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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

APRIL 30, 2015

SELFLESS SERVICE

Post honors 100-plus volunteers for nearly 34,000 hours of service

By Nathan Pfau
Army Flier Staff Writer

Volunteers perform an invaluable service that can't just be measured by the hours they work, and that's why Fort Rucker honored those who have given their time in service.

Fort Rucker honored more than 100 volunteers, who contributed nearly 34,000 hours of service to the Army in various efforts to save the installation nearly \$700,000, during a ceremony at The Land-

ing April 21.

"Volunteers are critical to the success of nearly every program on Fort Rucker that supports our Soldiers and families," said Col. Stuart J. McRae, Fort Rucker garrison commander. "They provide skills and capabilities that would cost more than we have available monetarily to contract.

"The work our volunteers perform is extremely valuable to the leadership of Fort Rucker," he continued. "(Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker command-

ing general), has a personal interest to ensure our volunteers are recognized and has instituted a quarterly recognition beyond our annual volunteer recognition where all organizations on Fort Rucker have an opportunity to nominate anyone they think goes above and beyond in volunteering on Fort Rucker."

Volunteers' efforts range from helping with family readiness groups to volunteering with different organizations across post, such as the Fort Rucker Community Spouses Club, Survivor Outreach Services, Fort Rucker schools, various units across the installation, as well as organizations off post.

Volunteers were recognized in multiple categories and received certificates not-

ing their contributions to the installation, which read, "You are part of a dynamic group of individuals who produce high-quality results with minimal acknowledgement. During these challenging times, you have worked diligently to ensure the needs of Soldiers and families continue to be met. In this fast-paced, demanding environment, you truly do demonstrate this year's theme: 'Volunteers – Hands That Serve, Hearts That Care.'"

Honored volunteers included the following.

- **Active-Duty Volunteers of the Year:** CW3 Joshua Lee, Staff Sgt. Sherman Hill and 1st Sgt. Maria Denzine.
- **Adult Volunteers of the Year:** Karyn Kaempfer, Sheri Johnson, Shelle Altieri, Deanna Mitchell, Robert Landa, Tracey Landa, Erik Sabiston, Hillary Lorman, Hannah Kavanaugh and Laura Hayle.
- **Youth Volunteers of the Year:** Sarah Mentzer, Angel Brown, Kim Tillman and Amber Templin.
- **Volunteer Families of the Year:** The Gilbert family, the Cox family and the White family.
- **Volunteer Helping Hand Award:** Kristi Bailey, Karyn Kaempfer, Jessica Perry and Carol Sanders.
- **Volunteer Lifetime Achievement Award:** Peter West, Leslie Edens and Sue Hunt.

Certificates were also awarded to nearly 100 volunteers who contributed more than



COURTESY PHOTO

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, speaks during the Volunteer of the Year recognition ceremony at The Landing April 21.

164th TAOG Soldiers head to field for realistic training

By Nathan Pfau
Army Flier Staff Writer

Field training excels at getting Soldiers a close-to real-world operational experience without having to deploy, and 164th Theater Airfield Operations Group Soldiers got their boots dirty by setting up a full-sized deployment scenario.

The unit set up and operated out of a tactical training base April 22 through Wednesday to conduct field training involving multiple units and aspects of the Army in order to complete its mission, according to CW3 Joie Smith, 164th TAOG adjutant.

In this training scenario, the 164th TAOG was meant to provide support after an earthquake measuring 9.0 on the Richter scale hit an area in the U.S., Smith said.

"If there was a catastrophic event out (in that area), one of our jobs is to move out (there) and evaluate airfields, then send airfield operation battalions out there to re-establish the airports and get them functioning, set up instrument approach procedures so that helicopters can come in and then

land and utilize them for relief efforts," she said. "They would be the first guys there to get things working. After that, when everything is cleaned up and things are more stable, that's when the civilian forces and National Guard can come back in and run the operation as they should."

For the training exercise, multiple units were brought in to tackle the task at hand, including the 597th Maintenance Detachment, the 603rd Aviation Support Battalion out of Savannah, Georgia, and the Air Ambulance Detachment's "Flatiron" MedEvac unit.

Soldiers were able to receive invaluable training in a deployment scenario, training they would otherwise be unable to obtain in a classroom, such as setting up an operating base – complete with medical tents, maintenance bays, command tents and even a dining facility with a full kitchen, said Smith. But the exercise wasn't just about setting up, but about functioning, as well.

As the training exercise got underway, each unit had their part to play.

Staff Sgt. George Coulter III,



PHOTO BY NATHAN PFAU

Soldiers of the 164th Theater Airfield Operations Group learn how to exit a UH-60 Black Hawk MedEvac helicopter during a field-training exercise Sunday.

597th Maint. Det., said he and his unit were there to provide air traffic control maintenance to the ATC units that would be deployed in such a scenario.

"We're a sustainment main-

tenance unit, so we send mobile maintenance contact teams out and provide service to the unit," he said. "We repair all ATC control systems, such as the radar systems."

In this particular field mission, the 597th was set up to support the 3rd Battalion, 58th Aviation Regiment and 4-58th Avn. Regt. as a

SEE 164TH, PAGE A5

EARTH DAY EXPO

Experts share their 'go green' strategies

By Nathan Pfau
Army Flier Staff Writer

While rainy weather gripped the Wiregrass for the better part of the month, Mother Nature cleared the heavens to give Fort Rucker a perfectly sunny day to celebrate Earth Day.

Fort Rucker hosted its 2015 Earth Day Expo at the festival fields April 22, where vendors showcased different ways people can "go green" to help out the environment and be good environmental stewards, said Darrel Hager, environmental protection specialist for the Environmental Management Branch.

"This year's turnout was comparable to

last year's and the weather was great," he said. "The visitors to the event seemed to really enjoy it and many said that they learned something."

Visitors were able to learn about how waste affects the environment and how to become more sustainable, and also see what options exist to help them become more environmentally friendly.

From driving all-electric and hybrid vehicles, or something as simple as choosing to recycle, people from all walks of life were able to find ways to reduce their carbon footprint.

The expo was also home to the E-cycling

SEE EARTH, PAGE A5

NOT FORGOTTEN



PHOTO BY NATHAN PFAU

Col. David Francis (right), U.S. Army Aviation Center of Excellence deputy commander, and Lt. Col. Charlie Barton, Australian army liaison officer, lay a wreath at the "Roll of Honor" monument at Veteran's Park during the Anzac Day remembrance ceremony Saturday.

PERSPECTIVE

CID cyber tips: Protect your online identity

By Army Criminal Investigation Command
Public Affairs

QUANTICO, Va. — Soldiers, Army civilians and Family members rely on the Internet to work, study, stay connected with family and friends, pay their bills or simply unwind.

For criminals, the Internet provides an endless stream of potential targets to be victimized.

The U.S. Army Criminal Investigation Command continually receives various reports ranging from identity theft to Internet scams, perpetrated by cyber criminals operating throughout the world. Law enforcement's ability to identify these perpetrators is difficult and limited, so individuals must stay on the alert and be personally responsible for their online presence to protect both themselves and their loved ones.

As such, CID offers the following information to help the greater Army community protect themselves online and significantly reduce the chance of becoming a victim of cyber crime.

Online

- **Know the terms on social networking websites.** Facebook, Twitter, LinkedIn and other social networking sites privacy settings default to everyone. This means anyone can view your profile, not just people you know. Users can and should change this by accessing the Privacy Settings/Profile Information usually found under the respective Account tab.
- **Sample social networking safely.** Never disclose private information when using social networking websites. Be very selective about who you invite or accept invitations from as cyber criminals use false profiles to gain access to personal and private information, such as birthdates, marital status



ARMY GRAPHIC

and personal photographs. Posts containing personal identifying information, including pictures containing metadata, can be used against you and your Family.

- **Click with caution.** Always use caution when clicking on links in an email or a social networking post, even from someone you know. Reports of personal social networking accounts being hacked and taken over by criminals have increased in recent years. Clicking on a link that appears to be benign in nature may in fact contain embedded malware that can compromise your computer. Once compromised, the data on your computer can be exploited and even your computer can be remotely operated as a surrogate in online attacks against others.
- **Hide your profile from search engines.** This can be

accomplished by going to the Account/Privacy Settings/Search and unchecking the "Public Search Results" box. This will remove your public preview from Google, Bing, and Yahoo search returns.

- **Prevent people from "tagging" you in photos and videos.** To do this, go to the Account/Privacy Settings/Profile Information/Photos and Videos of Me and deselect the everyone default.
- **Keep your personal information safe.** Don't provide personal or financial information, user names, or passwords in response to an email, because legitimate companies generally don't seek such information in this manner.
- **Install/update your anti-virus/firewall software.** Antivirus and firewall software is a must for anyone to safely navigate online. Always keep your security software up to date

in order to provide the most complete protection from malicious programs as thousands of new viruses are detected every year. Also, ensure your antivirus software program updates automatically and scans your computer on a recurring schedule.

- **Use free antivirus support from United States Army Computer Emergency Response Team.** Current Department of Defense employees (excluding contractors, retirees, and family members) with an active AKO account can download antivirus software for free by logging in to the ACERT website at <https://www.acert.1stiocmd.army.mil/> and selecting the Antivirus link.

Mobile devices

- **Know your Apps.** When signing up with an app store or downloading individual apps, you may be asked for permission to let them access information on your device. Some apps may be able to access your phone and email contacts, call logs, Internet data, calendar data, data about the device's location, the device's unique ID and information about how you use the app itself. If you're providing information when you're using the device, someone may be collecting it.
- **Passwords protect all devices.** The time to safeguard the information on your portable electronic device is not after it has been lost or stolen. Ensure all portable electronic devices are properly password protected, especially any device with personal communications account information – email, Facebook, Twitter, LinkedIn, etc.
- **Brick a stolen device.** In recent years, roughly 40 percent of all robberies now involve

smart phones and tablets, thus endangering the security of the personal information on the stolen devices. If a person's smart phone is lost or stolen, they may now contact the carrier and ask to have that device remotely disabled. These bricked phones are of little or no use to thieves because they can't be reactivated after being sold on the black market.

Where to go for help

If you are a victim of an online scam where the likeness of a U.S. Soldier was utilized – false social media or dating profiles, photographs, etc. – with no further Personally Identifiable Information disclosed, the following actions should be completed as soon as possible to assist law enforcement.

- Report the theft to the Internet Crime Complaint Center, which is an FBI-NW3C Partnership. It is available online at <http://www.ic3.gov/default.aspx>.
- If you suspect you are a victim of identity theft, you should report the crime to the FBI IC3, as well as report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the United States in their investigations.

It is available online at <http://www.ftc.gov/idtheft>.

You can also call them at 1 (877) ID-THEFT (438-4338) or TTY, 1 (866) 653-4261.

You can mail in a complaint at: Identity Theft Clearinghouse, Federal Trade Commission, Washington, DC 20580

CID strongly recommends that Soldiers, civilians and Family members who have information of any known crime committed by a Soldier or a crime that occurred on their respective post, camp or station to report the incident to their local CID office or email CID at Army.CID.Crime.Tips@mail.mil.

Rotor Wash

“SPLASH! Pool and spray park opens for weekends and holidays from 11 a.m. until 5:30 p.m. in May. The park will be open full time beginning May 29. What safety tips or precautions would you suggest for a day at the pool or spray park?”



Sgt. Stephanie Wahler,
1st Bn., 58th Avn. Rgt.

"Just make sure to keep an eye on your children."



Sharon Pierce-Perraute,
retired military

"Make sure you don't eat 30 minutes before getting in the water."



Pfc. Airington Henderson,
D Company, 1st Bn., 145th
Avn. Rgt.

"Make sure to stay away from alcohol when going into the water."



Sgt. Roderick Brown,
D Co., 1st Bn., 145th
Avn. Rgt.

"People should wear the proper (personal protective equipment)."



Alain Perez-Majul,
civilian

"Make sure there is a lifeguard on duty when you're swimming."

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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Post honors 25 retirees at ceremony

By Jim Hughes
Command Information Officer

With a combined 738 years of service, 23 Soldiers and two civilians retired Friday at the Fort Rucker Quarterly Retirement Ceremony in the U.S. Army Aviation Museum.

This quarter's retirees are listed below.

Lt. Col. Rodel Pasibe

Pasibe, deputy director of the U.S. Army Aviation Center of Excellence Concepts and Requirement Directorate, entered military service in 1994 as an infantry Soldier. He served in combat in support of Operation Iraqi Freedom. He said the highlight of his 21-year career was his assignment to Singapore as the only embedded American adviser to the country's air force and the first American to participate national-level exercise there. He and his wife, Rhonda, have three children and plan to reside in Dothan.

Lt. Col. Scott Capehart

Capehart, USAACE G3 strategic plans officer, entered military service in 1991 as an airborne infantryman. He served two combat tours in support of OIF. He said the highlight of his 20-year career was bringing home all transition team members after his last deployment to Iraq. He and his wife, Shannon, have three children and plan to reside in Enterprise.

Maj. Marcus Wong

Wong, Training and Doctrine Command Capability Manager-Unmanned Aircraft Systems division lead, entered military service in 1991. He served a combat tour in Iraq in support of OIF and Operation New Dawn. He said the highlight of his 25-year career was his ability to balance his service to his country and the needs of his family. He and his wife, Irma, plan to reside in Clearwater, Florida.

Maj. Reyna Andrel

Andrel, Air Traffic Services Command director of logistics, entered military service in 1991. She served three combat tours in support of OIF and Operation Enduring Freedom. She said the highlight of her 23-year career was serving as a company commander. She and her husband have two children and plan to reside in Slocumb.

CW5 Mark Taylor

Taylor, USAACE Concepts and Requirements Directorate capability developer, entered military service in 1981 as a field artillery forward observer. He served multiple combat tours in support of Operation Desert Shield/Storm, OIF and OEF. He said the highlight of his 34-year career was teaching at Fort Rucker. He and his wife, Gladys, have two children and four grandchildren, and plan to reside in Ozark.

CW5 Robert Negron

Negron, U.S. Army Combat Readiness Center Aviation safety officer course instructor, entered military service in 1984 as a smoke operations specialist. He served in multiple combat and imminent danger tours in support of Operation Restore Hope, Stabilization Forces Bosnia, OIF,



Friday's retirees. Back: Sgt. 1st Class Paul Gentry, CW5 Mark Taylor, CW5 Scott Nissen, Sgt. Maj. Eric Peckham, CW5 Robert Negron, Sgt. 1st Class Edward J. Williams Jr. and CW4 Ken Biddulph. Front: Sgt. 1st Class Ralph Gray, Staff Sgt. Mario A. Gomez Jr., Lt. Col. Rodel Pasibe, Maj. Marcus Wong, Maj. Reyna Andrel and Staff Sgt. Jennifer Cody.



