of Mobile is located in historic downtown Mobile at 111 South Royals Street. Traveling on I-10 East or I-10 West, exit Water Street/Downtown, Exit 26B. Turn left at the first traffic light onto Govern-

ment Street. Turn left at the next traffic light onto S. Royal Street. The History Museum of Mobile is on the left.

For more information, visit: http://historymuseumofmobile.com/ark_india_exh.php.

Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the public at the Museum of Alabama, located at the Alabama Department of Archives and History in Montgomery. This hour-long tour will begin at 1 p.m. and no pre-registration is required. People can join one of the museum’s experienced docents as they guide people through Alabama’s past, highlighting incredible artifacts, images and documents, and answering questions along the way.

The Museum of Alabama is open Mondays–Saturdays from 8:30 a.m. to 4:30 p.m. Admission is free! For more information, call 242-4364 or visit www.museum.alabama.gov/.

Riverfront Wake Battle

Russell Marine will sponsor the third annual Riverfront

Wake Battle wakeboarding competition in Montgomery Aug. 8 from 8:30 a.m. to 6 p.m. The event will run in conjunction with Montgomery’s Second Saturday Riverfront event downtown. The competition will feature the top wake skaters and wakeboarders battling it out on the Montgomery Riverfront, along with live music, food, art and a fireworks show.

For more information, call 256-794-1397 or visit www.russellmarine.net/Page.aspx?pageId/156283/Riverfront-Wake-Battle.aspx.

Zoo’s Magical Creatures

The Montgomery Zoo invites people to meet some of the magical animals that are featured in movies like “Harry Potter” and “The Hobbit” Aug. 8 from 10 a.m. to noon. The program is geared for children ages 4-10 and will give them a chance to meet animals up close, learn about them in their habitats and take home some special prizes. Advanced reservations are required. For more information, call (334) 240-4900 or visit www.montgomeryzoo.com.

Aid worker finds humanity

By David Vergun
Army News Service

WASHINGTON — The only American to remain in Rwanda during the 1994 genocide, which resulted in some 800,000 killed, said his life was in continual jeopardy as he worked to stop the violence and shield those he knew from being murdered.

Although not a Soldier, Carl Wilkens' story echoes the Army values of loyalty, duty and personal courage. In Rwanda, said Army Chaplain (Col.) Kenneth Williams, Wilkens took a stand against the bigotry, hatred and genocide. "He's an example to us of how to stand strong in the face of adversity."

Williams, who is with the Pentagon Chaplain's Office, introduced Wilkens and his wife Teresa at a July 23 seminar called "The Fight Against Genocide," hosted by the Office of the Pentagon Chaplain.

Wilkens, his wife and their three small children moved to Rwanda in 1990. At the time, he worked as head of the Adventist Development and Relief Agency International there, and was involved in various humanitarian projects.

Their children played with local Rwandans and it was impossible to distinguish between members of the Tutsi and Hutu population, as all seemed to be one happy family, he said.

But that soon changed.

Outsiders mistakenly believe the ensuing genocide was a result of a history of tribal conflict between the two groups, he said. Rather, the origins of the mass murder had to do with a political power struggle. Killings were organized by certain Hutu leaders. Soldiers, police and militia then initiated the execution of Tutsis and moderate Hutus.

As violence escalated, all U.S. embassy personnel were evacuated and Americans living in Rwanda were told to evacuate, as well, he said. Wilkens' family relocated to Nairobi, Kenya.

But Wilkens could not bring himself to leave, his wife explained.

"Anita was the catalyst initially for our decision to stay," she said, referring to the family's housekeeper at the time. "The four years she had been in our home, she made a positive impression. Over the years, we got to know her heart and how special and kind she was, especially to our children. She really exuded love.

"Over that time period, it felt like she became part of our family," she continued. "There was never the thought that 'we should get out while we still can.'"

Anita was a Tutsi and would have undoubtedly have been killed, he said, so staying meant that she and their security guard would at least be afforded some protection in his home in Kigali, the capital and largest city in Rwanda, where much of the killing occurred.

Wilkens said he and his wife also prayed a lot on the matter, but he admitted to having a spiritual struggle.

For the first two weeks, he described having made a bargain with God to stay, but only if he spared his life. Then, he said he came to the realization that he would be OK with whatever plan God had. Only then did he say he found peace and freedom, and much of the anxiety and tension melted away.

Wilkens then looked around the Pentagon Auditorium at the men and women



PHOTO BY DAVID VERGUN

Carl Wilkens and his wife, Teresa, speak about the 1994 Rwandan genocide at the seminar "The Fight Against Genocide," held at the Pentagon July 23.

in uniform and spoke directly to them, saying that he knew many of them had experienced worse struggles in life and that he deeply appreciated their own sacrifices.

In the three months Wilkens remained in Kigali, he said he saw atrocities that are too horrible to describe. But even among the worst, he saw glimpses of humanity.

For example, a local named Gasigwa, who had been called on to aid the killers, had 40 people in his tiny home seeking protection, mostly children. When the killers would come, Gasigwa would say "I know your kids are hungry. Here, take these chickens," he said. And they would then accept the gifts and leave.

"Why didn't these guys kill everyone and then take the chickens, as well?" Wilkens asked. He reasoned that although these were evil men, there was still a spark of humanity in many of them.

After the genocide, many of the killers were imprisoned. Wilkens returned to Rwanda years later and visited one of the prison camps, where inmates were baking bricks for building schools.

Wilkens described the camps as being rehabilitative and not punitive in nature. In a way, he said, he felt some anger that the killers were being rehabilitated. But in another way, he said, he admired the Rwandans' compassion after such an atrocity, and said ordinary citizens wanted to get on with their lives and live together in harmony once more for the sake of their children and future generations.

Wilkens reported that his former housemaid is alive and married. She and her husband, a Hutu, have two children. Their former security guard joined the Rwandan army and participated in the peacekeeping mission in Darfur.

In 2011, Wilkens authored a book about his experiences in Rwanda, titled "I'm not Leaving." He now spends much of his time visiting high schools in the United States and around the world describing the genocide and offering ideas on how to prevent such events in the future.



