IN TOUCH
Primary school works to keep deployed parents, students connected

Story on Page C1

EASING THE WAY
Lyster takes steps to help TRICARE for Life beneficiaries

Story on Page D1

ARMY FLIER

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

VOL. 64 ▪ NO. 9 | FORT RUCKER ★ ALABAMA | MARCH 6, 2014

BEST OF ABOVE THE BEST

PHOTO BY NATHAN PFAU

Sgt. Maj. Marvin J. Pinckney, USAACE G-3 sergeant major, inspects Soldiers upon their return from the land navigation course during the 2014 USAACE NCO/Soldier of the Year competition Monday.

PHOTO BY SARA E. MARTIN

Staff Sgt. Brandon Woodson, A Company, 1st Battalion, 13th Aviation Regiment, helps Staff Sgt. David Seymour, NCO Academy, with a simulated facial injury during a battle drill exercise.

Soldiers compete for top honors

Tests, boards, events determine top Soldier, NCO, AIT Sgt. of the year

By Nathan Pfau
Army Flier Staff Writer

More than 20 Soldiers from Across Army Aviation came to Fort Rucker to brave physical endurance tests, mental challenges and academic examinations for one of Aviation's top honors, but only three had what it takes to come out on top.

The installation hosted the 2014 U.S. Army Aviation Center of Excellence NCO/Soldier and Advance Individual Training Platoon Sergeant of the Year competition, and although the 21 competitors came from Fort Rucker, Fort Eustis, Va. and Fort Huachuca, Ariz., all three winners hailed from Mother Rucker.

Sgt. James Old, 98th Army "Silver Wings" Band, Staff Sgt. Brandon Woodson, A Company, 1st Battalion, 13th Aviation Regiment, and Pvt. 1st Class Eddie Gelineau, B Co., 1st Bn., 11th Avn. Regt., were named NCO of the year, AIT Platoon Sergeant of the Year and Soldier of the Year, respectively, during a ceremony at the U.S. Army Aviation Museum Tuesday.

Command Sgt. Maj. James H. Thomson Jr., Aviation Branch command sergeant major, was on hand during the ceremony to congratulate not only the winners, but all who participated in the competition.

"You're representing your unit, and the fact that you're here and stepped up to put your name in the hat to compete means that you're winners to me," he said. "It speaks to your character and speaks to your commitment, and I want to thank you for giving it your all these past 48 hours."

During those 48 hours, Soldiers were up from dawn until dusk having their mettle tested, and each of the winners said that it took lots of motivation and support from not only their unit, but Family, as well, to get through the competition.

"I have a very supportive spouse who helped me

SEE HONORS, PAGE A5

PHOTO BY SARA E. MARTIN

Fort Rucker leadership kicks off the AER fundraising campaign at the U.S. Army Aviation Museum Tuesday by donating needed funds to the campaign.

AER fundraising campaign kicks off to help Soldiers

By Sara E. Martin
Army Flier Staff Writer

Soldier's can always be counted on to be self reliant, but sometimes it's necessary to ask for help, especially during emergencies and hard times.

So, to ensure Soldiers can help Soldiers when the need arises, Army Emergency Relief kicked off its annual fundraising campaign Tuesday at the U.S. Army Aviation Museum.

The campaign runs through May 15 with the theme "A Soldiers' First Choice," and Maj. Anthony Whittaker, Fort Rucker AER campaign coordinator, asked for people to just donate a little, so it can help someone who really needs it.

"When unpleasant surprises hit us, it is nice knowing there is an organization that Soldiers can go to," he said. "AER has been around for 72 years … and during that time we have helped 3.5 million Soldiers, retirees and their Family members by giving out $1.6 billion. And every one of those dollars came from donations."

Last year, Fort Rucker AER gave out $400,000 worth of assistance to 200 Families, and according to Col. Stuart J. McRae, garrison commander, last year the installation raised just over $140,000, but got back (more than) $405,000 in loans, grants and scholarships.

"If each of our Soldiers gave ($30), that would amount to $225,000, and we can all see the benefit of this investment," he said. "Now, company commanders can give up to $1,500 for Soldiers who come to them, and at the garrison level, commanders can give up to $3,500. That can really help Soldiers and we are proud to accomplish that."