Back: Lt. Col. Scott Capehart, Sgt. Maj. Kelvin Hinkle, CW3 Jerry Wood, CW4 Andy Miller, CW5 John Phillabaum, 1st Sgt. Steven Thorman and CW4 Barton Fischer-Steinkraus. Front: 1st Sgt. Christopher Wood, Nancy Rasmussen and CW4 Christopher Wilson. Not pictured are Willie Faye Greenwood and 1st Sgt. Gunnar Chambers.

New Dawn and OEF. He said the highlight of his 30-year career was reaching the pinnacle of his rank structure. He and his wife, Sharon, have two children and plan to reside in Sharpsburg, Georgia.

CW5 John Phillabaum

Phillabaum, ATSCOM chief of quality assurance and standardization, entered military service in 1988 as a warrant officer candidate. He served in multiple combat tours in support of Operation Desert Storm, OIF and OEF. He said the highlight of his 27-year career was flying high-ranking U.S. State Department officials to Pyongyang, North Korea. He and his wife, Kim, have two children and plan to reside "somewhere" in the United States.

CW5 Scott Nissen

Nissen, USAACE Organization Personnel and Force Development warrant officer division chief, entered the military in 1991 as an Aviator. He served a combat tour in support of OIF. He said the highlight of his 23-year career was being an instructor pilot teaching new Aviators how to fly the AH-64D at Fort Rucker. He and his wife, Tara, have two children and plan to reside in Dothan.

CW4 Barton Fischer-Steinkraus

Fischer-Steinkraus, Warrant Officer Career College senior instructor, entered military service in 1985 as an equipment records and parts specialist. He served eight combat tours in support of Operation Restore Democracy, OIF and OEF. He said the highlight of his 30-year career was serving as a Special Operations liaison officer at the U.S. Embassy in Khartoum, Sudan. He and his wife, Danielle, have two children and plan to reside in Enterprise.

CW4 Christopher Wilson

Wilson, 2nd Battalion, 228th Aviation Regiment senior warrant officer and standardization instructor pilot, entered military service in 1987. He served three combat tours in support of OIF

and OEF. He said the highlight of his 27-year career was being named the Army Aviation Association of America 2004 Aviator of the Year. He and his wife, Debbie, have three children and plan to reside in Enterprise.

CW4 Ken Biddulph

Biddulph, 1-212th Avn. Regt. chief of academics, entered military service in 1990 as a combat engineer. He served two combat tours in support of OIF and Operation New Dawn. He said the highlight of his 25-year career was flying missions in support of the Pentagon and National Capital Region during the 9/11 period. He and his wife, Heidi, have three children and plan to reside in Enterprise.

CW4 Andy Miller

Miller, 1-223rd Avn. Regt. Executive officer and MedEvac pilot in command, entered military service in 1995 to attend the Warrant Officer Flight Training Program. He served combat tours in support of OIF and OEF. He said the highlight of his 20-year career was serving as the troop standardization pilot for Crazyhorse Troop, 6-17th Cavalry in Alaska. He and his wife, Lori, have three children and plan to reside in Fort Worth, Texas.

CW3 Jerry Wood

Wood, USAACE Gunnery Branch Kiowa Warrior master gunner, entered military service in 1994 as a combat engineer. He served multiple combat tours in support of OIF and OEF. He said the highlight of his 21-year career was serving with the Palehorse Squadron. He and his wife, Amber, have three children and plan to reside in Clarksville, Tennessee.

Sgt. Maj. Kelvin Hinkle

Hinkle, U.S. Army Sergeants Major Academy staff group adviser for the Sergeants Major Course at Fort Bliss, Texas, entered military service in 1983 as a flight operations coordinator. He said the highlight of his 32-year career was getting the opportunity

to instruct at the U.S. Army Sergeants Major Course. He plans to reside in McDonough, Georgia.

Sgt. Maj. Eric Peckham

Peckham, sergeant major for the Concepts and Requirements Directorate for B Company, 1-13th Avn. Regt., entered military service in 1985 as a scout helicopter repairman. He served a combat tour in support of OIF. He said the highlight of his 30-year career was earning the master parachutist badge. He and his wife (name not given) have two children, and plan to reside in Enterprise or Huntsville.

First Sgt. Gunnar Chambers

Chambers, 98th Army "Silver Wings" Band first sergeant, entered military service in 1986 as an Army musician. He said the highlight of his 28-year career was meeting and falling in love with his wife, Leslye. He and his wife have four children and plan to reside in northwestern Wisconsin.

First Sgt. Steven Thorman

Thorman, Aviation Center Logistics Command first sergeant, entered military service in 1990 as an aircraft structural repairer. He served multiple combat tours in Iraq, Afghanistan and Somalia. He said the highlight of his 25-year career was being able to see the world with some of the finest Americans. He and his wife, Patricia, have two children and plan to reside in Enterprise.

First Sgt. Christopher Wood

Wood, USAACE Directorate of Evaluation and Standardization NCO in charge, entered military service in 1991 as a Black Hawk helicopter repairer. He served multiple combat tours in support of OIF and OEF. He said the highlight of his 23-year career was the day when he became an NCO. He and his wife, Kimberly, have three children and plan to reside in Enterprise.

Sgt. 1st Class Ralph Gray

Gray, Fort Rucker installation total Army sponsorship liaison,

entered military service in 1992 as a signal support systems specialist. He served multiple combat tours in support of OIF. He said the highlight of his 23-year career was his tour at Fort Gordon, Georgia, home of the Army Signal Corps where he met his wife, Brenda. He and his wife plan to reside in Huntsville.

Sgt. 1st Class Paul Gentry

Gentry, TCM-UAS, entered military service in 1991 as an aircraft armament missile systems repairer. He said the highlight of his over 20-year career was developing the 15E course at Fort Huachuca, Arizona. He and his wife, Renee, have four children and plan to reside in Melbourne, Florida.

Sgt. 1st Class Edward J. Williams Jr.

Williams, plans and operations NCOIC at Fort Eustis, Virginia, entered military service in 1995 as a personnel information systems management specialist. He served multiple combat tours in support of OEF. He said the highlight of his 20-year career was training and mentoring young human resources specialists just entering the Army when he was at Fort Jackson, South Carolina. He has two children and plans to reside in Orlando, Florida.

Staff Sgt. Jennifer Cody

Cody, 1-212th Avn. Regt. S3 taskings NCO, entered military service in 1995 as a utility helicopter repairer. She served three combat tours in support of OIF. She said the highlight of her 20-year career was serving in Sinai, Egypt, supporting the Camp David Accords while working closely with 13 nations in the Multi-National Forces and Observers. She has three children and plans to reside in Cumming, Georgia.

Staff Sgt. Mario A. Gomez Jr.

Gomez, 110th Aviation Brigade Headquarters and Headquarters Company training NCO, entered military service in 1995 as a tank crew member. He served multiple combat tours in support of OIF and OEF. He said the highlight of his 20-year career was serving as a technical inspector for the CH-47D in Iraq, making sure aircrews had safe aircraft to carry out their daily combat missions. He and his wife, Heather, have two children and plan to reside in Enterprise.

Willie Faye Greenwood

Greenwood, Fort Rucker Directorate of Public Works construction representative, entered civil service in 1979. She said the highlight of her 35-year career was being nominated for Fort Rucker's Woman of the Year award. She has a daughter and plans to reside Enterprise.

Nancy Rasmussen

Rasmussen, Fort Rucker Public Affairs community relations chief, entered civil service in 1984 as a clerk. She said the highlight of her career was working alongside Soldiers in Balad, Iraq, as a national media escort. She has three children and 11 grandchildren, and plans to reside in Sun City, Arizona, during the cooler months and Kailua, Hawaii, in the warmer months.

News Briefs

National Prayer Luncheon

The religious support office will host the Fort Rucker National Day of Prayer Luncheon on May 7 from 11:30 a.m. to 1 p.m. at The Landing. The speaker for the luncheon is scheduled to be Tommy Bowden, former head coach for Clemson University. Tickets are available at a suggested donation of \$5 per person and can be obtained by April 30 through people's unit representative, unit chaplain or the religious support office in Bldg. 8945. The event is open to the public.

For more information, call 255-2989 or 255-2012.

Changes of command

- The 1st Battalion, 212th Aviation Regiment will host a change of command ceremony May 8 at 8:30 a.m. at Howze Field.

- B Company, 1-145th Avn. Regt. will host a change of command ceremony May 29 at 10 a.m. at Pratt Hall, Bldg. 4901. Capt. Eric Lizama will assume command from Maj. Morgan Laird.

Housing survey

Army Installation Management Command and Corvias Military Living encourage on-post housing residents to complete the 2015 Headquarters Department of the Army Residential Communities Initiative Resident Survey. The survey gives on-post residents an opportunity to provide feedback to the Army, RCI and Corvias Military Living on how their housing needs are being met. An electronic survey will be emailed to all residents May 7. Residents who do not receive a survey or who have questions should email ARMYHousingsurvey@

celassociates.com. Residents must fill out and submit the online survey by June 7.

The survey will ask questions on topics such as residents' evaluation of their present home, community amenities, resident activities, the community maintenance team, property management team and others. The feedback provides the Army and Corvias with information to help evaluate the current state of the partnership, and guide future improvements to housing facilities and residential services.

Women's health event

Lyster Army Health Clinic will host a special after-hours women's check-up day event May 11 from 4-7 p.m. in honor of Women's Health Month in May. Five female providers will be available to

perform annual well exams and Southeast Alabama Medical Center's Mammogram Bus will be on site performing screenings. Prizes, free massages and more will also be offered to women. Slots are limited, so people should call beforehand to reserve a seat.

For more information or to register, call 255-7913 or 255-7715.

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.

Commercial reintroduces America to the institution

By Lisa Ferdinando
Army News Service

WASHINGTON – “They didn’t join this team to win championships, or become famous, or get their own signature shoes,” the Army’s new commercial starts out.

“They joined because there is important work to be done and only some able to do it,” the 60-second spot, launched Monday, states.

The commercial is part of efforts to reposition the Army brand, dispel myths, and have the American people better understand and value the institution, according to Mark S. Davis, deputy assistant secretary of the Army for marketing.

The Army is using the #ArmyTeam hashtag to promote the new marketing campaign on social media. The efforts are to reintroduce the American public to the Army and showcase the strength, versatility and professionalism of the force, he said.

“This is an extraordinarily great institution that does so many different things to make people’s lives better, to make America better and to make the world better,” Davis said.

The commercial, Davis remarked, showcases that the Army has the “greatest set of capabilities and competencies of any institution on this planet.”

It shows Soldiers in a variety of roles, including warfighters, doctors, lawyers, Aviators, technicians and proud members of their community.

“One day they may be asked what they did to make a difference in this world,” the commercial continues, “They can respond,



The Army launched a new commercial Monday with the theme ‘I became a Soldier,’ to reintroduce the American public to the institution, and showcase the versatility and professionalism of the force.

‘I became a Soldier.’” The ad ends with an image of an elderly veteran saluting, then the words: “Join the team that makes a difference.”

As part of the “repositioning” of the Army brand, the Army will not be using the ‘Army Strong’ tagline in external communications, Davis said. He explained that the American people were unclear it meant the Army strengthens a person physically, emotionally and mentally.

“We’ve begun a transition from this transactional look at how the Army does business to reminding the American people that the institution itself matters,” he said.

The new efforts seek to turn around misperceptions, Davis said, like anyone can join, the Army is a “last resort” for people who can’t otherwise find a job, or that it isn’t an elite force.

Only a small portion of the American population is eligible to join the Army due to physical, medical or other factors, Davis noted. Even if someone does join, that still

does not guarantee he or she will be able to meet the challenges of service and remain in the force.

“When you look at Special Forces, you think elite,” Davis said. “You really need to look at the Army and think elite because the fact is: it is elite in that most people can’t ever be a part of it.”

The commercial, which is airing on networks and cable, and being promoted on social media and elsewhere online, highlights the important work of the Army and the professionalism of the force, Davis said.

“No other institution has done more to bring freedom to the people of this world in the last 240 years” than the United States Army, he said.

To have the message sink in, the Army is boosting the frequency and reach of its outreach, Davis said. He declined to reveal a project that is still somewhat “secret,” but recommended the American people stay tuned for a lot more exciting things in this long-term, enduring conversation with the

American people.

Once the American people better understand and value the Army, they will be more likely to support, recommend or consider serving in it, said James Ortiz, director of marketing at the Army Marketing and Research Group.

“Their opinions and misperceptions took a long time to be formed. It’s going to take some exponentially greater time to undo them, and then to present reality,” Ortiz said.

Previously, the Army ran shorter commercials with less reach as it aimed at recruiting young males. This commercial, Ortiz said, is for America at large.

In an effort to have a greater impact, the Army decided to go longer than the industry standard of a 30-second spot. “It’s the kind of time you need to explain the story,” Ortiz said.

The American people will see the commercial farther and wider than the Army has ever done before, he said.

The Army has the copyright and trademark on the phrase ‘Army Strong’ and will continue to use it in internal communications, said Ali Bettencourt, chief of communications at the Army Marketing and Research Group.

The Army will not have a new tagline, she said.

“We need to be viewed more like a luxury brand and luxury brands don’t need to have taglines,” Bettencourt said.

“They just need to have their logo, which is recognizable and it stands for something good, exclusive, something I want and want to be a part of, and that’s where we are moving,” she said.

IMCOM commander wants BRAC to rid Army of excess infrastructure

By J.D. Leipold
Army News Service

WASHINGTON – Another round of base realignment and closure was called for by the Army’s top installation management officer as a way to rid the service of excess infrastructure and modernize facilities.

Lt. Gen. David D. Halverson, commander of Army Installation Management Command and assistant chief of staff for installation management, said the Army has drawn down the active-duty force by 80,000 Soldiers already, and expects to have an active-duty end strength of 490,000 Soldiers by the end of 2015.

In fiscal 2016, the Army will continue that drawdown and expects to reduce by an additional 15,000 Soldiers. By the end of FY 2016, the Army will have reduced itself from a wartime high of 570,000 to just 475,000 – a reduc-

tion of 95,000 Soldiers.

That loss of Soldiers means there will be unused infrastructure in the Army – an infrastructure that will be empty, but will remain costly to maintain. Right now, the Army estimates an 18-percent excess in infrastructure and that percentage will continue to grow as more Soldiers leave the Army, Halverson said.

The general, joining in with virtually all senior Army leaders, said the service needs another round of base realignment and closure. He spoke, April 21, during an Association of the U.S. Army Institute of Land Warfare breakfast.

Halverson said that while the Army is making headway in cutting electricity and water costs, which presently run \$1.6 billion Army-wide, it is still “a fixed cost that doesn’t go anywhere but up ... and it’s still very concerning.”

Through efforts with the office of the assistant secre-

tary of the Army for installations, energy and environment, Halverson said, the Army has been forming more non-acquisition-based partnerships with industry as a way to reduce power costs.

Another initiative Halverson cited was a new desalination plant now on Fort Bliss, Texas, which allows the Army to make its own water at a cheaper price. The reverse-osmosis plant desalinates groundwater for use by El Paso and the installation. Presently, it is the largest non-seawater desalination plant in the world.