ILLUSTRATION COURTESY OF CARL WILKENS

Gasigwa, who was supposed to be aiding the killers, had 40 people in his tiny home seeking protection, mostly children. When the killers would come, Gasigwa would say "I know your kids are hungry. Here, take these chickens." And they would then accept the gifts and leave. This occurred during the 1994 Rwanda genocide, as told by Carl Wilkens, who remained in that country.

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COURTESY OF CARL WILKENS

Carl Wilkens and his family reunite in Nairobi, Kenya, after the Rwanda genocide of 1994.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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



COURTESY PHOTO

Pick-of-the-litter

Meet Whiskey, an approximately 14-week-old male kitten for adoption at the Fort Rucker stray facility. He is very mild tempered and loves attention. He has received a rabies vaccination and tested negative for FeLV/FIV. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

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Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline:
1-800-273-8255 (TALK)

TA-095-0510

USAPHC <http://phc.army.mil/>



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AUGUST 6, 2015

Disc golf gains popularity

By Nathan Pfau
Army Flier Staff Writer

Widely known as one of the fastest growing recreational sports in the U.S., disc golf is quickly becoming one of people's favorite activities to participate in on the installation.

Be it Soldiers or civilians, the sport of disc golf attracts athletes from all across the South to Fort Rucker's Beaver Lake disc golf trail for the camaraderie and competition that the sport brings, according to Lori Ciranni, Fort Rucker sports, fitness and aquatics manager.

"Disc golf is easy for someone to pick up," she said. "You can go from not playing at all to being competitive within two months of playing regularly," an aspect of the sport that Ciranni said has helped its growth.

The Beaver Lake course currently offers more than 90 minutes of play time and presents unique challenges for players. The 18-hole, 55-par course mostly follows the Beaver Lake trail and offers varying levels of difficulty with very basic holes with no hazards or trees to more advanced holes with water traps and obstacles.

Played much like the game of traditional golf, minus the clubs and balls, the goal of disc golf is to get the disc into the designated basket for the hole in as few "strokes" as possible, said



PHOTO BY NATHAN PFAU

CW4 Bryan Topham, 2-58th Airfield Operations Battalion, takes a throw at one of the baskets on the disc golf course during the Winter Fling Disc Golf Tournament earlier this year at Beaver Lake.

Ciranni. Also, unlike traditional golf, the cost to play disc golf is minimal, and although the sport is easy to play, mastering the perfect shot may take some time, especially on some of the more

difficult holes.

For the Beaver Lake course, the challenging hole of the course is Hole 15, aptly named "The Gauntlet," which forces players to either play over the lake or

around it.

"The lake is a tough hole," she said. "It is the decision hole. You can try to throw over the lake or go around and have one extra throw. The distance of some

of the holes is also challenging. Playing in the woods makes it very challenging."

Although the sport provides a lot of challenging competition, for many, like Randy Hiers, civilian who is a regular to the Fort Rucker course, it's all about spending time with friends and family.

"It's all about meeting people and you get to meet new people all the time," he said. "If I see someone on the course, I'm going to come over and shake their hand and introduce myself. It's just great and that's what it's about."

Disc golf has been around for quite a while and was formalized as a sport in the 70s. It began to gain most of its popularity in the 90s and early 2000s among the college crowd, and according to the Professional Disc Golf Association, which has more than 50,000 members, there are more 4,000 courses around the world.

Another one of the draws of disc golf is that it is a non-contact sport that is open to all ages. Playing an entire round of disc golf – 18 holes – takes anywhere from 45-90 minutes, depending on the amount of players, and costs little to no money, said Ciranni.

People can visit the Fort Rucker Physical Fitness Facility to check out a disc and give it a try. There is a \$10 deposit required per disc. The course is open to the public. Disc check-out is open to authorized patrons only.

BEST IN NATION

Army defends title at National Trophy Pistol Matches

By Sgt. 1st Class Raymond J. Piper
U.S. Army Marksmanship Unit
Public Affairs

CAMP PERRY, Ohio — The Army's Service Pistol Team won the National Trophy Pistol Team Match during the 2015 Civilian Marksmanship Program National Trophy Pistol Matches at Camp Perry, Ohio, July 12.

The winning U.S. Army Marksmanship Unit team of Sgt. 1st Class Adam Sokolowski, Sgt. 1st Class Patrick Franks, Staff Sgt. Lawrence Cleveland, Sgt. 1st Class Michael Gasser and Sgt. Ryan Franks also won several individual matches, including the prestigious President's 100 Trophy.

"I'm pretty pleased with the overall results," said Sokolowski, USAMU Service Pistol Team coach. "We are very proficient with the service pistol and we have a lot of depth on that. I was confident going into (the match) we would dominate. We didn't expect to win everything because there are a lot of great shooters here, but I'm pleased with how it turned out."

The Army Pistol Team won the National Trophy Pistol Team Match with a total score of 1150-43X, defending the title of Best in the Nation. The X in the score denotes hitting an X-ring inside the bull's-eye of a target. The X scores are used to break ties.

During the competition, Sgt. 1st Class Patrick Franks, of Henderson, Nevada, broke three national match records, bringing home the Military Police Corps Trophy, the General Mellon Trophy and the General Patton Trophy. His combined score of 588-28X set a third national record for the match.

"I had a couple of issues early on, but I coached myself on the line and ended up coming out pretty strong," said Sgt. 1st Class Franks, who is also one of the

instructors at the Small Arms Firing School, held each year during the national matches. "In the end, I was super focused. We had the team match and I really wanted a good score."

Another Army Pistol Team member, Cleveland, won the National Trophy individual match, bringing home the General Custer Trophy with a score of 294-7X.

"I can't complain about today's performance," said Cleveland, a native of Tacoma Washington. "Basically, what I have been doing all season is setting goals. I am no longer trying to compete with anyone. I just set goals (for the matches) and try to meet them. This year I ended up meeting my goals and surpassing them."

Although one of the less experienced Army Pistol Team members, Sgt. Ryan Franks, won the prestigious President's Pistol Match, earning the top spot on the President's 100 competition. He also brought home the President's Trophy with a total score of 392-15X.