AER funds are available to Soldiers who need it in a variety of ways, such as helping with household bills, emergency travel, car expenses, medical bills, and funeral and birth costs, according to Whittaker.

"The biggest message we want to send out … is that we want for (Soldiers) to come to Army Community Service when they have a financial need or dire emergency," he said. "We'd rather have them come to us than search out predatory lenders, many of which have hidden fees and enormous annual percentage rates. We need them to know that we're here for them – we need to be their first choice."

AER will take all the means necessary to

SEE AER, PAGE A5

OVER THE TOP

District names local teacher best

By Sara E. Martin
Army Flier Staff Writer

Fort Rucker's Soldiers always strive to be high above the best. The same goes for its civilian employees, and one such employee soared over the competition last month when she competed for the Department of Defense Education Activity Teacher of the Year.

Fort Rucker Primary School first grade teacher Lynn Irwin was named the Georgia-Alabama district Teacher of the Year in a ceremony Feb. 26 at the school.

"I put in my best efforts into the audition, but this is a complete surprise. It is over the top," she said. "I am so thrilled and honored."

Irwin has been a teacher for 25 years, but has spent the last 12 at Fort Rucker – the past three being spent with first graders.

Irwin

Irwin serves on numerous committees and teams along with her typical duties as a teacher, but she said the school's supportive environment is a major part of her success for her award.

"Thank you for letting me do what I do best. This is honestly the one school where I have seen the most selfless people and the most encouraging people … and I appreciate every one of you," she said. "My husband recently said that I am probably the happiest I've ever been."