Additionally, Fort Bliss expects to place in operation by the end of the year a 20-megawatt solar farm consisting of 94,000 photovoltaic panels. The \$120 million project will make it the largest of its type within the U.S. military.

“We have to decide what to relocate or tear down to decrease our costs on posts,” he said.

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NCUA

164th: Training boosts morale, sharpens battlefield skills

Continued from Page A1

disaster relief function.

“We tie in with the 164th TAOG to support (those) units, so in a sense, we’re providing maintenance for the forward units in the disaster relief while they provide ATC traffic for the helicopter traffic used for rescue and search efforts,” said Coulter.

The unit can also provide manpower for another unit if needed, but its specialty is maintenance. Although many of the scenarios were set up for training, the 597th received real-world training since many systems needed maintenance during the training process, he said.

“The scenarios actually become real because they might have a radar system that’s down and they can’t transmit, so we would have them submit a work order, and we would draw up the mission and send a contact team within the next X-amount of hours,” said Coulter. “The training that we do here is the type of scenarios that we would encounter when we deploy to Kuwait and Afghanistan, so we’re definitely an asset to the team.”

Another formidable asset to the team was the 603rd ASB, which provided signal and communications support for the entire operation – an asset that Sgt. 1st Class Takeita Pridgen, C Company, 603rd ASB, deems invaluable.

“My team is here to provide satellite communications, which entails having the functionality of a secured network. We also provide phone lines and we enable them to run their different communication systems from wherever we’re deployed,” she said. “Without us here, they wouldn’t be able to talk.”

Since the team is out of Savannah, Georgia, its members aren’t familiar with many of the Soldiers at Fort Rucker or the area, which is how things would work in a deployment situation.

“For us to be able to come out and give them the type of support that we’ve been able to provide has been phenomenal,” said Pridgen. “It’s nice to know that we can help to make their mission possible.”

The unit was able to get real-world training as thunderstorms rolled through the area over the weekend, forcing the unit to take

action to secure its equipment, something that wasn’t a planned scenario.

“We put all equipment down, did all the precautions, grounded all the gear, then after the storm cleared we put all of our satellites back up and went back to work, so if this was to happen in real life, this training that they’re getting here would help to prepare them for that,” she said. “I’m glad that we were able to come here and get this experience with them because this is only the second time this unit has been out into the field, and the training is invaluable.”

That invaluable training worked hand-in-hand with the various units as a cohesive team to help relief efforts, which also included learning how to load and unload MedEvac helicopters.

A UH-60 Black Hawk was flown in to help familiarize the Soldiers with the operations of the aircraft, as well as to understand what it is they would be dealing with in a real-world scenario, said Maj. George Johnson, 164th TAOG.

“What they’ve been doing is learning how to load the helicopter, first without the blades turning, and then learn how to ap-

proach the aircraft while the blades are operational,” said Johnson. “The aircraft will then take off and give them a demonstration on what that’s like.”

Soldiers took turns approaching the helicopter and taking a short ride, which for many was the first time they set foot in the aircraft.

Not all of the training entailed buffeting winds and communication satellites, however. Another important aspect of the training was maintaining the Soldiers morale, Smith said.

In an actual deployment scenario, the units must make sure that their Soldiers are kept well fed in order to stay at peak performance, and that’s where Staff Sgt. Tywandia Coulter, Headquarters and Headquarters Company, 164th TAOG, and her team came in.

“We’re responsible for the Soldiers morale when it comes to food service,” she said. “We make our Soldiers three meals a day because that helps to boost their morale if they’re well fed. The Soldiers are pulling 24-hour shifts, so we need to make sure they don’t go hungry.”

Earth: Expo highlights alternative, efficient ways of living

Continued from Page A1

event, where people were able to bring their old electronics to be recycled. For those who missed out on the event, there is still an option for people to recycle year round at the recycling center in Bldg. 9322, located on Third Avenue.

People can bring computer towers, keyboards, computer mice, printers, scanners,

laptops, wires, microwaves, coffee pots, power cords, battery backups, lead batteries, satellite receivers, cell phones and telephones. No government hand-receipt items are accepted.

These materials are important to recycle because much of the equipment contains elements and chemicals that can be harmful to the environment if disposed of improperly, said Hager.

“I think this is a great thing that Fort Rucker is doing,” said Jason Chastine, civilian. “People don’t think about the waste they’re putting into the environment, so it’s good to highlight the things that people can do to help.”

One of the highlights of the expo that had many intrigued was a solar oven that used only the heat from the sun to cook foods like cookies, brownies, bread, casseroles and even a 12-pound turkey – all by using the greenhouse effect.

“I just thought that was the coolest thing,” said Chastine. “I know of solar energy and solar panels and things like that, but cooking using the sun isn’t something you see every day.”

Although the solar oven might take an entire day to cook a full meal, the concept is more about increasing awareness about what’s available for people to use rather than traditional sources of energy, said Hager.

“Our hope is to bring awareness of environmental issues, and to showcase what products and services are available to people,” he

said. “I think that the visitors gained a more complete understanding of the changes that need to be made. Many of the displays and demonstrations highlighted what is needed and some things that can be done. People need to understand that the way we currently live can’t sustain us for the long run.”

In addition to the Earth Day Expo, observances were held at the Center Library, where people had the chance to learn about the all-electric Tesla automobile and the hybrid-electric Cadillac ETS, and see how battery powered vehicles are a viable alternative to fossil fuels. Installation leadership, including Col. Stuart J. McRae, Fort Rucker garrison commander, even had the chance to get behind the wheel and take the cars for a spin.

The point of all of this is to show people that there are alternative ways to live while being good stewards of the environment, said Hager. The Earth is home to a finite number of resources and one day the demand will outweigh the supply, so switching to renewable sources of energy is a must.



PHOTO BY NATHAN PFAU

George Marodis (right), U.S. Department of Agriculture sourcewater specialist, demonstrates to people how dumping chemicals and waste into the ground can seep into ground water and contaminate the water supply during the 2015 Earth Day Expo at the festival fields April 22.

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96 WOODFIELD - \$66,900: Very nice 3BR/2.5BA townhome with stainless steel appliances, nice deck & privacy fence sitting on a big corner lot. HOA dues are only \$45 per month & include use of clubhouse & pool, yard care & exterior pest control. Very convenient to Ft. Rucker. **NANCY CAFIERO 389-1758 & BOB KUYKENDALL 369-8534** MLS #20150622

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607 WEST COMMERCE, HARTFORD - \$59,500: Beautifully landscaped lot situated on 3 city streets with a private backyard. 2BR/1BA with original hardwood floors in the formal living & dining rooms. Kitchen with pantry & breakfast area that opens to the family room with fireplace. Also a bonus room with ceramic tile floor & windows all around. Come check this out before it is GONE! **EVELYN HITCH 406-3436** MLS #20150623

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107 FAYE - \$90,830: Conveniently located close to shops, doctors, offices, schools... this 1-story brick home on a large landscaped corner lot is minutes away from downtown. At this price, it is one of the lowest priced homes in the neighborhood. **JUDY DUNN 301-5656** MLS #20150625

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573 EAST DAVIS, ELBA - \$249,000: One owner. Great colonial home, 3BR/3.5BA with large formal living & dining rooms, den, master downstairs. All custom designed, beautiful curved staircase. **TERRI AUERETT 406-2072 & JACKIE THOMPSON 406-1231** MLS #20150627

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334 AUERETT - \$144,000: 3BR/2BA located on 1.2+ acres. Country living convenient to Ft. Rucker. 2nd structure in "as is" condition included with property, great for storage or upgrade for rental property. **TERRI AUERETT 406-2072 & JACKIE THOMPSON 406-1231** MLS #20150656

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208 AZTEC - \$143,650: You will love the location of this darling garden home that is tucked away so conveniently located to lovely downtown, shopping centers, the Enterprise park & beautiful walking trail. Grandroom opens to the sunroom... Lots of windows & tranquil view. It will become your favorite room! Kitchen features the Kenmore appliance package. This home has closets galore... 2 walk-in closets in master bedroom, spacious bedroom 2 & 3 closets, plus 3 linen closets!! **MARY M. JONES 790-2933 & SAM HELMS 389-3357** MLS #20150655

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90 COUNTY ROAD 744 - \$199,000: Large family? Then you will appreciate the space in this 5BR home. This home includes an upgraded 7 field septic system, custom storm drainage system, new paint, new carpet, a sound-absorbing room, hardwood floors, 25,000 gallon salt water pool on an oversized concrete slab & a huge backyard. Can you believe that all 2,500+ SF is for under \$200,000? **CHRIS ROGERS 406-0726** MLS #20150658

new LISTING

994 MEADOWLARK, OZARK - \$110,000: This 4BR/2.5BA home is located on a corner lot with lots of room. Just minutes to Ft. Rucker or the quaint & historic downtown Ozark. Great home featuring recently installed vinyl double pane windows, heat & a/c unit & wood floors in the dining/formal living area. **SOMMER RAKES 406-1266** MLS #20150681

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175 CALLAWAY, NEWTON - \$62,000: Traditional custom built home located very close to Ft. Rucker. It features 3BR/2BA, living area with fireplace. Also has a big finished basement area with concrete floor & electricity, perfect for a workshop, with garage doors that open to the carport. This home is sitting on a big quiet lot 164 x 232 approximately, giving plenty of space for all kind of outside activities. **NANCY CAFIERO 389-1758 & BOB KUYKENDALL 369-8534** MLS #20150680

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759 PINE, OZARK - \$184,900: Newer 3BR/2BA 2-car Craftsman nestled in a friendly neighborhood. Enjoy walking or biking to nearby shops & restaurants. Ft. Rucker is only 10 miles & Dothan's abundant shopping choices are just 20 minutes away. Spacious kitchen/dining area, laundry, bedrooms & office. Storage abounds with ample kitchen cabinets & extra-large laundry room, walk-in closet in garage. Gas stainless-steel appliances throughout along with gorgeous granite countertops. Relax in screened comfort overlooking private backyard. **MAGGIE HAAS 389-0011**

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NEW LISTING ~ \$249,900

75 COUNTY ROAD 171 - HUNTER RIDGE: Great new 4BR/3BA brick home on wooded lot. **JACKIE THOMPSON 406-1231**

4 BEDROOMS ~ \$105,000

2680 SHELL FIELD: Good price, ready to move in, 4BR, level lot. Convenient to Ft. Rucker, very convenient to Shell Field. **ANGIE GOODMAN 464-7869**

NEW LISTING ~ \$149,000

2677 HICKMAN - ELBA: Looking for a quality home with center city conveniences? Then this 1,400+ SF brick beauty is a MUST SEE & is spectacular inside. Complete with 1 1/2 additional acres, this home is totally remodeled. New paint, vinyl floors throughout, a handicap accessible shower, custom cabinets throughout the home, large walk-in closets, & a huge laundry room. Just minutes from shopping & schools, this is the ideal place for you today! **CHRIS ROGERS 406-0726**

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DIRECTIONS: Forest Park - From Highway 27 North turn right on Dixie Drive, Brooks Circle is third street on right. House is first on left.

HOSTED BY: JAN SAWYER 406-2393

Odierno talks training



PHOTO BY CHUCK CANNON

Army Chief of Staff Gen. Raymond T. Odierno thanks a Soldier from the 2nd Brigade Combat Team, 82nd Airborne Division, during a visit to the Joint Readiness Training Center at Fort Polk, La., April 22.

By Chuck Cannon
Fort Polk Public Affairs

FORT POLK, La. — The Army chief of staff visited the Joint Readiness Training Center April 21-22 to observe training by the 2nd Brigade Combat Team, 82nd Airborne Division, while also visiting with both rotational and home-based Soldiers and leaders.

Gen. Raymond T. Odierno visited with Soldiers and leaders at the 2nd Brigade Combat Team, 82nd Airborne Division's tactical operations center near Geronimo Drop Zone. He presented several coins, and then stopped by brigade combat team's defensive positions before meeting with InterAgency Interdependence personnel at the U.S. Consulate in Dari Lam, one of the many training sites at JRTC.

While visiting with the brigade combat team leadership, Odierno talked about the use of air support and artillery, and how those missions change outside of the Mid-

dle East. He also spoke about the thinking and logic that went into redesigning the team.

He also used the occasion to identify a task, which he said was important for commanders.

He asked the commanders how they utilize their scouting capability to provide early warning. He also asked them how they used their scouts and if they comfortable with how they were used.

After listening to the battalion commanders explain how they deployed their scouts in the previous night's battle, Odierno offered the following guidance.

"The reason I asked those questions is that over the last 10 years we haven't been using our scouts correctly," he said. "It's time for us to get back into how we shape the battlefield."

Odierno said the questions he always asks commanders when he visits is, "What

SEE TRAINING, PAGE B4

GOLDEN HOUR

MedEvac crews race against time to save lives

By Sgt. Alexander Neely
1st Armored Division
Combat Aviation Brigade
Public Affairs

FORT BLISS, Texas — A flight crew sat in the 2nd Battalion, 501st Aviation Regiment hangar, each member with contemplative silence written on their face. It was the look of someone waiting for something — anything — to happen.

In the case of these Soldiers, an HH-60L Black Hawk air-medical evacuation flight crew, that something was a call for help.

And then, "Exercise, exercise, exercise!"

The second "exercise" had barely crackled through the speakers of the radio before the Aviators were sprinting in different directions. The pilot and medic headed to the flight operations office to confirm grid coordinates and flight patterns, while the co-pilot and crew chief manned the helicopter.

The crew has a strict requirement of 15 minutes, no more, to be airborne in response to a 9-Line MedEvac request. Buttons are pushed, levers are moved, and the Black Hawk — stamped with the highly-recognizable medic cross — began to breathe to life like a resuscitated patient. The co-pilot strapped in just as the pilot and crew chief emerged from the hangar door. After all, 15 minutes goes just like that in the golden hour following a traumatic injury when there is the best chance for medical treatment to prevent death.

This is the sort of instantaneous pressure flight medics from C Company, or Lonestar Dustoff, can expect this week, as the unit officially assumes the Fort Bliss MedEvac mission formerly conducted by civilian contractors.

"There is an incredible amount of adrenaline when the call comes into the office," said CW2 Mark Fernandez, a Lonestar Dustoff pilot. "But, we are all trained very well, through classes and exercises, to be able to perform the most efficient way possible."

Back in Soldier hands

The flight crews will be expected to provide 24/7 MedEvac support across Fort Bliss' 1.12 million acres of training areas in Texas and New Mexico 365 days a year. The order was issued by III Corps at Fort Hood to most U.S.-based Army installations after the withdrawal of troops from Afghanistan and Iraq to assume MedEvac missions similar to those prior to 2003.

"The contractors have provided a great service throughout the years we've been deployed and have done an excellent job," said Lt. Col. Whitney B. Gardner, 2nd Bn. commander. "Now it is time for our company to perform the mission it is designed to do and take care of Fort Bliss' Soldiers as the need arises."