"This year, the thought of winning the President's 100 match was so far from my mind because it was inconceivable – there are so many other great shooters out there that I didn't believe it was possible for me to win," said Franks of Henderson, Nevada.

He said he shot well during the President's Pistol Match because he did not just focus on winning.

"I believe it aided me because I just got up there and did everything the team has tried to instill in me," said Franks, who shoots on the team with his brother, Patrick.

The President's Hundred Tab is awarded to competitors for exceptional shooting with either the service pistol or rifle during the President's 100 Match. Each year, 100 tabs are awarded to the top shooters.



PHOTO BY SGT. RYAN HALLOCK

Sgt. Maj. of the Army Daniel Dailey signs the Sexual Harassment/Assault Response and Prevention poster hanging at the SHARP Resource Center during his visit to Joint Base Lewis-McChord, Washington, March 2.

Army builds on sexual assault prevention momentum

By David Vergun
Army News Service

WASHINGTON — Training and outreach efforts, as well as involvement by leaders at all levels, have contributed to a decrease in incidents of sexual assault and harassment in the Army, in addition to upswing in reporting over the last few years.

Now the Army's Sexual Harassment/Assault Response and Prevention Program is building on that success by tailoring its program to more effectively deliver results, said Monique Ferrell, SHARP director.

Assaults on males

The percentage of female Soldiers who experienced unwanted sexual contact decreased sharply from 7.1 percent in fiscal year 2012 to 4.6 percent in FY 2014, Ferrell said, citing the biannual Workplace and Gender Relations Survey of Active Duty Members.

That's a good trend, she said. What's troubling, though, is that during that same time period, the statistics for males experiencing unwanted sexual contact increased from 0.8 percent to 1.2 percent.

Noting that while 1.2 percent might seem to be small, the proportion of males to females in the Army overall is much greater. Therefore, the raw number of male sexual assault victims is significantly higher than female victims.

"That shocked a lot of people and got our attention," she said. "We still have a lot to learn about male victimization" in order to build a more effective preventative and treatment model, and training, she said.

One thing that the Army knows for a fact,

she added, is there's a "huge" stigma in male reporting.

Ferrell said that understanding the nuances of male victimization and designing a strategy to address this issue is one of her top priorities.

SHARP Academy

The Army chief of staff has recently approved an additional skill identifier for "sexual assault response coordinators" and victim advocates, Ferrell said.

To receive that designation, SARCs and victim advocates must be credentialed by the DOD Sexual Assault Advocate Certification Program and the National Advocate Credentialing Program Committee. They are also required to complete the SHARP certification training course at the new SHARP Academy at Fort Leavenworth, Kansas, which was stood up in October and will be in full operating capability by Oct. 1.

That type of training used to be administered from Ferrell's office, but responsibility for developing the programs of instruction and administration of the course now resides with the SHARP Academy, which is nested under the Training and Doctrine Command's Combined Arms Center. This transfer of mission allows the SHARP office in the Pentagon to concentrate on program policy, oversight and overall SHARP program management.

SHARP for civilians

A work that's still in process, Ferrell said, is developing a line of effort that's targeted



PHOTO BY SGT. 1ST CLASS RAYMOND J. PIPER

Sgt. 1st Class Patrick Franks, second from left, and Staff Sgt. Lawrence Cleveland, fourth from left, both of the U.S. Army Marksmanship Unit, prepare to fire during the 2015 Civilian Marksmanship Program National Trophy Pistol Matches at Camp Perry, Ohio.