She competed against 10 other teach-

SEE TOP, PAGE A5

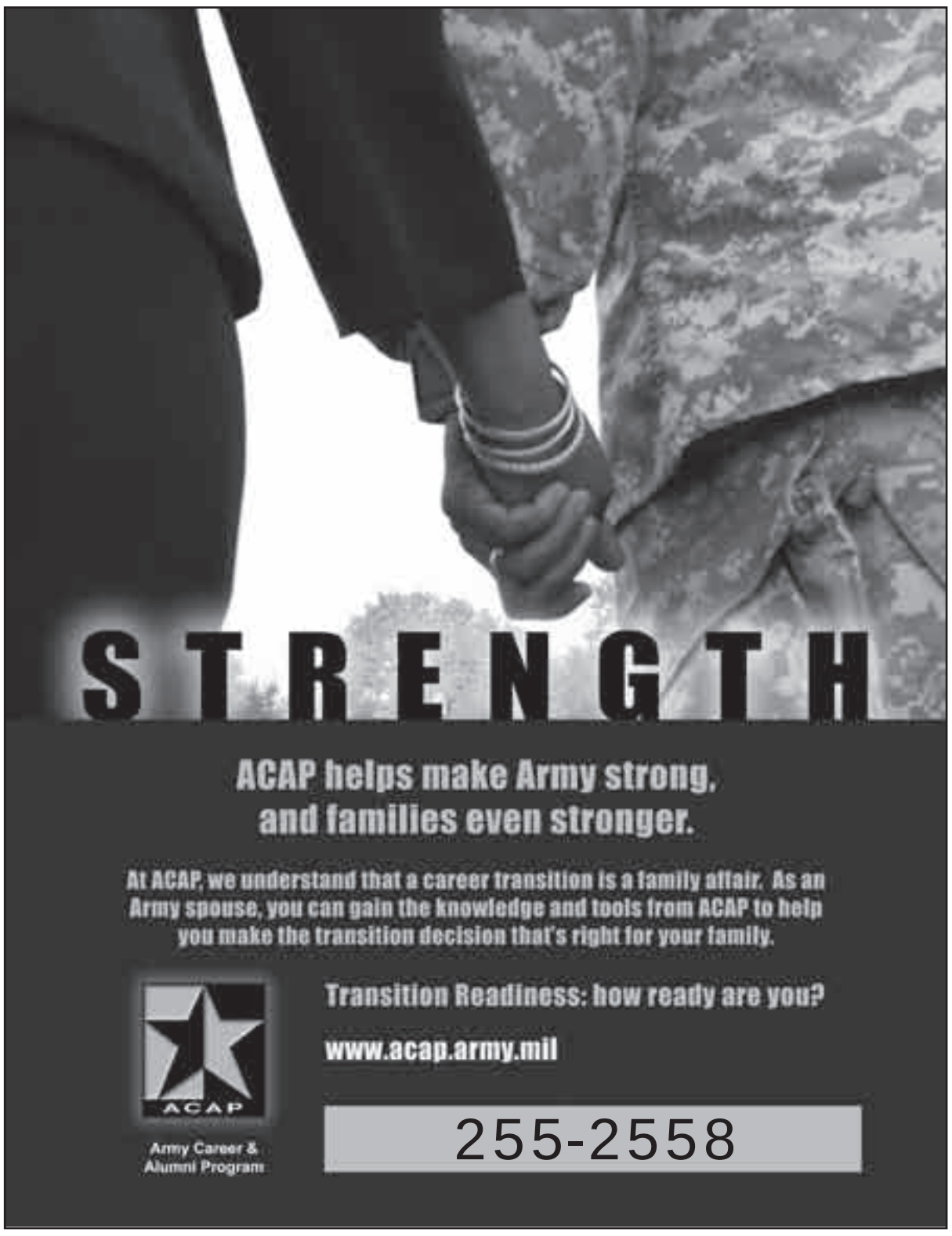
PHOTO BY SARA E. MARTIN

Col. Stuart J. McRae, garrison commander, reads "Fox and Socks" to Fort Rucker Primary School pre-kindergarten students during the school's Read Across America program Monday.

PERSPECTIVE ▪ A2 | ARMYWIDE ▪ B1-4 | COMMUNITY ▪ C1-6 | ON POST ▪ C2 | SPORTS ▪ D1-4

PERSPECTIVE

The right track



ARMY FILE PHOTO

The career technical training track — what's in it for you?

By Bryan Tharpe
Fort Rucker Army Career and Alumni Program

Beginning a new career as a civilian employee when leaving the military can be filled with exciting opportunities to grow both professionally and personally.

In order to succeed, one must be ready to take the time required to manage all aspects of a new career. As part of the enhanced Transition Goals, Plans, Success Program, service members and spouses have the option of selecting from three tailored, two-day tracks to attend: a career technical training track for those seeking job-ready skills and industry-recognized credentials in shorter-term training programs; an education track, for those pursuing a traditional college education; and an entrepreneurship track, for those wanting to start a business.

Conducted by the Department of Veterans Affairs, the Career Technical Training Track assists service members and spouses in transitioning to civilian life, while navigating through the choices and decisions involved in selecting a technical career.

Participants will receive assistance in identifying required credentials and investigating training options to pursue those qualifications. The outcome is a customized plan for success to help smooth a service members' transition to a technical career.

During CTTT, participants will:

- Define their personal technical career goals;
- Identify required credentials;
- Find technical training opportunities;
- Identify local Veteran resources; and
- Create a plan to utilize their VA education benefits.

For an optimal experience in this course, VA recommends completion of the Core Transition GPS program prior to attending. If available, participants should bring their individual transition plan, military service transcripts, O*Net self-assessment/MOC Crosswalk results and personal budget to the workshop.

For more information on the course, call the installation's VA benefits briefer at 255-1868. You should also contact the ACAP office at 255-2558 to sign up for the next available CTTT here.

Rotor Wash

"Clocks will 'spring ahead' Sunday as Daylight Savings Time begins. How do you plan to use the extra hour of daylight at the end of the work day?"

Mike Burden, ACS financial counselor

"I am going to spend time mowing and edging my grass and trimming trees in my yard."

Shelle Altieri, Army spouse

"I know my children will spend more time outside playing and jumping on the trampoline. I am just looking forward to warmth and more sunshine."

Lt. Col. H. David Brooks, Air Traffic Services Command executive officer

"I will be using the extra hour of daylight to exercise — you got to love that."