To the untrained eye, the MedEvac crew's movements are nervous and spastic. Yet, each Soldier is overly focused,

SEE GOLDEN, PAGE B4



PHOTO BY CAPT. JOE BUSH

A UH-60 Black Hawk sling loads a British L118 light gun to deliver it and the crews with the 7th Royal Horse Artillery and 2nd Battalion, 319th Airborne Field Artillery Regiment in support of operations during the Combined Joint Operational Access Exercise April 17 on Fort Bragg, N.C.

PEAK PERFORMANCE

2nd CAB Soldiers climb mountain for leadership development

By Sgt. Jesse Smith
2nd Combat Aviation Brigade
Public Affairs

CAMP HUMPHREYS, South Korea — The air was brisk and the sun was just above the horizon. The only sounds were footsteps and heavy breathing, and the only sight was the steep climb to the top.

There were boulders to get over and narrow walkways to get through above high drop-offs. The task was daunting, but with each individual who reached the peak, the number of smiles and the feelings of triumph increased.

Soldiers from the 2nd Combat Aviation Brigade held a leader professional development session April 11 at Pinnacle 4, a small mountain near Camp Humphreys.

The Soldiers first completed a 6-mile ruck march to the base of the mountain, which was followed by a 1.6 km hike to the top of Pinnacle 4.

Sgt. Maj. Franklin Rodriguez, the 2nd CAB operations sergeant major, was the key leader in charge of the LPD.

"Why do you call something a challenge?" Rodriguez said. "Because it is hard."

This was the first thing Rodriguez said to the group of Soldiers once they had reached



PHOTO BY SGT. JESSE SMITH

A Soldier from the 2nd Combat Aviation Brigade watches as a CH-47 Chinook comes in for a landing April 11 on Pinnacle 4, a small mountain near Camp Humphreys, South Korea.

the peak of Pinnacle 4. He said the Soldiers were probably thinking on the way up that they couldn't do it, but once they made it to the top, it was something they could feel good about.

"Junior enlisted Soldiers need to challenge themselves," Rodriguez said. "As a

Soldier, you can say I'm going to do as little as possible, or you can say I'm going to do as much as possible."

The Soldiers then began to discuss what some of the newer Soldier's plans were for

SEE PEAK, PAGE B4

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Training: Odierno thanks Soldiers for their service

Continued from Page B1

was your intelligence collection plan, what was your observation plan, and how was that integrated between the scouts and your maneuver elements in order to shape the battlefield?

"That's the kind of thing we don't do well throughout the Army," he said. "We just haven't done it. It's about getting back into the practice of understanding how you do that, how you shape the battlefield, no matter what assets you have. I understand a lot of your UAVs (unmanned aircraft systems) were down and you didn't have that capability, but you've got to figure out how to do without them. What I've found is we don't have well-developed observation and collection plans. My question for you is, 'who develops your collection plan?'"

Odierno said if it is the battalion S2, that's the wrong answer.

"It should be the commander and S3," he said. "If you, as a commander, (are) not involved in it, it's not going to get done right. You've got to be directing it, you've got to be giving guidance, telling them what to do, what you want to collect on, what your key areas are, all of that stuff. Even if you're wrong, at least they're out collecting

on it and giving you feedback. It can't be a lieutenant S2 developing your plan because he's not going to understand what you need."

Developing a collection plan is one of the most critical things a commander has to do, he said.

"You must provide guidance on how you want to shape the battlefield in your area of operation," Odierno said. "I don't worry about our ability to fight, but it's how we shape that's really hard."

Odierno also talked about the importance of the JRTC in preparing Soldiers for future battles.

"We know you can't replicate exactly what it's like on a deployment, but what we try to do is challenge everybody here so that when you have to deploy, you have a better understanding of what it is like," he said. "That's what we try to create here."

As he was speaking to airborne Soldiers, Odierno said they could expect the number of airborne operations to increase.

"One of the things we've stepped up over the last six or eight months are the number of airborne operations we're doing and we're going to continue to do that," he said. "We found out that because of all the deployments we've had, frankly, we weren't doing airborne opera-

tions. So now, we're really focused on doing more airborne operations and we're trying to do them with other nations, too.

"We have some funding issues, but the one thing we're trying to do is maintain a high-level of training readiness and invest as much as we can in that," Odierno said. "More and more operations are popping up and I think we're going to have an opportunity to do more cooperation with other nations – we're going to do more in Europe, more in Korea, continue to do more, obviously, in the Middle East. There will be a lot of opportunities for us to do things around the world."

As he prepared to leave, Odierno thanked the Soldiers for their service.

"I want to thank you for raising your right hand and swearing an oath to defend our Constitution," he said. "Less than 1 percent of the people decide to do that and that makes you special in my mind. I understand everyone comes in for different reasons, but the fact that you're willing to do that says a lot about you as an individual and you should be very proud of that. Take that with you wherever you go and whatever you decide to do. It's clear you're working very hard. I'm proud of all of you and happy to meet you."

Golden: Medics, crew chiefs form partnership with patients

Continued from Page B1

checking and rechecking everything from their uniform to their equipment. It is a process only trained air MedEvac crews could truly appreciate.

In the air, the Black Hawk cuts through space like a vehicular scalpel, seemingly driven by the urgency of the moment. The medic and crew chief peer out the side windows, confirming location and determining distance to the pilot and co-pilot. Conversations are held through radio, but crackles are no match for the beating of propellers

against the wind.

C Co. currently has Black Hawks in five platoons with which to transport patients. About 30 percent of the company is composed of medics, while the rest are pilots, crew chiefs and support.

Sure hands

The Black Hawk banks hard to its right, providing a rushing image of endless sand blurred by hundreds of yucca bushes. The pilots push more buttons, pull more levers and the helicopter straightens out.

There, beyond the windshield and below

the nose of the helicopter, is a cluster of buildings, vehicles and people. And somewhere in there lies the patient – a person in need, the one the flight crew has come to save.

"The mission is to get the person who needs our help to the proper location so they can receive aid," said Fernandez. "The only way this can happen is if our team can work efficiently and safely and properly – reduce the ground time and get the person aid."

After landing and initially treating the patient, who feigns pain for this exercise, the crew straps him to a stretcher on the

helicopter floor. The medic and crew chief have an organic partnership, silently helping one another to aid the patient. From the removal of the patient's uniform top to the application of bandages to the placement of oxygen, the two Soldiers seamlessly work hand-in-hand.

No one mentions the obvious injuries or the faint smell of a failed stomach. No, no one notices, because the four Soldiers are in a mind space few can understand – a sort of focused detachment. It's a beautiful and violent process, one that makes you appreciate the heart of the MedEvac team.

Peak: Sergeant major works to show Soldiers their importance

Continued from Page B1

the future. The NCOs gave advice and talked about some of the programs that are out there for Soldiers to take advantage of.

Spc. Dylan Wood, an AH-64 Apache crew chief from the Co. A, 4th Aerial Reconnaissance Battalion, 2nd Aviation Regiment, 2nd CAB, was one of the Soldiers who completed

the LPD.

"We talked about some of the different options we have in our Army careers," Wood said. "I was glad to hear about the Green to Gold program because it sounds like something I would want to do, but I hadn't heard of it before."

Wood said the LPD was great overall and thinks events like these keep Soldier's Army values fresh in their minds.

If one Soldier can get what they are trying to say, then the

LPD has been successful, Rodriguez said.

He said he wants the Soldiers to know their importance. "It doesn't matter if they signed up for four, five or six years. I want them to know their commitment is great."

Once the LPD was over, the Soldiers flew in a CH-47 Chinook back to Camp Humphreys. Overall, the task may have been a challenge, but these Soldiers rose to meet it, and at the end of the day stood at the top, Rodriguez said.



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'WE SERVE'
Soldier Show pays tribute to Soldier for Life
Story on Page C3

APRIL 30, 2015

CELEBRATING DIVERSITY

Asian-Pacific American Heritage Month to kick off

By Jeremy Henderson
Army Flier Staff Writer

Attendees can travel across the world without leaving the state during the Asian-Pacific American Heritage month kickoff event from 11:30 a.m. until 1 p.m. Friday at the post exchange.

The month aims to celebrate the cultural traditions, ancestry, native languages, and unique experiences represented among more than 56 ethnic groups from Asia and the Pacific Islands, said Sgt. 1st Class David Hedgepeth, 110 Aviation Brigade Equal Opportunity adviser, adding that he is working tirelessly to find representation for as many ethnic groups as possible.

According to Hedgepeth, the event features samples of many ethnic groups and cultural traditions.

"The kickoff event is a great opportunity to experience new food and cultural traditions," he said. "It is perfect for anyone who has never been to Asia or tasted kimchi."

About 20 youth from the Dothan Martial Arts Academy will present a taekwondo display in front of the post exchange. Attendees can view artwork from the South Korean Art Group, Chinese calligraphy, paper cutting art and sample numerous foods from all across Asia and the Pacific.

"This month and these events provide education to the community," Hedgepeth said. "We hope to educate the community on the contributions of Asian Americans and Pacific Islanders. There will be displays set up at the kickoff event highlighting different Asian Americans and Pacific Islanders who've made an impact on our



PHOTO BY NATHAN PFAU

Han Lee, of Enterprise Elementary School, performs the song, "I'm Yours," by Jason Mraz as he plays the ukulele at last year's Asian-Pacific American Heritage Month kickoff event. This year's kickoff is Friday from 11:30 a.m. to 1 p.m. at the post exchange.

culture throughout history."

According to Hedgepeth, the kickoff event is a perfect opportunity for the community to

honor Asian-Pacific American heritage and possibly discover something new.

"Asian Americans and Pacific

Islanders are part of our community and it is important we honor their heritage," he said. "There is a large Korean community in Da-

leville who are helping make our kickoff event better."

The kickoff event is the first of many events planned for May, according to Hedgepeth.

"We have several events planned in May to honor Asian Americans and Pacific Islanders," he said. "The goal was to have something planned for each week."

The next event will be an origami class and book reading May 8 from 10-11 a.m. at the Center Library.

Government I.D. card holders and their families are invited to attend a free tour of the Confucius Institute of Troy University May 15. The bus departs from the U.S. Army Aviation Museum at 9 a.m. and returns at about 3:30 p.m. Attendees only need money for lunch. Registration opens Friday and the deadline to register is May 12. Seating is limited and on a first-come, first-served basis. For more information, call 255-2669.

There will also be a luau May 21 at Yano Hall. It will be the first time a heritage month event has been held at Yano Hall, according to Hedgepeth.

"Normally a luncheon is held at The Landing," he said. "But I wanted to do something free of charge and open to the community. It will be a taste-testing event, but we will have a lot of food."

Hedgepeth said the plan is to roast a pig in honor of Pacific Islander tradition and keep a luau-type theme for the event. However, a wide variety of food samples will be available. The event is free and open to the public.

For more information about upcoming heritage events or Asian-Pacific American Heritage month, call 255-2669.

VOLUNTEER OPPORTUNITIES

Position: Army Family Action Plan coordinator

Duties: Coordinator will seek volunteers who will begin planning the 2016 AFAP conference. The AFAP conference is scheduled for November. The AFAP conference committee will begin meeting every other month to plan the conference and begin recruiting conference volunteers. If interested, call 255-1429.

Position: Bible study leader

Duties: Teach school age Bible study and vacation Bible school in June. Obtain and use materials needed for the program from the director of religious education. Evaluate the learning environment. Manage a classroom conducive to learning. Maintain attendance records. Collaborate with the ministry leader and assistant teacher. If interested, call 255-3946.

Position: Multicultural Readiness Program office assistant

Duties: Make weekly copies of materials needed for training and distribution. Assemble information packets. Data entry and knowledge of Microsoft Word is necessary. Provide translation of documents. Provide interpreter services. Assist with special projects and workshops. If interested, call 255-1429.

Position Title: Survivor Outreach Services volunteer

Duties: Assist with SOS briefings and activities. Help in development, preparation and mailing of SOS newsletters. Assist with general office organization. If interested, call 255-1429.



PHOTO BY NATHAN PFAU

Family members participate in the Stroller Parade and Decorating Contest Monday at the Fort Rucker Elementary School track to help raise awareness of child abuse prevention efforts.

Post to host National Prayer Luncheon

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker will celebrate the National Day of Prayer May 7 with a luncheon at The Landing from 11:30 a.m. to 3 p.m. to ask people of all faiths to come and pray for the nation.

"Last year, we just had a small service to recognize the day, but this year we wanted to make (the National Day of Prayer) a big deal, so we've invited Tommy Bowden, former Clemson University coach, to be our guest speaker," said Chaplain (Maj.) Troy Allan, Fort Rucker Family Life chaplain. "We wanted to do something really special and bring somebody in who could really talk about the importance of faith, the importance of leadership, and the importance of building our nation and supporting it through prayer."

The National Day of Prayer was initiated in 1952 by Conrad Hilton and then-Senator Frank Carlson of Kansas, and was passed into public law that the president of the United States was to set aside one day dur-

ing the year, other than a Sunday, as a National Day of Prayer, according to the National Day of Prayer website at www.nationaldayofprayer.org.

It wasn't until 1988 that Ronald Reagan signed the law dedicating the first Thursday in May as the annual observance for the day. The day is one that people of all faiths are welcome to participate in, said Allan, and is a day that the nation asks people to pray to their creator to ask guidance for the nation.

"It's a very unique thing because you don't usually see a lot of faiths coming together like this, but this is such an important event to really ask God to bless us and to help us, whatever faith we are," he said. "We wanted to make it more of an outreach for people to be able to come and support this National Day of Prayer and come to a place where this is what we do - we support our nation. It's a unique event supporting the nation in what we do in defense of the nation, and then supporting the nation in prayers - it's a powerful event to bring people together."

The theme for this year's event is

"Lord, Hear Our Cry," which comes from the the Bible's Old Testament, I Kings 8:28, as the scripture for this year: "Hear the cry and the prayer that your servant is praying in your presence this day."

"With this year's theme, we're asking God to really hear our prayers in strengthening our nation," said Allan, as he spoke on the importance of faith. "As chaplains, we get to see a lot of how faith helps people in their lives, regardless of what their faith is."

"I work in mostly clinical settings, pastoral care and counseling, so I get a lot of people who come to me from many different faith backgrounds and some from no faith at all," he said. "People come and they kind of find out that some of the questions that they have that are causing them pain or to stay up late are really faith-based questions. As they get guidance and get somebody to walk with them through that, they start to understand that having faith in something, if they call it God or whatever it may be, is

SEE PRAYER, PAGE C6

ON POST

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

Right Arm Night

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

Book clubs

Center Library will host two new book clubs – one for adults and one for teens. The adult book club, for ages 18 and older, will meet the third Tuesday of each month from 5-6 p.m. at the Center Library Meeting Room. The first meeting will be May 19 with the book, “The Storied Life of A.J. Fikry: A Novel” by Gabrielle Charbonnet.

The teen book club, for ages 13-17, will meet on the third Thursday of each month from 5-6 p.m. at the Center Library Meeting Room. The first meeting of the Teen club will be May 21 with the book, “All the Bright Places” by Jennifer Niven. Light refreshments will be served. The club is exceptional family member program friendly.