DOWN TIME



Trivia test by Fifi Rodriguez

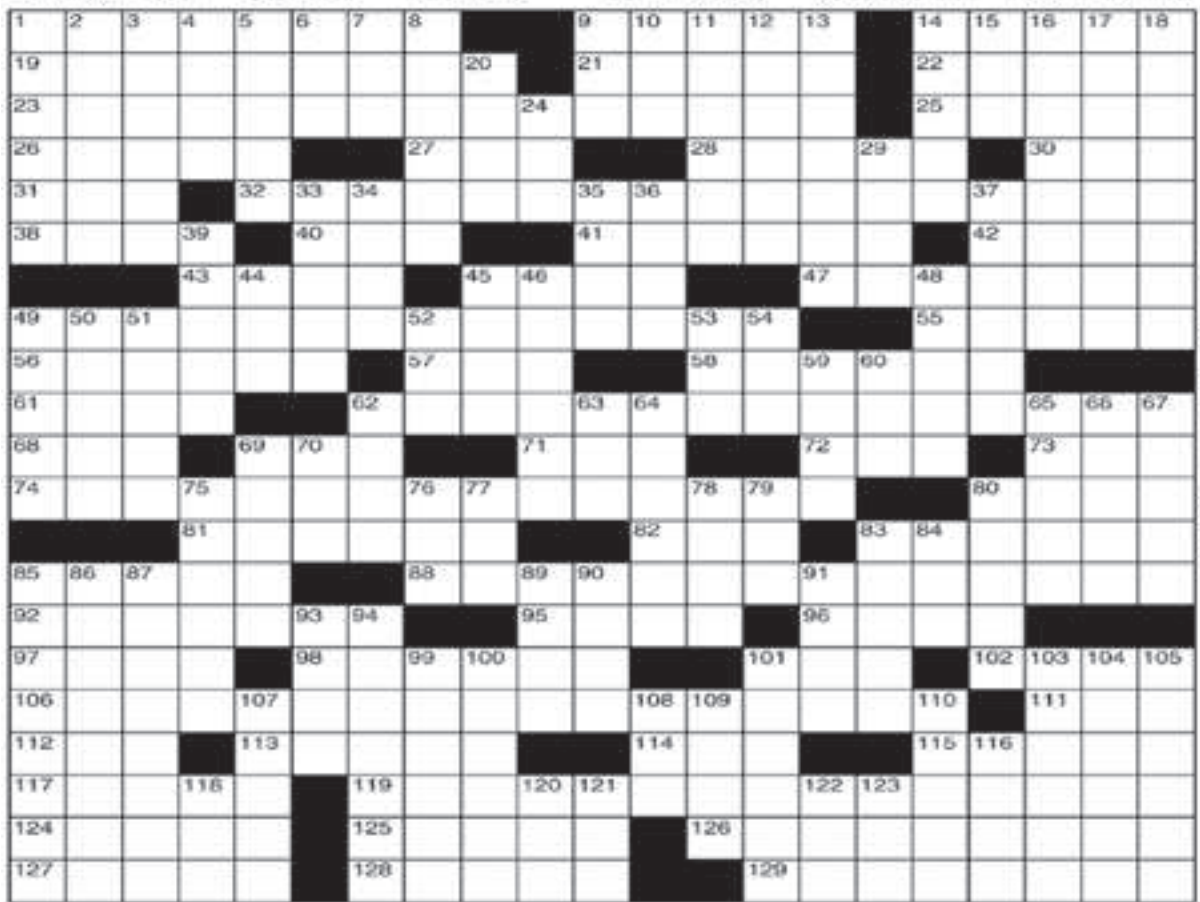
T R I V I A

- LITERATURE: Who wrote the 20th-century novel "The Sea Wolf"?
- GEOGRAPHY: The island of Bali is province of what nation?
- HISTORY: Which was the only American colony not represented at the first Continental Congress of 1774?
- GENERAL KNOWLEDGE: Where is the Mount Palomar Observatory?
- BIBLE: What Bible verse begins with the words: "The Lord is my shepherd...?"
- PERSONALITIES: What is Tiger Woods' real first name?
- MEASUREMENTS: How many square inches are in a square foot?
- INVENTIONS: Who is credited with inventing potato chips?
- LANGUAGE: What kind of animal does the adjective "porcine" refer to?
- MEDICINE: What causes chilblains?

See Page D4 for this week's answers.

Super Crossword OPENING NOTES

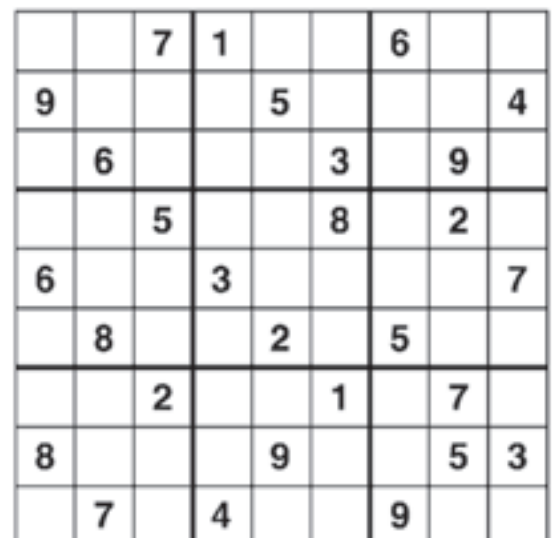
- ACROSS**
- 1 Person bearing witness
 - 9 Hip-hop buddies
 - 14 De-chalk
 - 19 Basic notion
 - 21 Arctic, e.g.
 - 22 Attach, as a corsage
 - 23 King's goal for his realm?
 - 25 "That's impossible for me"
 - 26 Piano technique improver
 - 27 Dodge truck
 - 28 Smells awful
 - 30 Ontario's capital, on sports tickers
 - 31 Not a thing
 - 32 Recall the contents of an address book?
 - 38 Head, in Caen
 - 40 Upper limit
 - 41 — Tunes (old cartoon series)
 - 42 Kingly Norse name
 - 43 Butcher's cut
 - 45 Make — stop
 - 47 High-speed Net provider
 - 49 Competitive greyhound trainer who's been duped?
 - 55 "— which will live in infamy"
 - 56 Garments
 - 57 Prefix with colonialism
 - 58 Major crime
 - 61 God of war
 - 62 Going without food as drones do?
 - 68 Cooked in the style of
 - 69 Pal of René
 - 71 Pericles' "H"
 - 72 Cousin of -ette
 - 73 X —
 - 74 Pattern in which seeds are planted?
 - 80 Pon at a zoo
 - 81 Sea nymph
 - 82 Hyperlinked address
 - 83 Supermarket chain
 - 85 Make dim, as over-strained eyes
 - 88 Toiled so much that you cried?
 - 92 Go back to square one
 - 95 Past spouses
 - 96 Took way too many meds
 - 97 Opposing
 - 98 Delphic diviner
 - 101 Student-focused gp.
 - 102 Some jazz improv
 - 106 Two things seen in the toros' tavern after a grueling corrida?
 - 111 Sign of a fire
 - 112 Orange pekoe, e.g.
 - 113 Part of many a concerto
 - 114 Clever sort
 - 115 Actress Gibbs
 - 117 "— We Trust"
 - 119 Gift from mosque clerics?
 - 124 Rub to clean
 - 125 "Hasta —"
 - 126 Piece of magnetite
 - 127 Skating great
 - 128 Attempt
 - 129 Go Daddy and Network Solutions, e.g.
- DOWN**
- 1 Impassioned
 - 2 One of the girls on "The Facts of Life"
 - 3 Uproar
 - 4 "Dear me!"
 - 5 More coy
 - 6 Element #50
 - 7 Old name for Tokyo
 - 8 Made to produce more offspring
 - 9 Bashful's pal
 - 10 Not stay idle
 - 11 Odd duck
 - 12 Reluctant
 - 13 Smiled devilishly
 - 14 Christian denom.
 - 15 Ocasok of the Cars
 - 16 Asian part of Turkey
 - 17 Like L or R, in phonetics
 - 18 Charge for admission
 - 20 In — (stuck)
 - 24 Diplomats' hdqrs.
 - 29 Piano's 88
 - 33 Skip over, as a vowel
 - 34 Look after
 - 35 Firmaker Kazan
 - 36 Campus military gp.
 - 37 "Shoulda listened to me!"
 - 39 Novelist Bret Easton —
 - 44 Not 'neath
 - 45 A long time
 - 46 President — (acting head)
 - 48 Highway divisions
 - 49 Papas' partners
 - 50 Fascist aviator Balbo
 - 51 Soda insert
 - 52 Put — show
 - 53 O-H link
 - 54 Family fig.
 - 59 Legal claim
 - 60 Says yes to
 - 62 Little flute
 - 63 "Give — try"
 - 64 Essence
 - 65 "Elysium" actress Alice
 - 66 Like beavers
 - 67 Oglng ones
 - 69 The end of —
 - 70 Co. VIP
 - 75 How some games end
 - 76 OPEC stuff
 - 77 Nutrition fig.
 - 78 Angers
 - 79 Obsolete
 - 80 College girls, quaintly
 - 83 Film maker
 - 84 Bus driver's path; Abbr.
 - 85 Like badly behaved kids
 - 86 Clemency
 - 87 He waited for Godot
 - 89 Lugosi of "Dracula"
 - 90 Yak pack
 - 91 Two- — sloth
 - 93 Cop or call preceder
 - 94 Roll along on wheels
 - 99 Novelist Huxley
 - 100 Lookalikes
 - 101 "Maybe later"
 - 103 Musician Santana
 - 104 Tinting
 - 105 British river
 - 107 Discoverer of Eminem
 - 108 Hwy. offense
 - 109 Collo's kin
 - 110 Some of the Plain People
 - 116 In re
 - 118 Yes, to Gigi
 - 120 — Khan
 - 121 Tot's diverter
 - 122 Lyric poem
 - 123 Jan.-Mar. link