Spc. Michael Culotta, 98th Army Band

"I will be getting out to Beaver Lake more to play some rounds of disc golf."

Staff Sgt. Lani Yearicks, 98th Army Band

"I actually don't like Daylight Savings. I would rather have the light in the morning instead of at night because I like to ride my bike in the morning and it's harder to put the kids to bed at night with the longer days."

COMMAND

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

Col. Stuart J. McRae
FORT RUCKER GARRISON COMMANDER

Lisa Eichhorn
FORT RUCKER PUBLIC AFFAIRS OFFICER

Jim Hughes
COMMAND INFORMATION OFFICER

David C. Agan Jr.
COMMAND INFORMATION OFFICER ASSISTANT

EDITORIAL STAFF

Jim Hughes
ACTING EDITOR 255-1239
jhughes@armyflier.com

Jeremy P. Henderson
SYSTEMS & DESIGN EDITOR... 255-2253
jhenderson@armyflier.com

Sara E. Martin
STAFF WRITER 255-1240
smartin@armyflier.com

Nathan Pfau
STAFF WRITER 255-2690
npfau@armyflier.com

BUSINESS OFFICE

Robert T. Jesswein
PROJECT MANAGER 702-6032
rjesswein@dothaneagle.com

Brenda Crosby
SALES MANAGER 347-9533
bjcrosby@dothaneagle.com

Laren Allgood
DISPLAY ADVERTISING 393-9718
lallgood@eprisenow.com

Mable Ruttlen
DISPLAY ADVERTISING 393-9713
mruttlen@eprisenow.com

Joan Ziglar
DISPLAY ADVERTISING 393-9709
jziglar@eprisenow.com

CLASSIFIED ADS ..... (800) 779-2557

Statement of Publication authorization

The Army Flier is an authorized publication for members of the Department of Defense. Contents of the Army Flier are not necessarily the official views of, or endorsed by, the U.S. government, or the Department of the Army.

The editorial content of this publication is the responsibility of the Fort Rucker Public Affairs Office.

Ten thousand copies are published weekly by The Dothan Eagle, a private company in no way connected with the U.S. government under exclusive contract with the Department of the Army.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or The Dothan Eagle.

Business matters

For business, advertisements, subscriptions or to report printing errors, contact The Dothan Eagle, 227 N. Oates St., Dothan, AL 36303 or call (334) 792-3141.

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

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

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

Equal Opportunity Statement

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Editorial contacts

Contribute news items or photographs by contacting the Army Flier, Public Affairs Office, U.S. Army Aviation Center of Excellence, Fort Rucker, AL 36362, or call (334) 255-2028 or 255-1239; calls to other PAO numbers are not normally transferable.

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

Luncheon celebrates unity

By Nathan Pfau
Army Flier Staff Writer

As African-American History Month came to a close, Fort Rucker honored African Americans who have made an impact on American history with a luncheon to celebrate what any observance strives for – unity.

The installation hosted the 2014 African-American Black History Month luncheon at The Landing Feb. 27, where people enjoyed food, company and the opportunity to reflect on the history of African Americans in the U.S.

The theme for this year's observance was, "Yesterday, Today and Tomorrow: Civil Rights in America," and was meant to highlight the milestones and struggles of African Americans throughout the years, said Timothy Knighton, Fort Rucker Equal Employment Opportunity manager.

A special guest, Edward Vaughn, retired Michigan state representative, spoke during the luncheon on African-American history, and took people through a "poetic journey" of various African-American poets.

"It's an honor for me to be here with you today in celebration of African-American History Month," he said. "It's a good thing to set aside a period of time to focus on the contributions that our people have given, so that the people all over the world would know that we gave something to this civilization."

Throughout Vaughn's speech, he reiterated the theme of unity and the fact that people shouldn't treat other people as those of different races, but treat everyone as members of the human Family.

"We all came from the same place," he said. "The human Family is one … and If we could really understand how closely connected we really are as human beings, I think we could better understand each other."

Vaughn, who has been a member of the National Association for the Advancement of Colored People since 1952, also spoke about the trials that African Americans had to endure from slavery to the Civil Rights movements.