Both clubs are open to authorized patrons and books will be provided. People can secure their spot and book by today by visiting the Center Library or calling 255-3885.

Casting call

Center Library will hold a casting call Saturday starting at 9 a.m. for military students ages 6-17 who will remain on post from now through June 9. The library needs talented voices to help it kick-off its summer reading program. The Center Library will present an arrangement of musical pieces, such as “Tomorrow” and “Hakuna Matata” June 8 at the post theater. Those who audition should arrive at the casting call prepared to sing a sample song of their choice, with or without music. The following roles need to be filled: Annie, Belle, Cinderella, Timon, Pumbaa and Simba, Mary Poppins, Peter Pan, and characters from the “Sound of Music” and the “Wizard of Oz.” Practice for the performance will begin the following week.

For more information, call 255-3885.

SPLASH! opening

SPLASH! Pool and Spray Park will open for weekends and holidays from 11 a.m. to 5:30 p.m. in May. The park will open full time beginning May 29 – open six days a week, closed on Tuesdays. SPLASH! Daily and season passes can be purchased at SPLASH!, MWR Central and the Fort Rucker physical fitness centers. SPLASH! is open to the public.

Children's Book Week

Center Library will celebrate Children's Book Week Saturday-May 9 with three contests, listed below. Contests are open to authorized patrons and are Exceptional Family Member Program friendly. For more information, call 255-3885.

- **Ice Cream for Books** — Children ages infant to 17 who come into the library and check out one or more books may place their name on a scoop of ice cream. Parents can check out books for children. One name will be drawn each day and that child will win a prize. Winners will be notified by telephone.
- **Tell Me a Story** — Children can write a short story with a story starter now through



FILE PHOTO

Golf Tournament for AER

Col. Stuart J. McRae, Fort Rucker garrison commander, helps tee off last year's Army Emergency Relief golf tournament. Silver Wings Golf Course will host the 25th annual Golf Tournament for AER Friday – the tourney was rescheduled from its original date of April 17 because of inclement weather. Registration will begin at 10 a.m. with a noon shotgun start. The format is four-person scramble. Entry fee is \$65 per person, or \$55 for Silver Wings members. The cost includes a hamburger lunch, cart, green fees and registration gift. All proceeds will be donated to Fort Rucker's AER fund. For more information, call 1-800-448-4096 or 598-4411.

May 9. Children can come by Center Library during normal business hours and pick up their story starter. Winners will be chosen from the 4-8, 9-13 and 14-17 age groups, and will be notified by telephone if they win.

- **Draw Your Favorite Character** — Children ages 3-17 can draw their favorite book character. Drawings must be original, not traced, and must be related to a book. Children need to turn in their drawings by May 9. Prize winners will be chosen from age groups 3-7, 8-12 and 13-17, and will be notified by phone if they win.

EFMP information, support group

The Exceptional Family Member Program invites all active duty military Families who have an exceptional or special needs Family member to attend its information and support group meeting Tuesday from 9-10 a.m. at the Commons, Bldg. 8950. The topic for the meeting is EFMP and PCS-ing: What You Need to Know. Tips, tools and resources will be discussed that can assist families with their move. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

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

Expectant parent workshop

Army Community Service will host a free, three-part expectant parent workshop May 6, 13 and 20 from 1-3 p.m. at the Commons, Bldg. 8950. The first class will cover labor and delivery, the second class will cover breastfeeding and the third class will cover newborn care. Fathers and partners are encouraged to attend. Participants may attend as many classes as they would like to. People need to register by May 4. The workshop is Exceptional Family Member Program friendly.

For child care information and to register, call 255-9647 or 255-3359.

Military Spouse Appreciation Day

In celebration of Military Spouses Day May 8, Army Community Service invites service members to submit a photo of

their military spouse and complete the sentence “I’m proud of my Military Spouse because” People can submit their photo and caption to the Fort Rucker MWR Facebook page now through May 7. The winner will be announced May 8 and will receive two tickets to Mother’s Day Brunch at The Landing May 10.

The following are specials offered in honor of Military Spouse Appreciation Day.

- **Landing Zone** — Spouses will receive a choice of complimentary appetizer or dessert from selected menu items with the purchase of a dinner entrée May 8. Spouses must present their dependent military ID. For more information, call 598-8025.
- **Divots** — Military spouses get half off the purchase of their lunch May 8. Spouses must present their dependent military ID. For more information, call 598-1632.
- **Rucker Lanes** — Military spouses who “bring their better half” May 8 will get to enjoy a two-for-one Lunch ‘n Bowl. The offer includes two games of bowling, shoe rental, fountain drink and food selection. For more information, call 255-9503.
- **The Landing Coffee Zone** — Spouses who present their dependent military ID May 8 will receive half off the purchase of any specialty beverage, or tea or coffee. For more information, call 598-8025.
- **Automotive skills center** — Military spouses will get a free vehicle check May 6-8. To make an appointment, call 255-9725.
- **Outdoor recreation** — Military spouses will receive a free one-hour rental of a canoe or kayak May 8. To reserve a canoe or kayak, call 255-4305.
- **Fortenberry-Colton Physical Fitness Center** — Military spouses will get a free fitness class May 8 on a space-available basis. To reserve a spot in a class, call 255-3794.
- **Arts and crafts center** — Military spouses will get 5-percent off on wine box orders taken between Tuesday and May 8. Visit the center or call 255-9020 for selections.

Deep sea fishing trip

Outdoor recreation will host a

DFMWR Spotlight

Support Fort Rucker Soldiers by Supporting

Mother's Day Brunch

Sunday, May 10th
The Landing • 10 am – 2 pm

As a token of our appreciation, mothers will receive a free flower!

Adults ages 13+: **\$18.95**
Ages 6 – 12: **\$8.95**
Ages 3 – 5: **\$4.95**
Ages 2 & under: **FREE**
Military Family Special: **\$49.00**
(2 adults and up to 2 children)

Treat your mom to a wide array of brunch favorites including an omelette bar, meat carving station, dessert bar and more!



Reservations are not required but highly encouraged.
For details or to make reservations call
The Landing, (334) 598-2426.
www.1trucker.com

deep sea fishing day trip to Destin May 9 aboard the Vera Marie. The bus will depart Fort Rucker at 4 a.m. and return at 8 p.m. ODR staff recommends people bring a small cooler with drinks and snacks – no glass containers. The staff will stop on the way back for people 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 getting fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

To sign up or get more information, visit or call ODR, 255-4305, or MWR Central, 255-2997.

Mother's Day brunch

The Landing will host its Mother's Day brunch May 10 from 10 a.m. to 2 p.m. The brunch will feature an array of breakfast buffet items, such as an omelette bar, meat carving station, dessert bar and more – including a flower for mom. The price for adults is \$18.95; for ages 6-12, \$8.95; ages 3-5, \$4.95; and 2 and younger eat for free.

To make a reservation or get more information, call 598-2426.

FORT RUCKER MOVIE SCHEDULE FOR APRIL 30 - MAY 3

Thursday, April 30

Focus (R)

.....7 p.m.

Friday, May 1

The Gunman (R)

.....9:30 p.m.

Saturday, May 2

The Divergent Series: Insurgent Two (PG-13)

.....4 p.m.

Sunday, May 3

Home (PG)

.....2 p.m.

Soldier Show pays tribute to Soldier for Life

By **Tim Hipps**
Installation Management Command

(Editor's note: The Soldier Show is scheduled to come to Fort Rucker Aug. 20-21. For more information on the show, check out future editions of the "Army Flier.")

SAN ANTONIO – The 2015 U.S. Army Soldier Show, "We Serve," pays tribute to the 50th anniversary of the Battle of Ia Drang Valley, one of the bloodiest conflicts in the Vietnam War.

The battle was documented in the book "We Were Soldiers Once ... And Young," by retired Lt. Gen. Hal Moore and reporter Joe Galloway. In 2002, director Randall Wallace depicted the first part of the battle in the movie, "We Were Soldiers," starring Mel Gibson and Barry Pepper, playing the roles of Moore and Galloway, respectively.

Patrick Stephenson, an American Soldier in that battle, is the narrator of the 2015 "We Serve" Soldier Show.

"The underlying storyline is that [Stephenson's character] grandfather served in World War I. His dad served in World War II. He served in Vietnam. His son served in the first Gulf War and he's got a grandson who's serving in Operation Iraqi Freedom," Soldier Show producer Tim Higdon said. "We acknowledge who he is as a real person, but he plays a character for the show, and the character is this Soldier for Life veteran."

The show includes an introduction by Gibson. Stephenson helped Soldier Show artistic director Victor Hurtado persuade Gibson to add a taste of Hollywood to the Army Entertainment production.

"Mel is actually speaking about the men and women that were involved in the battle," Hurtado said. "As an actor in 'We



Pfc. Jovan Maires sings lead vocals during a dress rehearsal for the 2015 U.S. Army Soldier Show 'We Serve' at Fort Sam Houston Theatre in San Antonio April 15.

Were Soldiers,' he knows them very well. The show calls attention to Patrick as himself, but once the show goes on, he represents all veterans.

"It's not a stretch to think his grandparents would have served in World War I, that his mother would have been a Rosie the Riveter, that his grandson could be serving in the Army now – what an amazing way to call attention to Vietnam vets and also make sense of him as a human being in the continuum of being an American."

The Soldier Show creative team had to incorporate many elements, including different styles of song and dance.

"This year was a particular challenge for us because it was one person's story, which we've never been able to do before," Soldier Show music director Joey Beebe said. "The narrator, the person the show is about, is on film the whole time

and the cast is acting out their memories or their stories, so it allowed us to go in a linear direction with the show, which we've never done. So it was really weird for me to have the show move in that direction. We're usually just a little more scattered and bouncing around from place to place. This is real direct."

As always, the Soldier Show delivers song-and-dance entertainment from diverse cultures.

"Some of the songs that we tried to get in, and we made them work, we picked them because they're big, popular songs, like 'Uptown Funk' and 'Bang Bang' and 'Turn Down for What,'" Beebe said. "We even have some opera this year. It's been a long time since we've had somebody who could do that."

Amy Lynn Miles has choreographed every step of the Soldier Show since 2012.

She appreciates the symmetry of this year's show.

"This show, as a whole, I really like the way that we have somebody telling, from start to end, the story," she said. "We're following a specific person throughout the whole show. Since I've been here, we've never done that before."

Celebrating a Soldier for Life and the 50th anniversary of a Vietnam War battle, people may expect moments of sadness, but the show also demonstrates Soldiers' resilience and readiness. It addresses important Army programs, such as Gold Star Families, and sexual harassment and sexual assault response and prevention.

Hurtado was tasked to write the script with guidance to incorporate "We Serve" and Soldier for Life into the performance.

"We're actually covering the new initiative by the sergeant major of the Army: 'Not in my squad,'" Hurtado said. "That initiative puts first-line leaders directly into the fight against sexual assault and sexual harassment."

The show also touches on recovery and what the Army does to help Soldiers transition from being wounded and returning to duty, joining the civilian workforce, or transitioning out of the Army into mainstream America.

"The show is entertaining, but it also is very message-driven," Hurtado said. "We want to make sure the audiences that we play for are actually absorbing the messaging while being inspired at the same time – and finding the meaning in the messaging, as well."

The "We Serve" show also delivers a powerful patriotic punch, a touch of cultural diversity and a few modern chart-topping tunes.

"It's going to be a great show," Beebe said. "Come and watch."

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ENTERPRISE SHOPPING CENTER

I FURIOUS 7 - PG-13
Mon-Fri: 7:00 & 9:30
Sat-Sun: 1:50, 4:10, 7:00 & 9:30

II AGE OF ADALINE - PG-13
Mon-Fri: 7:00 & 9:10
Sat-Sun: 2:00, 4:00, 7:00 & 9:10

WESTGATE CENTER

III PAUL BLART: MALL COP 2 - PG
Mon-Fri: 7:10 & 9:10
Sat-Sun: 2:00, 4:00, 7:10 & 9:10

IV THE LONGEST RIDE - PG-13
Mon-Fri: 9:00 • Sat-Sun: 4:00 & 9:00

HOME - PG
Mon-Fri: 7:00 • Sat-Sun: 2:00 & 7:00

COLLEGE CINEMA • ENTERPRISE

3 Screens - 2D & 3D

I AVENGERS: AGE OF ULTRON - PG-13
2D - Mon-Fri: 7:00, 7:30 & 9:40
Sat-Sun: 1:00, 1:30, 4:00, 4:30, 7:00, 7:30 & 9:40

II AVENGERS: AGE OF ULTRON - PG-13
3D - Sat-Sun: 2:00, 5:00 & 8:00
Mon-Fri: 7:00 & 9:40

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AUCTION - Ozark, AL Home & Personal Property Sat., May 9th - 10AM (cdt)



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OPEN HOUSE: Friday, May 1 from 2-6PM, Sat. & Sun, May 2-3 from 12-4PM, and Friday, May 8 from 2-6PM.

For Information on this Property, contact our Representative, **Linda Young, at (251) 979-4879**

TERMS: Real Estate: 15% Down Day of Sale. Balance with Deed at Closing within 30 Days. Property Taxes Prorated. 10% Buyer's Premium. **Personal Property:** Cash or Good Check. **NO Credit Cards Accepted.** 10% Buyer's Premium will apply.

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Church Directory

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1 Corinthians 11:1

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Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00AM
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Summer safety key to summer fun

Gulf Shores and Orange Beach Tourism Press release

Sun, sand, surf and sea make coastal Alabama a warm and inviting hotspot for families throughout the year, especially during the summer season.

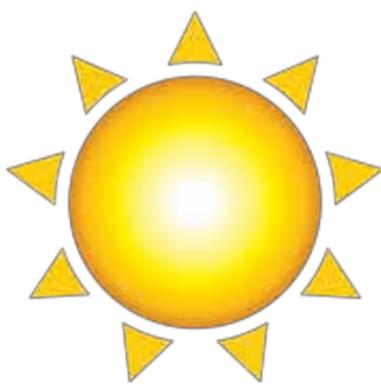
Although Gulf Shores and Orange Beach provide a prime spot for soaking up the sun and diving into an array of attractions, there are a few coastal occurrences to be aware of to make each guest's experience as enjoyable as possible.

"Many of our summer guests come back year after year, or even different times of year for different activities," said Colette Boehm, special projects director for Gulf Shores and Orange Beach Tourism, "and some are discovering our destination for the first time. Whether they feel right at home on our beaches or they are from a land-locked area visiting for the first time, we want their stay to be a positive, memorable experience. To accomplish that, we like to remind them to keep safety in mind while they're here and to have a healthy appreciation for the wonderful natural resources we all love here."

A few tips and practices can help make each beach trip safe and sound this summer.