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER

Junior Whirl

by Hal Kaufman

HAT STUFF! Suppose 15 children bearing the numbers one through 15 are placed in a hat. They are mixed up, and five names are randomly selected each. The sums of the individual parts of numbers drawn by the children are 18, 11, 4, 7, and 17. Question: What children make up each of the parts drawn? Hint: Exclude possibilities if they don't fit.

STATE OF ART EXERCISE

Let's see if you can deal with the state of the ART word test. Do right-side words in which the word ART is spelled in progress (newspapers) are defined in order as follows:

1. Usually, that carry the load.
2. Cutters from another planet.
3. Heavy-duty, heavy-duty.
4. Left hand.
5. "O" in — we finished.
6. The silver band that's on a ring.

Letting "a" stand for "aunt," "b" for "brother," "c" for "cousin," "d" for "daughter," "e" for "elder," "f" for "father," "g" for "grandmother," "h" for "husband," "i" for "in-law," "j" for "joke," "k" for "king," "l" for "lover," "m" for "mother," "n" for "niece," "o" for "other," "p" for "parent," "q" for "queen," "r" for "ruler," "s" for "sister," "t" for "teacher," "u" for "uncle," "v" for "village," "w" for "wife," "x" for "x-ray," "y" for "youth," "z" for "zoo."

ART HEADS! Our art says there are at least 15 different faces among the clouds above. How many faces can you find?

Wishing Well

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 6. 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.

WET ALERT! Easy there, sailor, watch out below! Apply these colors by numbers: 1—Red, 2—Light blue, 3—White, 4—Light brown, 5—Dark brown, 6—Light green, 7—Dark brown, 8—Dark blue.

SPELLBINDER

SCORE 12 points for using all the letters in the word below to form two complete words:

TRAINMEN

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

Try to score at least 10 points.

Wishing Well

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

HOCUS-FOCUS

BY HENRY BOLTAFF

Find at least six differences in details between parents.

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Soldier, K9 share road to recovery

By Lora Strum
Army News Service

WASHINGTON — Up at 5 a.m., retired Staff Sgt. Matthew Bessler often speaks his first words of the day to his dog, Mike, who lives with him in Powell, Wyoming, and who has deployed with him twice to Iraq.

Bessler served as an Army Ranger and former special forces engineer with the canine tactical team from 10th Special Forces Group (Airborne) out of Fort Carson, Colorado. Mike, a Belgian Malinois, served as a former Special Operations Forces multipurpose canine.

During two of Bessler's six tours in Iraq, Mike stood daily by his side. They served about 16 months together overall. Their work earned the duo two Bronze Stars — one of the military's highest accolades.

When they returned to Colorado, Bessler said he didn't yet recognize the symptoms of post-traumatic stress disorder on either himself or his four-legged partner. He didn't recognize the effects of PTSD on their performance.

"I thought I was normal. I thought Mike was normal," Bessler said over the phone, with Mike's head at his feet. "I needed to recognize (we weren't), but I never could. You think you're fine."

Bessler, now 43, joined the Army at 19. He's been deployed six times to Iraq, and served in Haiti and Somalia. He met Mike for the first time at a military working dog kennel, right before their first deployment together. His first thought upon seeing the Belgian Malinois: "What the hell did I get myself into?"

As an SOF multipurpose canine, Mike was trained to detect explosives, perform patrols and track adversaries. Bessler's job was to read the dog's body language and respond quickly to neutralize any threats. The link between dog and handler had to be seamless.

"You have to learn to speak 'doganese,'" Bessler said. "If you can't get along with the dog and can't work the dog, you can't find bombs in Baghdad."

The duo fell into an easy rhythm overseas. They were inseparable as they tracked the enemy, sniffed out improvised explosive devices and traveled with other special forces detachments. Even as everything else changed, it was always Bessler



PHOTOS BY MATTHEW BESSLER

Staff Sgt. Matthew Bessler, retired Army Ranger with the 10th Special Forces Group (A), out of Fort Carson, and his multipurpose canine, Mike, were inseparable during their 16 months in Iraq. Both dog and owner have returned to the United States and are recovering from post traumatic stress disorder together.

and Mike.

"I wasn't going to allow other people to say dogs don't work," Bessler said. "I was proud to be a dog handler, who could still do my required MOS (military occupational specialty) skill set, as well as handle a dog."

Until one day Mike stopped sniffing for explosives.

Bessler took Mike to the military veterinarian in Baghdad, who tried low doses of Prozac to calm the dog's anxiety, but Mike continued to be easily distracted and anxious in the chaos that is a combat zone.

In March 2010, Bessler flew back to Colorado with Mike at his feet. It wasn't until transitioning out of the Army that Bessler realized Mike wasn't the only one affected by the war.