"We've had a very difficult time in this country in the past – it hasn't been easy for anyone," he said. "Today we have a better day for our people," but it wasn't without struggle.

Much of the struggles that African Americans had to overcome throughout the years wouldn't have been possible without the work of early abolitionists who fought for freedom and rights.

One abolitionist Vaughn spoke of was John Newton, writer of "Amazing Grace," who, as a slave trader, got caught in a major storm during a trip back from the Americas. Out of that storm came his song, "Amazing Grace," and after the storm, he became an abolitionist and helped to eradicate slavery in Great Britain.

He spoke of Langston Hughes, who wrote "The Negro Speaks of Rivers." During this poem, Hughes speaks of rivers that he'd known throughout the world to which he compared his soul and how it had become as deep as the rivers he'd seen.

PHOTO BY NATHAN PFAU

Col. Shawn Prickett, 1st Aviation Brigade commander, and Sgt. 1st Class Jason Garcia, 1st Aviation Brigade equal opportunity officer, present a portrait of Rosa Parks to Edward Vaughn, retired Michigan state representative and lifelong member of the NAACP, at the 2014 African-American Black History Month Luncheon at The Landing Feb. 27.

Vaughn spoke of the difference in language and how people of African descent had to learn English for themselves, and recited a reading of "At Candle-Lightin' Time," by Paul Laurence Dunbar, in the dialect of the time.

The poem is about a slave father who comes home to take care of his children after working in the fields. During that time, in order to entertain children, they made shadow figures on the wall by candlelight, said Vaughn. The poem reflected on the simple pleasures of life, like the smell of supper when returning home and time spent with Family, things that Vaughn said people should focus on.

The last poem he recited was "For My People," by Margaret Walker.

"When she wrote that poem, she wrote it to try to inspire black men to stand up," said Vaughn, and recited the last stanza, changing some of the worlds to reflect all people.

"Let the human Family, the human Family, now rise and take control," he said.

Ron Thomas, pastor from Ozark, was among those in attendance, and said that Vaughn's words were inspiring and reminded him of his heritage.

"I was overwhelmed (by his words) and proud of our history," he said. "The most interesting fact that he said was that we were all one Family, and that really helps me because I know that God brings us all together."

Day in the life: *Rucker vet balances work life, motherhood*

By Nathan Pfau
Army Flier Staff Writer

(Editor's note: This is part of a continuing series looking at different jobs and the people who get them done at Fort Rucker. Readers who have ideas for jobs or people to be highlighted in the series can send an email to jhughes@armyflier.com for the staff to consider.)

Juggling work and Family is a struggle that most members of the Army Family know all too well, but one Fort Rucker veterinarian makes sure that her job in the workplace doesn't interfere with her job as a mom at home.

Leigh Ann Farris is a civilian veterinarian at the Fort Rucker Veterinary Treatment Facility, and manages to balance her work and personal life in a way that she said keeps her fulfilled as a person, despite the long hours and immense responsibility.

"I take life one day at a time – it's all I know how to do it," said Farris. "If today didn't go so well, then wake up and start over tomorrow. You don't have any control over what happens tomorrow, so there's no point worrying about it.

"There's also no point obsessing about whatever happened yesterday," she added. "If today was a bad day, there's no point for me to take that home to my daughter."

Farris, who's worked at the veterinary clinic for 8 ½ years, starts her workday at 8 a.m. and begins by taking veterinary appointments at 8:15 a.m. Normally, appointment times range from 15-30 minutes, depending on the needs of the animal, until 3:30 p.m., so the veterinarian can see many different patients a day.

After work, she leaves the workplace behind and focuses on her 4-year-old daughter, Ada.

"When I get off work, I pick her up and it's just mom-and-Ada time," said Farris. "The evenings are just about me and her hanging out, doing household chores, cooking and that kind of stuff, and on the weekends we get to do basically whatever we want."

Farris said that she and her daughter love the outdoors, so it's in warm-weather activities that they thrive. During her alone time, she enjoys reading and cross-stitching, but admits that her daughter isn't fond of those activities.