One of the most valuable safety tips to be aware of can be found flying along the area's beachfront – flags. The following guidelines apply to the flags on Alabama's beaches:

- **Double Red:** water closed to the public (note that the beaches remain open)
- **Red:** high hazard (high surf and/or strong



- currents)
 - **Yellow:** medium hazard (moderate surf and/or currents)
 - **Green:** low hazard (calm conditions, exercise caution)
 - **Purple:** dangerous marine life
- Storms and other coastal occurrences may cause dangerous conditions such as rip currents, also known as riptides. When a red flag is flying, high surf and rip currents are present. If you are caught in a current, relax as much as possible and swim parallel to the shore until you are free from the current. Note that a rip current could still be present under the surface even if the top appears calm.
- While tanning is a popular beach activity, it is vital to always use and regularly reapply sunscreen during all outdoor activities. Do not be fooled by the shade of an overcast day — the sun's rays can actually be more harmful when the sky is overcast.
- Hydration is a must when hanging out

in the heat, and the best way to do so is to drink water and sports drinks containing electrolytes. Some beverages, especially those containing alcohol, can cause dehydration.

Coinciding with the state's motto, "Alabama the Beautiful," coastal Alabama prides itself on having clean beaches. Help keep Alabama's beaches beautiful by disposing of trash and recycling when possible.

The sand dunes covered in sea oats along Alabama's 32 miles of beachfront not only provide an excellent background for family photos, but also provide a habitat for coastal critters such as nesting sea turtles and the Alabama Beach Mouse. Help preserve this habitat by not disturbing, walking on or littering the dunes and not picking the sea oats which hold them in place.

Orange Beach is known for some of the finest fishing on the Gulf Coast. While fishing this summer by charter, personal vessel, pier or from the beach, protect Alabama's marine life by recycling used or broken fishing line.

With the sinking of The LuLu on Memorial Day weekend, Alabama marked the map as a diving destination. When boating and fishing along the coast, be aware of dive safety rules. The State of Alabama requires divers to prominently display a dive flag and to stay within a 50-foot radius of it. Boaters are to stay at least 100 feet away from a displayed dive flag.

The coast is home to many marine creatures, including dolphins. Viewing these whimsical creatures on a dolphin cruise or

even from a condo balcony or waterfront restaurant can be magical, but feeding them is harmful to their health, natural habitat and behavior. Some of the area's dolphin cruise captains are certified by Dolphin SMART, a program promoting the protection of wild dolphins. For more information on this program, visit www.sanctuaries.noaa.gov/dolphinmart. To view a public service announcement from the National Oceanic and Atmospheric Association about not feeding these creatures, go to www.dontfeedwilddolphins.org.

Among the wonderful wildlife inhabiting the Gulf's waters are jellyfish, which can leave behind an unwelcome mark. If you encounter a jellyfish sting, there are simple solutions to take away the sting and get you back to fun and sun. As tempting as it may be, do not use fresh water or rub the affected area – that will only make things worse. Simply wash the area with salt water or alcohol to shut down the stinger and remove the nuisance with tweezers if it becomes visible.

Green, Kemps Ridley and Loggerhead sea turtles inhabit Gulf waters and nest from May 1 through Oct. 31. While volunteers with Share the Beach, a program that works to provide protection for and education about these endangered and threatened sea turtle species, monitor the nests, it is important to be aware of these creatures. To learn more about the program or to report turtle activity, visit www.sharethebeach.com.

For more information on this family beach destination, visit www.gulfshores.com or www.orangebeach.com.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegion-post80.org.

DALEVILLE

MAY 9 — The Daleville Department of Public Safety will host the Alabama Police Week Shooting Championship with the first shots being fired at 9 a.m. and an awards ceremony at 5:30 p.m. at the Tri State Gun Club on County Road 437. Members of the public are encouraged to participate. The match will consist of 10 stages – not including optional side stages – and 175 rounds fired. Stages will be a combination of scenario-based practical shooting exercises complete with barriers, cars, obstacles and stages pertaining to shooting-skills based standards. Organizers said it is designed as a fun yet competitive match. For more information or to register, visit www.OsageCombatives.com/shooting-championship.

DOTHAN

MAY 9 — The Dale, Geneva, Henry and Houston County Sheriff's Offices and the Wiregrass H.O.G. Chapter will host the third annual Brian Brackin Memorial Blue Ribbon Ride to benefit the Southeast Alabama Child Advocacy Center at Harley Davidson of Dothan. Registration begins at 9 a.m. and the first bike is scheduled out at 10 a.m. Family activities are scheduled for 11 a.m. Cost is \$25 per bike and \$10 per rider – includes T-shirt and lunch. Along with the motorcycle ride, the event features food, entertainment, games and inflatables. For more information, call 671-1779 or visit www.southeastcac.org.

ONGOING — The Tri-States Coin Club meets the third Monday of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle. Described as designed for all ages, the event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

ENTERPRISE

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

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

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 10 a.m. to noon, Disabled American Veterans Chapter 99 maintains a

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

ONGOING — Adult education classes are offered in Rm. 12 at New Brockton High School, 210 South Tyler St., Mondays and Wednesdays from 6-9 p.m. All classes are free for individuals 16 years old or older who are not enrolled in public school. Individuals must take an assessment test prior to attending class. Call 894-2350 for more information.

OZARK

MAY 8 — St. Michael's Episcopal Church, 427 Camilla Ave., will host its final Spring Classical Guitar Concert at 7 p.m. The free concert will feature internationally known classical guitarist Andrew Stroud. Following the concert will be a meet-the-musician reception in the parish hall.

ONGOING — The Friends of Ozark holds a monthly meeting on the second Tuesday of every month at 6 p.m. at the Ozark-Dale County Library. For more information, call 477-6221 or email wcholmes53@hotmail.com.

PINCKARD

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

SAMSON

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

TROY

ONGOING — The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum's Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is \$15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

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

WIREGRASS AREA

MAY 2 — Abbeville will host its annual Yatta Abba Day downtown. The festival features entertainment, garden items, arts and crafts, children's activities, food vendors, antique cars – including John Wayne's custom-made station wagon – and music.

MAY 24 — New Hope Freewill Baptist Church at 3819 County Road 31 in Abbeville will celebrate its annual choir anniversary at 2:30 p.m. All churches, choirs, soloists, and soloist groups are invited to attend and bring two selections. Refreshments will be served.

Beyond Briefs

Montgomery Biscuits

The Montgomery Biscuits, the Double-A affiliate of Major League Baseball's Tampa Bay Rays, plays in the Southern League. The Biscuits' season is in full swing with regular games at Montgomery's Riverwalk Stadium.

For information on the team, including the schedule, ticket prices, directions to the stadium and the latest news, visit www.biscuitsbaseball.com.

Fun in Montgomery

Every second Saturday in April through August, visitors are invited to join the people of Montgomery at Riverfront Park for a family-friendly event from 5-9 p.m. The fun includes live entertainment, games for all ages (bocce ball and more), food vendors and more.

For more information, call 334-625-2100 or visit www.funinmontgomery.com.

Great Dinosaur Egg Hunt

Mobile's Gulf Coast Exploreum Science Center will host its Hatching the Past: the Great Dinosaur Egg Hunt now through May 10. The exhibit features 100 real dinosaur eggs and 100 replica eggs. This multimedia experience for all ages invites visitors to touch real dinosaur bones and reconstructed nests – one more than eight feet in diameter – dig for eggs, experience hands-on exploration stations and view animated video presentations featuring well-known dinosaur experts. Each science-rich section is enhanced with lifelike models of embryos and hatchlings, colorful illustrations of dinosaur family life and photographs of some of the world's most renowned dinosaur hunters and their discoveries.

For more information visit: <http://www.exploreum.com/hatching-the-past-the-great-dinosaur-egg-hunt/>.

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/.

Montgomery cruise

Montgomery's parks and recreation department welcomes people to come down to the river and experience history while enjoying a relaxing cruise on the city's greatest downtown attraction, the Harriott II Riverboat. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery's entertainment district. The Harriott II offers dinner, dancing, and live entertainment.

To reserve the boat for an event, call 334-625-2100. For more information on cruises, visit www.funinmontgomery.com.

Reserve dedicates permanent exhibit at Pentagon

By Lisa Ferdinando
Army News Service

WASHINGTON — Two Army Reserve Silver Star recipients and the father of a Reserve Soldier who was captured and killed in Iraq were the honored guests who helped dedicate the Army Reserve's first permanent Pentagon exhibit.

The exhibit stretches the length of the fifth corridor on the Pentagon's second floor. It showcases Army Reserve history — from its infancy in 1908 as a small corps of medical professionals to today's force.

Lt. Gen. Jeffrey W. Talley, chief of the Army Reserve, presided over the ceremony, cutting a yellow ribbon. Assisting him were Silver Star recipients Jeremy Church and David Hutchinson, along with Keith Maupin, the father of Staff Sgt. Keith Matthew Maupin.

Matt Maupin was missing for four years after his fuel convoy was attacked in Iraq in 2004. His remains were identified in 2008.

"I know that Matt was the first Soldier captured in Iraq and he will be remembered forever. To me, that's important," said Maupin, adding that his son put a face on the Iraq war and on the war in Afghanistan as well.

Maupin founded the Yellow Ribbon Support Center, which mails packages to deployed Service members and honors those who don't come home.

Maupin said he is grateful for the freedom that Service members provide to Americans. He is personally grateful, he said, to those service members who continually searched for his son after the ambush.

"I can't thank them enough and I know that I will never meet them all," he said. "But I want to tell them 'thank you.' Somebody was always looking for Matt — and they never forgot him."

On the frontlines

Church, who is medically retired from the Army, was in Maupin's convoy when it was attacked. He said he was humbled to be recognized for his actions.

"It is a great honor," said Church, who attended the dedication with his wife.

Church was the first Army Reserve Soldier to earn the Silver Star in Iraq. He was recognized for heroic actions in 2004, when he drove his convoy's command vehicle through a four-mile kill zone to render assistance to fellow Soldiers after the ambush by Iraqi insurgents.

"It's actually a great honor to be brought up here ... to be in a corridor with all the great people," he said.

"There is really no word to describe it," he said, noting that to him there was no distinction between the Reserve and active-duty components since everyone was on the same mission.

"It's nice to know that great people have your back," he said. "I guess some day my children or my grandchildren will see this and be proud."

Hutchinson, then a private on personal security detail, earned the Silver Star in 2008 by placing accurate and effective fire on insurgents while in a convoy heading to a forward operating base in Afghanistan.

An iconic place

The Pentagon is both a building and an icon — a symbol of America's power and might, Talley said. Along its 17 miles of corridor, there are displays that chronicle America's history and the valor and sacrifices of America's men and women in uniform.

"But until today, there was no space that honored the more than a century of service that the Army Reserve has provided to the nation," Talley said.

The Army Reserve Corridor will be a "visual and visceral connection to all of the citizen-Soldiers, past and present, whose valor and sacrifice, service and fidelity, exemplify our past, guide our present, and light our way into the future," the general remarked.

The new exhibit chronicles more than 100 years of Army Reserve history, said John Boyd, the director of the Office of Army Reserve History on Fort Bragg, North Carolina.

Starting with 1908, the exhibit showcases the historical milestones, including the Reserve being codified in 1920 as an organized Reserve, to modern day, Boyd said. It contains artifacts, photographs and interactive displays.

The Army Reserve, with approximately 200,000 members, is essential in supporting the mission of the entire Army. It is comprised of highly-trained men and women, who are "twice the citizen," serving in civilian jobs and serving their country as called up for wars, humanitarian efforts, and many other missions to serve and protect the people of the United States and the globe, Boyd said.



PHOTO BY LISA FERDINANDO

Holding a piece of ribbon from the ribbon cutting, Keith Maupin, father of fallen Army Reserve Staff Sgt. Keith Matthew Maupin, stands in front of the new display honoring his son at the Pentagon April 21.



Harrison B., Student
Two tours of duty. Dad. C.J.



BEST
ONLINE PROGRAMS

USNews
A WORLD REPORT

VETERANS
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RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

Main Post Chapel, Bldg. 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, Bldg. 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, Bldg. 8939
10:45 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. Rgt. 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 Puss n Boots, an approximately 2-year-old female orange tabby available for adoption at the Fort Rucker stray facility. She is sweet and affectionate. 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.

REMEMBER ACE - ASK, CARE AND ESCORT.

Prayer:
Event is free, open to public

Continued from Page C1

important in our lives. It gives us direction, it gives us guidance and it really helps us to pull values that are important in our lives."

The luncheon is open to the public and tickets are available for a suggested donation of \$5, and the menu selection will include southern-style barbeque chicken, green beans, mashed potatoes, rolls, salad, iced tea and coffee.

For more information, call 255-2989 or 255-2012.

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Saturday • May 2nd
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Wiregrass Blues Fest
has partnered with
In the yard of Wiregrass Museum of Art Bands & Gumbo tasting starts at 6pm.
~Rain or Shine • Bring Lawn Chairs!~

benefits the ALS Foundation

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VICTORY
Spouse, sports provide Soldier strength to overcome illness
Story on Page D4

APRIL 30, 2015

Youth learn healthy habits

By Nathan Pfau
Army Flier Staff Writer

In a nation where obesity rates are soaring, Fort Rucker is taking the fight to the front lines by stopping the problem before it starts.

The Fort Rucker Child, Youth and School Services held a youth health fair April 22 at the youth center to promote healthy living at an early age, and children and families came out in droves to kick start their healthy living habits, said Randy Tolison, Fort Rucker Youth Sports director.

"We wanted the health fair to be informative and educational," he said. "We wanted to make the parents and youth aware of the many different healthy, therapeutic and safety programs that are offered here on Fort Rucker. This event allows young people to see what resources are available to them for making healthy choices."

"Overall, the event was a great success," he continued. "I thought the vendors did a great job with the youth and parents. The parents and the youth were very pleased with the health fair, and we received some very positive feedback."

During the fair, children who signed up were able to have their measurements taken, such as their height, weight and blood



Sheila Shepard, CVSS activity coordinator, checks W01 William Niemann's, B Company, 1st Battalion, 45th Aviation Regiment, blood pressure as his daughter, Kali, looks on during the youth health fair at the Fort Rucker Youth Center April 22.

PHOTO BY NATHAN PFAU

pressure, as well as have their sight and hearing checked from professionals who work at Lyster Army Health Clinic.

Representatives from all over post who work in physical therapy, the dental clinic, preventative medicine, the Directorate of Public Safety and the family advocacy program were on hand to answer any questions that children or parents had.

Despite all the initiatives to promote healthy living and fitness, Tolison said it's still up to each individual to make sure he or she stays on the path to wellness.

"Today's youth are exposed to so many different lifestyle choices, so wanted to make them aware of the option of living a healthy lifestyle," he said. "Also, we wanted to inform them of the

problems that are incurred if a healthy and fit lifestyle isn't part of their daily lives," adding that a little effort goes a long way.

Charlie Davis, military spouse, said she was glad to see such an effort by not only the youth center, but the installation as a whole to promote a healthy lifestyle.

"I just think it's great that these children are able to be exposed to things like this here

on Fort Rucker," she said. "You don't normally think about getting checkups and watching what you eat at a young age because that's normally the time when people feel that they're free to do what they want. But getting a head start on learning healthy habits is always a good lesson in my book."