In addition to PTSD, Bessler was diagnosed with a traumatic



Retired Staff Sgt. Matthew Bessler and his Special Operations Forces multipurpose canine, Mike, worked together for two tours in Iraq before both, recovering from post traumatic stress disorder, were medically retired.

brain injury. The effects of TBI, including seizures, memory loss, headaches, vestibular and vision problems, augment the effects

of PTSD. In his first months in Colorado, Bessler found himself struggling to find a "new normal."

"At that point you get a fever. You just want to go back again. It becomes normal for you to be over there worrying about whether a mortar is going to hit you," Bessler said.

While seeking help for his TBI and PTSD, Bessler visited Mike nearly every day at the kennel. The two went running together and played fetch, but neither dog nor owner could ignore the strain PTSD had placed on both of their lives. Mike was refusing to eat, and Bessler struggled with nightmares, sleep apnea and seizures.

When the kennel master asked if Bessler wanted to adopt Mike, he said yes, despite knowing there wasn't a "happily ever after" planned.

Mike's medical care cost Bessler nearly \$12,000 while his own rehabilitation and physical therapy was nearly \$6,000 in out-of-pocket expenses. Mike has nightmares so bad he shakes in his sleep and cannot be left alone during storms, Bessler said.

And Bessler himself struggles with anxiety. After his divorce, he left Fountain, Colorado, with its nearly 30,000 people, for the serenity of Powell — a city of less than 6,500.

Today, Bessler wakes up before dawn and has coffee at a local café that his father, Leo Bessler, opens at 3:45 a.m. every morning. Sometimes they don't talk, sometimes they just say hi. This quiet solitude is a necessity for Bessler, as he works to prevail physically and mentally.

Having Mike beside him, a nonjudgmental force with an intrinsic understanding of what "a bad day" looks like, is a great solace, Bessler said.

"I have this burden for the rest of my life, but I have someone to remind me that it's going to be alright because he has the same thing," Bessler said.

Medically retired, both Mike and Bessler are enjoying a life where they can "fly by the seat of their pants." Mike is now joined by Ziva, a black Labrador puppy. The trio have full days that include appointments with additional specialists intermixed with leisurely walks, camping and fishing trips, or whatever makes today better than yesterday.

"You can't lock all the doors, pull all the curtains and turn off all the lights. You have to turn on a light, even just one light," said Bessler, with the sound of Mike's tail wagging in the background.

Prevention: Officials seek installation-level ideas

Continued from Page D1

toward Army civilians. This line of effort will include annual SHARP training, policy and outreach.

Army civilian leaders throughout the Army will meet to discuss the content of the civilian line of effort, including details such as whether or not separating training from the uniformed side is desirable.

Retaliation

In FY 2014, the RAND Military Workplace Study showed that 52 percent of DOD females who filed an official report of sexual assault reported some form of retaliation, Ferrell said.

Retaliation could range from ostracism to more serious reprisals, she said. The problem is that there are not common definitions across the military services, so the term "retaliation" is not used consistently. That's important for a programmatic and training aspect and DOD and the services are working collaboratively to correct it and develop a strategy to prevent and address retaliation.

Ferrell said past efforts to address retaliation have included the expedited transfer program and the implementation of the special victim counsel. Most recently, the Army has implemented policy to prohibit retaliation, developed training to assist Soldiers in identifying and preventing retaliation, and implemented policy to investigate and monitor all allegations of retaliation.

Online harassment

Some Soldiers have reported being sexually harassed or retaliated against by other Soldiers in the form of social media, Ferrell said.

The Army is taking steps to deal with this, she said. This month, for example, the Army published All Army Activities message 122/2015, which deals with online conduct, to include sexual harassment, as well as victim retaliation.

The ALARACT, she said, makes it clear that harassment will not be tolerated and isn't consistent with Army values and those who participate will be subject to disciplinary action. Studies have shown that sexual harassment often is a

precursor to sexual assault, she added.

Resource center

In FY14, the Army piloted a SHARP Resource Center concept, modeled after a facility first established at Joint Base Lewis-McChord, Washington, Ferrell said. The center is a one-stop shop where victims can receive help from a range of SHARP providers including advocates, legal and medical.

Since then, a total of 14 centers have opened, the latest in April at Aberdeen Proving Ground, Maryland.

The Army is now developing metrics to capture data from those centers to see if the concept should be extended Army-wide, she said.

Other initiatives

Several other initiatives are under way, Ferrell said, including consolidating SHARP policy into one regulation, and in more understandable and concise language.

To Ferrell, who has a background as an auditor, this is especially important and said she's putting her analytical skills to work to make the policy and oversight role of her office more effective.

Getting ideas for program improvement from the lower levels of SHARP at the installations up to the program level at Department of the Army is another goal, she said. SHARP plans to borrow the Army Family Action Plan format for its first annual SHARP Program Improvement Forum today and Friday. That format involves collecting a range of ideas, sorting through and organizing them, then prioritizing them for action. Then, actions taken for each issue will be made available Army-wide.

Recent efforts

Command Climate Surveys are working well, Ferrell said, speaking about a report card Army leaders receive annually as well as within 30 days of taking a command. The surveys indicate how Soldiers feel about their leaders' commitment to fostering an atmosphere of respect and values, she said, and become part of a leader's formal evaluation record.

Ferrell noted that leadership takes sexual assault crimes seriously. Army prosecution rates compare favorably with civilian rates. Commanders prosecuted the offense of rape at a rate of 72 percent while prosecution rates for civilian jurisdictions were about 20 percent over the last three years.

Another new initiative that has the potential to make a tremendous difference is the "Not in My Squad" campaign started by Sgt. Maj. of the Army Daniel A. Dailey. That initiative, Ferrell said, involves getting first-line supervisors, such as squad leaders, involved with taking ownership of creating an environment of dignity and respect in their units. It means small-unit leaders discussing issues in formal and informal settings.

Not in My Squad opens the lines of communication, she added. Not just for SHARP, but for other issues like suicide, drugs and alcohol.