"We'll go to the park or head to the beach. She really enjoys doing things outside of the house, especially anything that involves warm weather and water, like the splash parks," said the veterinarian.

When not at the beach or parks, Farris spends her days dealing with animals with minor injuries, illnesses, vaccinations, various veterinary tests and exams, and the occasional grumpy patient.

PHOTO BY NATHAN PFAU

Leigh Ann Farris, civilian veterinarian at the Fort Rucker Veterinary Treatment Facility, administers a shot to her patient, Dixie, as Spc. Summer Palmer, Fort Rucker Veterinary Treatment Facility NCOIC, keeps the dog calm.

There are times that the animals people bring in don't want to be handled or are in pain and don't want to be bothered, and it's during those times that she said she and the staff need to be most cautious.

"We've got to take extra care to not hurt the animals or ourselves," said the veterinarian. "That's just one of the challenges of our job."

Most of the patients that the clinic receives are cats and dogs, and although each animal is different, they all need to be treated and handled carefully, and Farris said that looks can be deceiving.

Most people who have handled cats know that their claws can be quite sharp and scratch the skin easily, said Farris, but something that many people don't know is that a cat's bite is where the real danger can be.

"Their bites are very dangerous because of the bacteria they carry, and I've seen a technician who had to be hospitalized and have surgery because of a cat bite – they are extremely infectious," she said, adding that dealing with unruly animals is just part of the job.

Another major challenge for the veterinarian is diagnosing what's wrong with animals that are brought in. Unlike people, animals can't tell the doctor what's wrong, she said.

"I have an ongoing joke with my pediatrician that our jobs are a lot alike some days," said Farris. "Our patients can't say where it hurts and we have to figure it out ourselves, and sometimes the symptoms that we see are misleading, and sometimes we go down the wrong path, which can be frustrating for both the owners and us."

Regardless of the frustrations, the tests must be conducted in order to get the animal, as well as the Family, feeling better, she said.

Amongst the challenges of her job, Farris said that one of the benefits of being a veterinarian is that she gets to work with both people and animals, something she considers a perk because she initially applied to school as a pre-med student.

"I thought I wanted to be a radiologist, but right before I started college, I changed my major to veterinary medicine," she said. "The curriculum was basically the same in undergraduate school, and I had a cousin who was already in college in the College of Agriculture at Auburn University."

Farris, who is a third generation Auburn graduate, said she owed a lot of her decision to become a veterinarian to her cousin.

"My cousin was singing the praises of the College of Agriculture and would talk to me about when I used to tell him I wanted to be a vet," she said. "I told him I was leaning toward radiology, and he said that I could still do radiology and practice medicine, too.

"He also reminded me that I'm still helping people, but I'm helping animals, as well," Farris continued. "It's like getting two for the price of one. I really was 50/50 on trying to decide what I wanted to do, and I picked pre-med initially, but he really helped convince me to pursue veterinary medicine and I realized then that I made the right decision."

Despite changing her major from pre-med, Farris said she always knew she wanted to pursue a future in medicine of some sort. Many of her friends growing up were children of doctors, and although her parents weren't in the medical field, she was influenced by the environment she grew up in and found her passion early on – helping people.

"The nice thing about this job is we get to work with both people and animals," she said. "I like working with people, I just don't like working on them.

"When you take a sick animal and you're able to make them well again, you not only make the animal feel better but you make the owner and the Family feel better," said Farris, "and that's the most rewarding part of my job."

News Briefs

USAACE change of command, responsibility

The U.S. Army Aviation Center of Excellence and Fort Rucker change of command and change of responsibility ceremony is set for March 20 at 9 a.m. at Howze Field. Brig. Gen. Michael D. Lundy will assume command as USAACE and Fort Rucker commanding general. Lundy currently serves as the deputy commanding general of the U.S. Army Combined Arms Center, Army Training and Doctrine Command, Fort Leavenworth, Kan.

Maj. Gen. Kevin W. Mangum has been announced for appointment to the rank of lieutenant general and assignment as deputy commanding general and chief of staff of TRADOC at Joint Base Langley-Eustis, Va.