Gina Vaughan, CVSS nurse, was one of the professionals on hand to help promote health, and she said that getting a jump start early in life will help them maintain the habit throughout their later years.

"It's about raising awareness and showing the children what they can do to improve their health," she said. "Teach them healthy habits now so that they can go ahead and incorporate them in life."

One way the children can achieve this is through active living, she said, which is why she helped to provide different fitness activities for the children to participate in, such as jump roping, hula-hooping and even simulated kayaking where children were able to race each other.

"I just hope that my children learn something from this experience," said Davis, "even if it's just that they're more aware of what they put into their bodies. I'm just glad that they're learning about it."

Army prohibits eating popular health bar

By Rachael Tolliver
Fort Knox Public Affairs

For anyone who relies on protein bars as an afternoon or after workout snack, they should be warned about nonmilitary friendly ingredients in their all-natural selections.

Strong & Kind bars, which include Hickory Smoked, Roasted Jalapeno, Honey Mustard, Thai Sweet Chili, and Honey Smoked BBQ, contain hemp seeds in their ingredients. These seeds may contain low levels of tetrahydrocannabinol, a chemical found in marijuana, which the Army believes may be detectable in drug screening tests.

This ingredient is not included in the Kind fruit and nut bars, and a complete list can be found at www.kind-snacks.com.

The Army's position on the consumption of hemp seeds, or its derivatives, is similar to its sister services and follows laws and guidelines set forth by U.S. law enforcement agencies.

Army Regulation 600-85 para 4-2, (p) states that, "...Soldiers are prohibited from using Hemp or products containing Hemp oil." And the "...Violations of paragraph 4-2 (p) may subject offenders to punishment under the Uniform Code of Military Justice and or administrative action."

Department of Defense regulations are based on several considerations, some of which are U.S. laws. In this case, the U.S. Drug Enforcement Agency categorized hemp seeds, "if they contain THC..." as an illegal product (www.dea.gov/pubs/pressrel/pr100901.html).

Additionally, the Department of Justice issued a ruling on what products that contained THC were exempt

SEE HEALTH, PAGE D4



COURTESY GRAPHIC

RESILIENCE

Soldier uses sports to stay motivated, competitive

By Shannon Collins
Army News Service

EL PASO, Texas — Drive, camaraderie and a chance to be an athlete again drove one Army specialist from her hospital room to the archery range, track field and courts of Fort Bliss to compete during the Army Trials.

Army Reserve Spc. Sydney Davis, a former volunteer firefighter turned medical laboratory technician, participated during the Army Trials March 28 through April 3 on Fort Bliss. The trials were held to determine who will compete as part of the Army team during the 2015 Department of Defense Warrior Games June 19-28 on Marine Corps Base Quantico, Virginia.

During the Army Trials, Davis competed in shot put, discus, recurve archery, air rifle, air pistol, wheelchair basketball and sitting volleyball. Showing her competitive spirit, she garnered a gold medal in recurve bow in archery, the bronze medal in air rifle, a silver medal in discus and a silver medal in shot put. She said her wheelchair basketball and sitting volleyball teams also did well.

In high school, Davis made it to the state competition for discus and shot put, and made it to state all four years for basketball. She just started archery two months ago. She moved away from competitive sports after high school, but within the last few months, she has re-engaged to help with post-traumatic stress. She is serving on the Fort Belvoir Warrior Transition Battalion in Virginia.

"Sports have done a lot for me," she said. "It gives me something to look forward to and it brings a



PHOTO BY EJ HERSON

Army Spc. Sydney Davis throws shot put during the Army Trials on Fort Bliss, Texas, April 1.

bunch of people who go through the same things together. We all support each other. We're competing, but, at the end of the day, we're all one team. I've given pep talks to several people — several people have given me pep talks. Everybody here is clapping for everyone and telling them they can do it. It's been invaluable. We're all in it for the Army — one team."

Davis said adaptive sports have shown her that she is resilient.

"Bouncing back, going through something that, to you, is personally traumatizing and being able to overcome, and I've been doing that through these sports. These give me self-worth and confi-

dence," she said, with an ever-present smile. "When you join a WTG, you feel like you're a broken Soldier and you don't really feel like you can put out as much as a normal person could. I don't like feeling flawed — nobody does. But when I'm able to do this and show what I can do, it pumps me up. Just because I took a step backward does not mean I can't keep going forward."

Davis encourages anybody who may be discouraged to give adaptive sports a try, especially at the local level.

"One time, that's all it takes. That's what I did," she said passionately. "I was in the barracks, alone, watching television every day — just depressed. Ev-

erybody kept pushing me to get out and try stuff. I told them I didn't have any energy. I was like, 'I'm just going to pity myself in here.' And one time, that's all it took. I went out and started archery ... and it's addicting. When you realize you want to do something and you're good at it, it gives you that purpose and that drive. One day at a time, you get better and better, and soon you're competing at a level like this and hopefully the Paralympics."

Davis also encourages anybody considering trying out for the Army Trials next year to give it a shot.

"When I first got to the Army Trials, I thought I was alone," she said. "I had doubts about myself. I didn't think I was good enough or strong enough. But there are so many friends and support. I'm not alone, and neither are you."

She also said the coaches have been phenomenal.

"The coaches were fantastic," Davis said. "They're first class. These coaches know what they're doing. It was an honor to have them come out and help us."

The final selections for the Army team, which will compete during the DOD Warrior Games, should be announced later this month. Throughout the games, wounded, ill and injured service members and veterans from the Army, Marine Corps, Air Force, Navy and Coast Guard will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball.

Also participating in the games will be competitors from U.S. Special Operations Command and a team from the British military.

DOWN TIME



Just Like Cats & Dogs by Dave T. Philippe



Trivia test by Fifi Rodriguez

T R I V I A

1. ANIMAL KINGDOM: What is a group of sea turtles called?
2. SCIENCE: For what field of science was Tycho Brahe best known?
3. LITERATURE: How many book-length novels about Tarzan did Edgar Rice Burroughs write?
4. GEOGRAPHY: What part of the world was once called Caledonia by the Romans?
5. HISTORY: Which French king greatly expanded the Palace of Versailles and moved his court there?
6. MATHEMATICS: How many zeros are in the number 1 billion?
7. PRESIDENTS: Who was the only Roman Catholic president of the United States?
8. MOVIES: What early movie star made a career based on his portrayal of "The Tramp"?
9. LANGUAGE: What word describes the next-to-last event or item?
10. ANATOMY: What is the scapula more commonly known as?

See Page D4 for this week's answers.

Super Crossword

- | | | | | | |
|---------------------------------|--|---|--------------------------------------|----------------------------------|---|
| ACROSS | 57 Chinese zoo mammals | 109 Old Italian coins | 11 In a docile way | 50 Rage | 88 Tramped (on) |
| 1 Perceive | 58 "Thou — lady": King Lear | 110 Tie down, as a ship | 12 1985 Kate Nelligan film | 51 — nous | 89 "Holiday" actor Ayres |
| 8 Wavering | 59 Hotel's kin | 111 Sheik, e.g. | 13 In re | 52 "There — I" in team" | 95 Mao — tung |
| 16 Dies down | 60 Young dog | 112 Actress Carrere | 14 "Dallas" actor Patrick Singer | 53 Musical piece | 96 Romeo and Juliet's town |
| 20 One of the Great Lakes | 61 Sews an edge around | 113 Actress Huck | 15 Singer Sumac | 54 Racket-raising Arthur | 97 "It's — state of affairs" |
| 21 CD from Eminem or Jay-Z, say | 62 Riddle's answer | 114 Mark Twain's answer | 16 Begin, as a journey | 55 Rover's foot of fruit discard | 99 Lane of Broadway |
| 22 Marshland | 63 Poker cost | 115 Riddle's answer | 17 — ball (pool hall item) | 56 Arcane | 100 Narcotic |
| 23 Start of a riddle | 64 Annoyed with | 120 Riddle's answer | 18 "Fists of Fury" star | 57 0% of the people | 101 Generates |
| 25 Teal, e.g. | 65 "Boa, for one" | 121 Ethereal quality | 19 Get sight of | 58 "Right, bro" | 103 Beatnik's "Got it!" |
| 26 Mineo of films | 66 "Right, bro" | 122 Relate (to) | 20 "the weather?" | 59 Largest city on Hawaii | 104 People on the move |
| 27 First-century emperor | 67 0% of the people | 123 Prayer opener | 21 Phone no. | 60 Largest city on Hawaii | 105 Like a well-pitched inning |
| 28 Sufficient, in dialect | 68 Biker's bike, colloquially | 124 Northern parts of New York and New Jersey | 22 Port of Japan | 61 Largest city on Hawaii | 106 "Sing, Sing, Sing" drummer Gene |
| 29 After-bath sprinkle | 69 Largest city on Hawaii | 125 Numbers used in sums | 23 Actress Lisa Baldwin | 62 Poem of lamentation | 107 Totally filled |
| 30 Zest | 70 "Get — back!" | | 24 "Hick" actor | 63 Poem of lamentation | 112 Longtime West Virginia senator Robert |
| 32 Riddle, part 2 | 71 Abrades | | 25 Hayek of Hollywood | 64 Poem of lamentation | 114 — Schwarz |
| 38 Majestic | 72 Coloring substance | | 26 Window ledge | 65 Poem of lamentation | 115 Sorority letter |
| 40 Inane | 73 Tara of "American Pie" | | 27 Parking — | 66 Poem of lamentation | 116 Humid |
| 41 High-pH compound | 74 Granola bit | | 28 Repeated statement in Windows ads | 67 Poem of lamentation | 117 Suffix with colour |
| 42 Sticky, viscous stuff | 75 "— Man Answers" (1962 film) | | 29 Plating metal | 68 Poem of lamentation | 118 Ar-tee link |
| 45 Previously called | 76 Jazzy Anita | | 30 Kind of PC monitor | 69 Poem of lamentation | 119 Honored Fr. woman |
| 46 "— have to wait" | 77 Irritated reply to "Are you awake?" | | | 70 Poem of lamentation | |
| 49 ESPN's Hershiser | 78 Devours, with "down" | | | 71 Poem of lamentation | |
| 50 Riddle, part 3 | 79 Accept | | | 72 Poem of lamentation | |
| 55 They often elicit groans | 80 Riddle, part 5 | | | 73 Poem of lamentation | |
| 56 "Suffice it — ..." | 81 Gulf nation | | | 74 Poem of lamentation | |
| | 82 Good diving score | | | 75 Poem of lamentation | |
| | 83 Genetic letters | | | 76 Poem of lamentation | |
| | 84 Flanders river | | | 77 Poem of lamentation | |
| | 85 Ovum, e.g. | | | 78 Poem of lamentation | |
| | 86 "There it is!" | | | 79 Poem of lamentation | |
| | 87 Soups | | | 80 Poem of lamentation | |
| | 88 End of the riddle | | | 81 Poem of lamentation | |
| | 89 AI who drew Lt Abner | | | 82 Poem of lamentation | |

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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: ★★★

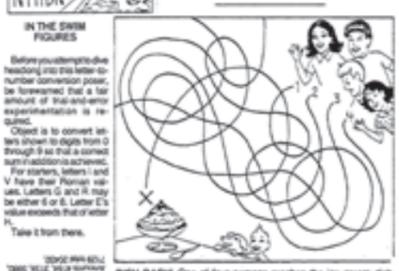
★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER

Junior Whirl by Hal Kaufman



Wishing Well

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

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

HOCUS-FOCUS by Henry Boltroff



VICTORY

Spouse, sports provide Soldier strength to overcome illness

By Shannon Collins
Army News Service

EL PASO, Texas — As the crowd applauded, the veteran dipped his head to receive his first gold medal. His eyes held back tears, but a slow grin crept onto his face when somebody yelled, “hold hands.”

He grabbed the hands of his fellow athletes and raised them into the air to celebrate his own victory in rifle shooting — as well as the victories of his fellow wounded warriors.

Staff Sgt. Cory Davis was one of many Soldiers who participated during the Army Trials March 28 through April 3 on Fort Bliss. The trials were held to determine who will compete as part of the Army team during the 2015 Department of Defense’s Warrior Games June 19-28 on Marine Corps Base Quantico, Virginia.

“I won a gold medal,” said Davis, adding he was still in shock. “I didn’t expect to win. They were cheering my name. It was the first time I ever won a gold medal. Now I have something I can take back to my kids.”

Growing up in San Diego, California, Davis said he had always wanted to work on helicopters and the Army gave him that chance. He enlisted in the active-duty Army for nine years, took a break and then became an avionics mechanic with the 1107th Theater Aviation Sustainment Maintenance Group in Springfield, Missouri. He’s worked on helicopters for 15 years now and said he loves it.

For Davis, this last year has been an emotional one.

During a deployment to Afghanistan in April 2014, Davis hurt his ankle and lost control of his right arm. He said his doctors thought it was the ulna nerve, and medically evacuated him to Germany and then back to the United States. After performing several tests, the doctors realized he had



PHOTO BY EJ HERSOM

Army Staff Sgt. Corey Davis aims an arrow during the archery competition of the Army Trials at Fort Bliss, Texas, March 31.

Parkinson’s disease — a progressive disorder of the nervous system that affects movement.

At 45 years old, Davis said he is a little young to be diagnosed with the disease, so he was taken by surprise. He said his wife, Dawn, has helped him through the stages of acknowledging and the acceptance of being diagnosed with Parkinson’s.

“It took me back a little bit and now I’m just trying to live with the not knowing what’s next. But Dawn, she’s my resource, my rock,” Davis said, his voice choking with emotion. “She pushes me to compete. She continues to challenge me. She’s the one who’s accepted the diagnosis. She’s my biggest supporter.”

Davis met his wife, Dawn, a fellow National Guardsman, a few weeks before they deployed together to Afghanistan in 2010.

“But we fell in love with each other during the deployment and got married six months after we got back,” Davis said with a smile. They were deployed for almost a year. He and Dawn have

two daughters, Ashley and Sydney, two step-children, Trenton and Whitney, and four grandchildren, Hayden, Autumn, Kinley and Brooklynn. Dawn has been in the National Guard for six years and is a human resources administrator.

Dawn said her husband is her hero.

“Before my husband was deployed, he was a strong and healthy man. He came home with a life-altering condition with no cure,” she said. “He has put forward great tenacity and perseverance in overcoming the symptoms he encounters each day. This makes me place him higher on the pedestal I thought he could never rise higher from. He is my hero, and I am filled with pride when he approaches each obstacle he faces every day. His constant attitude of not giving up makes me so very proud and happy he is not allowing a terrible disease control his life.”

While Davis was recovering from his disease at the Warrior Transition Unit on Fort Leonard

Wood, Missouri, his wife, along with Army Trials athlete Sgt. 1st Class Sam Goldenstein, the Adaptive Sports Site coordinator on Fort Leonard Wood, encouraged him to give adaptive sports a try.