This year's theme

This year's Department of Defense Sexual Assault Prevention and Response Office's theme, said Ferrell, is "Know Your Part, Do Your Part." That gets to the role everyone has in eradicating sexual harassment and assault. Intervention early on with milder forms of harassment can prevent assault from happening later on.

Each year, the Army brings in about 100,000 new Soldiers, each with his or her own sets of values.

"We try to inculcate them into the Army values and the Army profession early on, even before they go to boot camp," she said, with recruiters taking the lead on explaining to them what constitutes acceptable behavior.

"Some of those messages take hold with some Soldiers quicker than others. Some just don't get it, unfortunately," she said. "So, we continue to see incidents of sexual harassment and assault. But we've been working very hard at this. What we do know is that the statistics show we're making progress and we're very happy and proud of that. We must sustain this momentum."

"The secretary (of the Army) and chief (of staff of the Army) have said all along that this is the Army's No. 1 priority," she continued. "That's not just talk. It's evidence of engaged leadership."

WORLD BREASTFEEDING WEEK

Experts recommend breastfeeding as best choice for mother's, baby's health

By Lisa Young
Army Public Health Command

Military moms who want to keep breastfeeding their babies after they return to duty should be encouraged by the fact that breastfeeding is the natural way to feed their babies. It advances their babies' physical and mental growth and development, and also benefits their health.

This week is World Breastfeeding Week, a combined effort recognized every year in more than 120 countries to bring awareness to the benefits of breastfeeding. The focus of the week is to promote exclusive breastfeeding for the first six months because of the many health benefits linked to breastfeeding.

Many highly respected organizations, such as the American Academy of Pediatrics, American Congress of Obstetricians and Gynecologists, American Public Health Association, United Nations International Children's Emergency Fund and the World Health Organization recognize breastfeeding as the best choice for a mother and her baby's health.

Here are some benefits of breastfeeding until your baby is six months old.

- Give your baby the best nutrition possible – your milk.
- Save money. The average cost for baby formula is \$100-\$120 a month – about \$30 a can.
- May miss less work. Breast milk provides natural immunities, so that breastfed

infants are less likely to get sick early in life.

- Provide a bond that only you and your baby share, even when you are apart.
- Get back in shape and lose weight faster. You burn calories when you produce milk. Exclusive breastfeeding burns an extra 300-500 calories a day.

Many military moms find breastfeeding difficult when they return to work and some active duty mothers do not think it is even possible. Part of this is credited to the working conditions, deployments, lack of time and place to pump breast milk, and not being around other breastfeeding women in the military. It is clear why military and active duty moms may view breastfeeding as tough.

Here are some suggestions passed on by military moms that have been successful.

- Make breastfeeding plans before you deliver, e.g., where you are going to pump during the day and how you are going to store the milk.
- Provide your supervisor with a memorandum before you have the baby explaining your breastfeeding plan for their approval. If you are going to need extra time over lunch to go feed your baby, ask for your command's approval and support before you go on leave upon delivery of your baby.
- Enlist the support of unit and community leaders, friends who are also mothers, fa-

thers, partners, lactation consultants, pregnancy educators and online support groups.

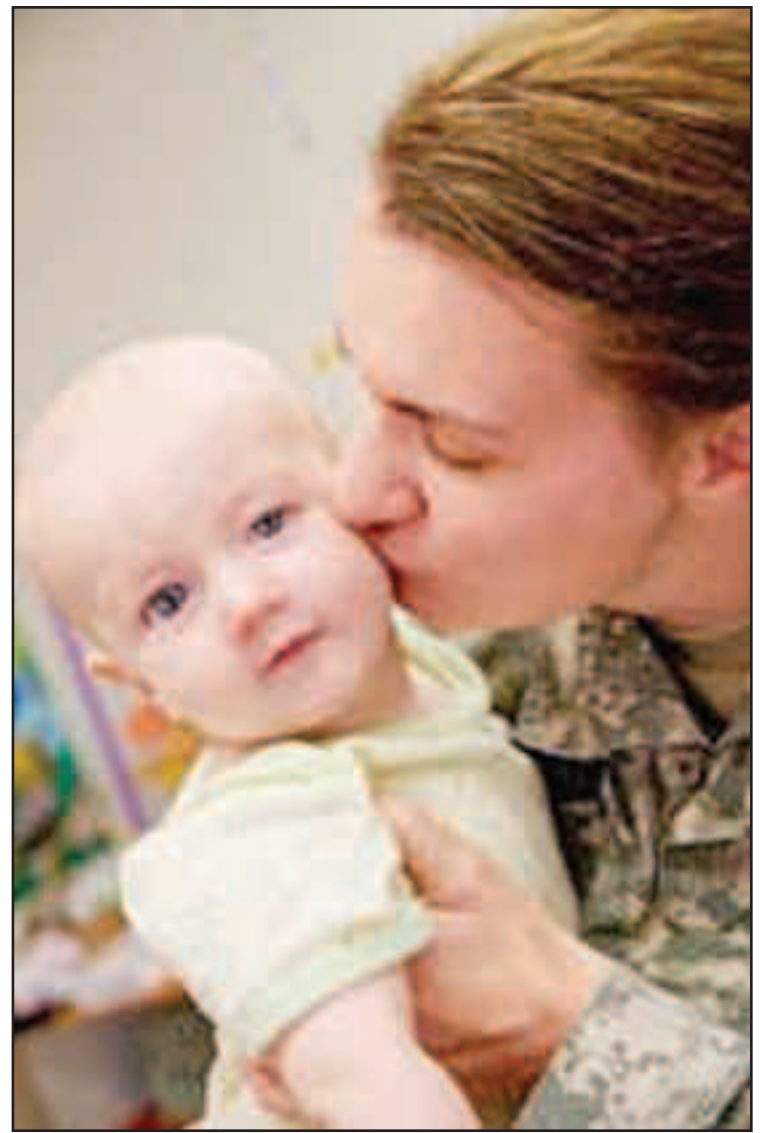
- Research your installation and community for lactation rooms and electric pumps that you can use.