Command Sgt. Maj. Eric C. Thom will assume responsibility as the command sergeant major of the Aviation Branch from Command Sgt. Maj. James H. Thomson Jr. Thom's last assignment was as the Headquarters Department of the Army G3/5/7 Aviation Directorate Sergeant Major in the Pentagon.

Aviation Ball

The Aviation Ball is scheduled for April 11 at 6 p.m. at The Landing. Everyone is invited to attend and help celebrate the 100-year anniversary of the first Aviation Section within the Signal Corps.

For more information or tickets, contact your unit point of contact, or Master Sgt. Edward Bryan at 255-0216.

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

Opportunity knocks

The following internal position is available on Fort Rucker: Inventory Management Specialist, GS-2010-09, Vacancy No. SCEG148530951052686, with Air Traffic Services Command, with a closing date of Friday; Operations Research Analyst, GS-1515-12, Vacancy No. SCEG147947011058076, with Training and Doctrine Command, with a closing date of March 14; and Attorney-Advisor (General), GS-0905-13, Vacancy No. SCEG138451451048636, with a closing date of March 24.

For more, check out www.usajobs.gov.

Rucker hosts Right Arm Night

By Nathan Pfau
Army Flier Staff Writer

Work and personal relationships are normally two entities people are encouraged to keep separate, but in the Army both relationships are melded to create a cohesive bond that helps Soldiers better serve their country.

Because of this bond, Fort Rucker hosted its first Right Arm Night at The Landing Zone Feb. 27 as a means of building camaraderie and esprit de corps across the Army Family.

"Right Arm Night is an opportunity for everybody to get together and socialize," said Col. Stuart J. McRae, Fort Rucker garrison commander. "The Army is not just a job or an occupation – it's a culture. This allows us to socialize and get to know each other. Every success comes from relationships."

Those relationships are the key to success in the Army, said the garrison commander – especially in life-or-death situations.

"We rely on each other when times get tough in the foxhole," said McRae. "You want to be able to trust the person next to you, and so you need to know who they are. This is a good chance for people to get to know each other, build good relationships and meet people they haven't met before."

Soldiers were able to enjoy beverages and free appetizers throughout the night, as well as join The Landing Zone's new Mug Club, which gives people the chance to receive a custom, 22-ounce ceramic mug imprinted with their unit or organization's crest. Club members receive a host of benefits, including $1 soft drinks anytime at The Landing Zone.

The night was also a time for Army leaders to show appreciation to Soldiers who serve as their "right arm," said 1st Sgt. Tomika Williams, C Company 1st Battalion, 13th Aviation Regiment.

"To me, the night means a time that commanders, first sergeants, or whoever your right-hand person is can come out and show your appreciation," she said. "You show your appreciation for what they do because it's not often that we get enough time to tell the person that helps us out the most, 'thank you.'"

First Sgt. Adam Schifflett, Headquarters Headquarters Company, 1st Aviation Brigade, said that building a personal relationship with your "battle buddy" helps to build a strong sense of trust – a necessary component in the Army.

"It's important to be able to get to know each other a little better on a personal level," he said. "I think it helps a lot in the work place because we get to learn about each other and take care of us as well as other people, which makes it easier for us to work together as a team."

For some, like 1st Sgt. Terrence Reyes, A Co., 1st Bn., 13th Avn. Regt., the night was about being able to let loose and simply enjoy time with one another.

"It always feels good to be away from work and being able to let your hair down, so to speak," said Reyes. "We can talk about business, we can talk about their Families, and we can just check on everybody to see how they're doing without the interference from phone calls and emails from our normal days of work. We just get to talk to one another with no distraction."

Right Arm Night will be held the last Thursday of every month. For more information, call 598-8025.

PHOTOS BY NATHAN PFAU

Maj. Matthew Baringhaus, 164th Theater Airfield Operations Group, joins the Mug Club at the Landing Zone during Fort Rucker's first Right Arm Night Feb. 27. Right Arm Night will be held the last Thursday of every month.