“I had been spending time in my room doing nothing, getting pretty depressed,” he said. “Sam comes in and said, ‘Cory, what do you want to do? We’ve got archery, shooting, this, this and this.’ She’s been great. She motivated me and inspired me to do more. She’s even got me and my wife going to a tennis camp. Every time I see her, I just smile because I know it’s because of her and my wife that I’m here at the Army Trials.”

Goldenstein said she takes strength from Davis as well.

“I wish all my Soldiers were like him,” said Goldenstein, an Army Reservist from the 325th Combat Support Hospital in Independence, Missouri. “From Day 1, he was like, ‘I’m going to come out and support your program.’ He’s always there helping out, helping others. I’ve seen how the adaptive sports help him, as

well. I’ve sat there at regionals, and I’ve seen him keep his composure, keep control of his motor functions. It’s so amazing to see. I was a proud mama there. I was proud to see him doing it again at the Army Trials. This is huge for him. He’s come a long way.

“It’s been because of competitions like this. It’s taught him, ‘Hey, I have to stay calm. I have to focus on this. I can’t let my injuries distract me or take over,’” she said. “It’s been beneficial for him in numerous ways physically and mentally, and he’s helped recruit other people. He feels like he’s an NCO again. He’s also taken the lead back home with helping train others. He’s a great mentor.”

Davis’ competitions began when Goldenstein put together a team to compete in the Veteran Affairs’ Valor Games in San Antonio in October, where Davis won two bronze medals for shooting the air rifle. He then went to Nellis Air Force Base, Nevada, in March and won a silver medal in shooting the air rifle and a bronze medal for sitting volleyball.

During the Army Trials, he got into the finals in men’s compound archery and his sitting volleyball team also did well. He earned a gold medal in the men’s standing rifle and his shooting scores were some of the highest shooting scores of the day.

The final selections for the Army team that will compete in the Department of Defense’s Warrior Games are expected to be announced later this month.

Throughout the games, wounded, ill and injured service members and veterans from the Army, Marine Corps, Air Force, Navy and Coast Guard will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball. Also participating in the games will be competitors from U.S. Special Operations Command and a team from the British military.

Intellectual turned athlete takes gold at Army trials

By Shannon Collins
Army News Service

EL PASO, Texas — Adaptive sports helped one Army Reservist trade in his high school image of being an intellectual for a new image — athlete.

Sgt. Zed Pitts, a heavy equipment operator with the 465th Engineering Company in Birmingham, competed in the Army Trials, March 28 through April 3 on Fort Bliss. The trials helped determine who will compete as part of the Army team during the 2015 Department of Defense’s Warrior Games June 19-28 on Marine

Corps Base Quantico, Virginia.

Pitts took gold in upright cycling, his team took gold in the 4x100 meter relay in track, he took silver in the 400-meter in track, and he took bronze in both 100-meter and 200-meter in track. His goal is to make the Army team for the 2015 Department of Defense’s Warrior Games and then to make the Paralympics team.

Throughout the 2015 Department of Defense’s Warrior Games, wounded, ill and injured service members and veterans from the Army, Marine Corps, Air Force, Navy

and Coast Guard will compete in track and field, shooting, swimming, cycling, archery, wheelchair basketball and sitting volleyball. Also participating in the games will be competitors from U.S. Special Operations Command and a team from the British military.

Now a full-time international studies student at the University of Alabama in Tuscaloosa, Pitts said he was not an athlete in high school.

“I was a brainiac. I was the president of the robotics team and a band geek. I played the saxophone,” he said, with a quick smile. He speaks fluent Japanese and Chinese. He also speaks conversational German.

Pitts joined the Army Reserve nine years ago, following his father into service. His dad still serves, he said.

During a mobilization for Operation Enduring Freedom in December 2013, Pitts was diagnosed with Graves’ disease. According to the Mayo Clinic, Graves’ disease is an immune system disorder that results in the overproduction of thyroid hormones.

Pitts said the most challenging part about his illness is that he had suffered compound hernias in his left arm. Additionally, his endurance took a dive, his sleep was affected and his resting heart rate was 119 beats per minute.

With help from doctors at the Fort Bliss Warrior Transition Battalion, Pitts was able to increase his

endurance and improve his sleep. He also found the adaptive sports program.

“My endurance really took off, so I was able to participate in the Army Warrior Trials,” he said. “Military adaptive sports helped me push beyond. I was an introvert and now I’m more social. I no longer focus on my disability. I capitalize on my abilities.”

He said illnesses like his can improve resilience. At one point, he said, he had been 50 pounds underweight and was depressed, but when he surrounded himself with other Soldiers in the adaptive sports program, it lifted up his

spirits.

“Resilience means to overcome ... push past the word ‘can’t,’” he said. “For anybody who is still in that dark place, you’re not alone. There are other Soldiers going through similar or worse circumstances, so you can look to them for ... guidance and advice on how to overcome whatever you’re going through.”

Pitts encourages anyone eligible to give adaptive sports a try. He said he didn’t even know he was an athlete until he found adaptive sports.

“I was talking to my family the other day,” he said. “I was wondering where all these athletic

superpowers came from.

I could’ve gotten scholarships or something. I guess I had to save it to inspire Soldiers to participate in the adaptive sports program and in the Army Trials — maybe even to try out for the Paralympics.”

Pitts also encourages disabled veterans to reach out to people in their community. He said that based on his own experience, communities want to help their disabled veterans achieve their goals.

“People are becoming more sensitive to veterans,” he said. “Don’t limit yourself. Just say I want to do this. I want to participate. I guarantee they’ll open their arms.”



PHOTO BY EJ HERSOM

Army Sgt. Zed Pitts rides to victory during the men’s upright bicycle event at the Army Trials for the 2015 Department of Defense’s Warrior Games on Fort Bliss, Texas, March 29.

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Health: Bars contain hemp seeds, prohibited by Army

Continued from Page D1

from being treated as an illegal drug under the Controlled Substances Act.

In part, the ruling reads: "Specifically, the interim rule exempted THC-containing industrial products, processed plant materials used to make such products, and animal feed mixtures, provided they are not used, or intended for use, for human consumption and therefore cannot cause THC to enter the human body. (http://www.deadiversion.usdoj.gov/fed_regs/rules/2003/fr0321.htm)"

As such, the Army has written its policy to adhere to and enforce these laws. The bottom line: Soldiers may not consume hemp seeds or hemp oil.

So how can a product designed for consumption legally contain hemp seeds?

In 2004 the Ninth Circuit Court of Appeals issued a unanimous decision, which DEA did not appeal to the U.S. Supreme Court, protecting the sale of hemp-containing foods. Those foods generally contain naturally occurring THC at less than the USDA guideline of 1 percent. Industrial hemp remains legal for import and sale in the U.S., but U.S. farmers still are not permitted to grow it.

According to University of California at

Berkeley, most of the THC found in hemp seeds are located in the seed hulls, which are removed during processing. Today's hemp seeds are processed to reduce levels of THC to negligible quantities but 15 years ago industrial hemp had higher THC levels and the seeds were prepared differently for processing.

The school's wellness site also said that companies producing hemp do so under a voluntary TestPledge program, indicating they follow quality control practices to limit THC concentrations, so that consumers will not fail a drug test.

Dr. Christopher States, the associate dean for research in the department of pharmacology and toxicology at the University of Louisville School of Medicine, said a person would have to consume a large amount of hemp seeds to test positive for noticeable amounts of THC.

He explained that the cannabis plant developed as marijuana is grown so the THC level is high, but it has a low level of cannabidiol. However, cannabis grown as hemp is raised with lower THC, but will have a higher level of cannabidiol.

"There is a lot of data out there that says the amounts of THC in hemp seeds is negligible unless someone eats over 300 grams, which would be about two-thirds

pound of hemp seeds," he noted. "And hemp seeds are a healthy source of protein with negligible traces of THC (also) hemp has cannabidiol oil which is what researchers are now using for epilepsy."

However, Capt. (Dr.) Christopher DiPiro, Ireland Army Community Hospital at Fort Knox, said while there are very low amounts of THC in hemp seeds and although most people will not test positive after consuming the seeds, studies have shown 20 percent of those tested might pop hot after eating them.

He added that consuming hemp seeds is not harmful beyond the possibility of failing a drug test.

Businesses dealing with DOD must be aware of requirements like AR 600-85 para 4-2, (p). Because of this regulation, AAFES does not carry Strong & Kind bars, said Chris Ward, a public relations specialist for AAFES, but it does carry the basic Kind Bars.

"We strive to ensure products do not conflict with published DOD guidance," Ward explained.

And Rick Brink, Defense Commissary Agency public affairs specialist, added that while commissaries carry Kind Bars, they have also chosen not to carry Strong & Kind bars because of the hemp seed content.

Joe Cohen, a spokesman for the Kind Company, said in correspondence with this office that the reasons the hemp seeds are included in the those particular bars is for nutritional benefits.

"Hemp seeds contribute protein, fiber and other important nutrients such as potassium and phosphorus to our Strong & Kind bars," he explained. "Hemp, when combined with the protein from almonds, peas and pumpkin seeds, provide all nine essential amino acids."

Even though the DEA and DOJ have published final rules on the consumption of THC-containing hemp, there is a small window provided by the USDA – less than one percent for THC component (www.usda.gov).

"Our Strong & Kind bars adhere to USDA testing and have a THC level of .001 percent. As referenced by the Congressional Research Service, a level of about 1 percent THC is considered the threshold for cannabis to have a psychotropic effect or an intoxicating potential," Cohen said.

However, military guidance says the consumption of hemp products is off limits, and as such military personnel and DOD civilians are prohibited from eating such foods.

PUZZLE ANSWERS

Super Crossword

Answers

DISCERN	UNSTEADY	EBBS
ONTARIO	RAPALBUM	MIRE
WHATISTHENAMEOFA	BLUE	
SALINERO	ENUFF	TALC
ELAN	NEWREALITY	SERIES
REGAL	SILLY	ALKALI
GOOP	NEE	ITLL
FEATURING	COMIC	MANDEL
PUNS	TOSAY	PANDAS
ARTA	INN	PUP
WORKING	ONHIS	CHORES
REID	OAT	IFA
JAM	NOW	WOLFS
STRUGGLING	TO	COMPLETE
IRAN	NINE	RNA
GAMETE	VOILA	WINOS
HIS	ASSIGNED	TASKS
LIRES	MOOR	ARAB
FINN	THE	HOWIE
ANTE	AIR	INNESS
OGOD	UP	STATES

Weekly SUDOKU

Answer

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

Trivia

Answers

1. A bale
2. Astronomy
3. 24
4. Scotland
5. Louis XIV
6. Nine
7. John F. Kennedy
8. Charlie Chaplin
9. Penultimate
10. Shoulder blade

SPORTS BRIEFS

Golf tournament for AER

Silver Wings Golf Course will host the 25th annual Golf Tournament for Army Emergency Relief Friday. Registration will begin at 10 a.m. with a noon shotgun start. The format is four-person scramble. Entry fee is \$65 per person, or \$55 for Silver Wings members. The cost includes a hamburger lunch, cart, green fees and registration gift. All proceeds will be donated to Fort Rucker's AER fund.

For more information, call 1-800-448-4096 or 598-4411.

Army 10-Mile Run Off

The Fort Rucker Physical Fitness Center will host its Army 10-Mile Run Off and Team Relay Saturday from 7-10 a.m. Race day registration begins at 6 a.m. at the Fort Rucker PFC on Andrews Avenue. The fee is \$25 with a \$12 no-shirt option up to race day. Registration fee for the five-person relay team is \$100. Trophies will be awarded in various categories. Top active-duty finishers will be considered for the team to represent Fort Rucker at the Army 10-Miler in Washington, D.C.

During the run, there will be various road closures on the run route: Third Avenue and Gladiator to Raider Street, then from Raider Street to Avenue K, from Avenue K to Quartermaster Road, on Quartermaster Road turn right onto Engineer then left onto Dilly Branch Road toward Knox Field. Left around Knox Field to Hatch

Road, right on Hatch Road to the 5-mile turnaround point.

For registration and more information, call 255-2296.

Enterprise baseball

Enterprise's semi-pro baseball team needs players. For more information, call Joe Jackson at 464-1729.

Adult swim lessons

The Fort Rucker Physical Fitness Center will offer adult swim lessons Tuesdays and Thursdays throughout May. Beginner level lessons will held from 11:45 a.m. to 12:30 p.m. and 5:15-6 p.m. Intermediate level lessons will be held from 12:45-1:30 p.m. and 6:15-7 p.m. People can register at the Fort Rucker PFC front desk or MWR Central three days prior to the start of the session. Cost is \$40 and there is a minimum requirement of three participants to conduct the course.

For more information, call 255-9162 or 255-2296.

Youth Extreme Fitness

Youth can sign up now through May 18 for Fort Rucker Child, Youth and School Services' Youth Extreme Fitness sessions that will be held Tuesdays and Thursdays May 19-June 18 from 6-7 p.m. at the youth sports football field. CYSS officials said that this program will be both challenging and rewarding,

adding that parents should keep in mind that the program is intended to push children beyond their normal comfort zones – mentally and physically. The cost is \$20 and it is open to youth ages 8-18. A current sports physical and valid CYSS membership are required for participation.

People can sign up at parent central services, 255-9638. For more information, call 255-225.

Mother's Day at Rucker Lanes

Rucker Lanes offers moms the chance to bowl three free games when a child bowls with them on Mother's Day, May 10. For more information, call 255-9503.

Stars and Strikes

Rucker Lanes will offer its Stars and Strikes special on Memorial Day, May 25, from 10 a.m. to 10 p.m. Games will cost 25 cents per person and shoe rentals will be 50 cents. Regular pricing will apply to other menu items.

For more information, call 255-9503.

Memorial Day Flag Golf Tournament

Silver Wings Golf Course will host its Memorial Day Flag Tournament May 25 with tee times from 7-9 a.m. People can register up to 9 a.m. May 25. Entry cost is \$5, plus green and cart fees. Players must have a valid handicap.

For more information, call 598-2449.

Senior Golf Tournament

Silver Wings Golf Course will host a senior tournament every third Thursday of the month with a 9 a.m. shotgun start now through December. The format will alternate between scramble and better ball formats with two-person teams. The cost is \$35 for members, or \$45 for non-members, and the cost includes cart fee, green fee, one bucket of range balls, lunch and prizes.

For more information, call 598-2449.

Lunch and a lesson

Silver Wings Golf Course will host a one-hour clinic on the range with lunch every Wednesday in May and June from 11:30 a.m. to 12:30 p.m. The cost is \$15, which includes an item from a limited lunch menu, a drink, range balls and a lesson. The clinics are limited to a maximum of eight participants. Registration, payment, and lunch selection will be due the day before the event.

To sign up, call 598-2449.

SNAG Golf

Silver Wings Golf Course will offer SNAG Golfing the fourth Saturday of the month from noon to 2 p.m. now through August. SNAG is an alternate form of golf and a way to introduce new players to the game. The cost is \$10 for adults and \$5 for juniors. The cost includes play, a hot dog, chips and small fountain drink.

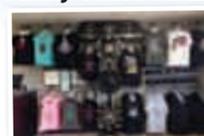
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