Healthy People 2020, a federal agency that sets and tracks national health goals, states that breastfeeding is important to public health since our children's health affects the condition of families, communities and the health care system. Human breast milk is widely accepted as the most complete nutrition for most infants, with a range of benefits for their health, growth and development. Human milk is made up of many nutrients that work together for the healthy, full-term, human infant.

The federal government and many states have laws that protect a woman's right to breastfeed. The U.S. Department of Health and Human Services Office of Women's Health is strongly promoting breastfeeding through promotional campaigns and policy statements. Breastfeeding in public may be challenging at times, even with the growing awareness, but stay encouraged.

The following are some tips for breastfeeding in public.

- Slip into a women's lounge or dressing room to breastfeed.
- Use a special breastfeeding blanket around your shoulders.
- Wear tops that allow easy access to your breasts.
- Breastfeed your baby in a



ARMY PHOTO

A military mother and her child.

- sling to make it easier to keep your baby close to you.
- Practice at home so you can maintain your own personal level of privacy.
- Breastfeed your baby before he or she becomes fussy so you have time to get into a

comfortable place or position to feed.

You can celebrate World Breastfeeding Week this year by joining an event in your local area. There are also many online resources to support your choice to breastfeed.

SPORTS BRIEFS

Volleyball coaches meeting

People who would like to coach an intramural volleyball team need to attend to attend one of the coaches meetings scheduled for Tuesday – 9:30 a.m. or 5:30 p.m. – in the Fort Rucker Physical Fitness Center conference room.

For more information, call 255-2296.

Pro Am golf tournament

Silver Wings Golf Course has teamed up with the National Women's Golf Association and their Professional Golf Tour members for this year's Pro Am scheduled for Aug. 14-16. Amateurs who have a current, verifiable U.S. Golf Association Handicap Index are eligible to apply and play. This is a 36-Hole event. Teams will be comprised of one professional and three amateurs. The teams will play Team Stableford. Professionals from the NWGA will also simultaneously participate in an individual competition. The entry fee is \$125 for SWGC members and \$150 for non-members. Entry fee includes tournament course fees, range balls, tee gifts and tournament meals. People must register by 5 p.m. Friday.

Flag football coaches meeting

People who would like to coach an intramural flag football team need to attend one of the coaches meeting scheduled for Aug. 18 – 9:30 a.m. or 5:30 p.m. – in the Fort Rucker Physical Fit-

ness Center conference room.

For more information, call 255-2296.

Spin challenge

Fortenberry-Colton Physical Fitness Center fitness instructors hold a two-hour spinning challenge each month, with the next taking place Aug. 20 at 5:30 p.m. at the center. The challenge is open to all authorized PFC patrons. Each class is \$3.50, or people can use their fitness card. Each session features door prizes and refreshments.

For more information, call 255-3794.

Enterprise baseball

Enterprise's semi-pro baseball team needs players – high school ages and older. For more information, call Joe Jackson at 464-1729.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Aug. 22. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 3 a.m. from the West Beach, Lake Tholocco parking lot and return at 8 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is not included in the price. The cost is \$65 per person, plus a tip. The price includes

transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

For more information or to sign up, call 255-4305 or 255-2997.

Back in Shape Challenge

The Directorate of Family, and Morale, Welfare and Recreation will host its Back to School, Back in Shape Challenge Aug. 24-Sept. 25. People can compete to rack up the greatest number of group fitness classes attended. Those who attend 20 or more classes in that timeframe will receive prizes and be entered to win 25 percent off the price of registration for Fort Rucker's Fall Boot Camp, which begins Sept. 28, or win a one-month unlimited group fitness class pass. People can stop by the front desk at the Fortenberry-Colton Physical Fitness Center to sign up and create their official competition log. Participation in the competition is free. Group fitness classes cost \$3.50 for a single class, \$15 for two weeks of unlimited classes and \$30 for one month of unlimited classes.

For more information, call 255-3794.

Fall Color Run

The Fort Rucker Physical Fitness Center will host a 2-mile Fall Color Run Aug. 29 at 8 a.m. This will not be a timed

event and all participants will receive a medal. There will be no separate fun run, and children under age 12 may register for free and complete all or any part of the 2-mile course. Participants should wear white. The cost is \$12 for individual entry, no shirt included, or \$20 through Aug. 23, with a T-shirt included. After Aug. 24 and through race day, race entry with shirt is \$25 (while supplies last). Team prices are \$120 for a team of eight through Aug. 23 – for teams larger than eight, each additional member pays the normal registration fee. Team fee is \$160 from Aug. 24 through race day. All team entries include T-shirts (while supplies last). Participants are encouraged to pre-register. Forms are available at either PFC. Race day registration will be 7-7:45 a.m. on the Andrews football field. Refreshments will be provided. The event is open to the public.

For more information, call 255-2296.

Family Fun Day at Silver Wings

Silver Wings Golf Course will host its Family Fun Day every Sunday starting at 1 p.m. now through December. This family experience is intended to introduce people to the game in a fun environment and help develop life-long golfers. The cost is \$20 for one adult and one junior, which includes cart rental, any applicable green fees, and one bucket of balls for nine holes.

For more information, call 598-2449.

Weekly SUDOKU

Answer

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

TRIVIA

- Answers
1. Jack London
 2. Indonesia
 3. Georgia
 4. California
 5. Pouter 23
 6. Eldrick
 7. 144
 8. George Crum
 9. Pigs
 10. Inflammation from exposure in wild, then sudden warring

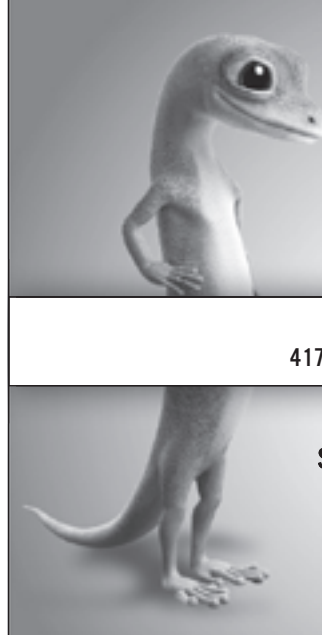
PUZZLE ANSWERS

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Answers



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