Capt. Puja Ghosh, D Company, 1st Battalion, 13th Aviation Regiment, 1st Sgt. Tomika Williams, 1st Bn., 13th Avn. Regt., and 1st Sgt. Adam Schifflett, Headquarters Headquarters Company, 1st Aviation Brigade, enjoy each others' company during Fort Rucker's first Right Arm Night at The Landing Zone Feb. 27.

TO ADVERTISE IN THE ARMY FLIER
Call Brenda at 393-9715

MEDICAL & SURGICAL EYE CARE OF ENTERPRISE

Gene Pahmeier M.D.
Ophthalmologist, F.A.A.O.

Specializing In:
• Cataract Surgery
(No Stitch, Topical Anesthesia)
• Eyelid Surgery
• Diabetic Retinopathy Treatment
• Glaucoma Treatment
(Medical & Laser)
• Pediatric Eye Disorders
• Neurological Eye Disorders

Full Service Optical Shop

We accept Medicare, BCBS, All Tricare & other major insurances

100 Professional Dr., Suite A • Enterprise
(Next to Martin Colley Drugs on the Bypass)
334-347-4018

How will the Affordable Care Act affect your taxes?

AL'S TAX SERVICE

- Health Care Tax Planning Available
- Military Tax Returns A Speciality
- No tax return too big or too small
- Open All Year

Al Klang, USA RET., RTRP
Brittany Dionne, RTRP

Over 35 years of tax experience
1247 Rucker Blvd ▪ Suite 1 ▪ Enterprise
(across street from Mitchell Mazda)
393-3860
www.alstaxservice.com

USKA
AFTER SCHOOL KARATE
621 Boll Weevil Circle Enterprise, AL 36330
www.scorpionkarate1.com • 334-475-4308
SERVING THE WIREGRASS FOR 10 YEARS

• Homework & Reading Assistance
• Exciting Karate Classes / Self-Defense
• Bully Prevention Training
• Art & Craft
• Korean / Japanese Terminology
• Personal Development / Weight Loss

Registering Now for new Members
FREE PICK UP

MONDAY - FRIDAY
AGES 5-12YRS

See us on Facebook @ United Scorpion Karate Association
Karate and Kickboxing Classes also available for adults

Lively Stones Ministries Worship Center
presents
Sounds of Joy
Musical

Saturday, March 15 at 5 pm
Flowers Center of Performing Arts
312 E. College St., Ozark
Tickets $15 per person

FEATURED ARTIST
PASTOR EVELYN HUBBARD
& The Tunica County Gospel Choir

THE SONS OF DAVID | Ozark, AL

THE SPIRITUAL JUBILEES | Troy, AL

LYNNTESHA ROBERTS

Tickets can be purchased at the door or from members of Lively Stones Ministries Worship Center
Ozark, AL • (334) 774-1039

Honors: Winners compete at TRADOC level

Continued from Page A1

prepare and helped me get ready," said Old. "You've got to have a lot of self-discipline and it takes a tremendous amount of support from your leaders, as well as people at home."

Support doesn't win the competition alone, however. Preparation was a key factor in giving the Soldiers the edge to win amongst their peers.

"I've been doing a lot of physical training; going to the gym and participating in a lot of ruck marches for the past six months just for this event," said Gelineau.

"You have to balance your preparation between the physical events, as well as boards, which is the more academic side," added Old. "You want to make sure that you've got everything prepared for both sides of the event."

"I'd prepare with someone who's been through it and seek knowledge from them so you can get a good idea of what to expect," said Woodson. "Just do your job and do it right, and your superiors will take notice."

Each Soldier had to endure two days of tests and competed in events that tested their physical strength and endurance, mental agility and competence, and their commitment to Army Aviation, according to Sgt. Maj. Marvin J. Pinckney, USAACE G-3 sergeant major.

"The purpose of this year's competition was to find the best-of-the-best Soldier in USAACE," said Pinckney. "It's important for the Army to recognize these Soldiers and NCOs to put them apart from their peers."

Throughout the competition, Soldiers underwent a 6.1-mile road march wearing more than 35 pounds of gear; demonstrated their land navigation skills; demonstrated survival skills; performed immediate lifesaving measures; demonstrated their skills with preventative maintenance checks and services; maintained, employed and engaged targets with assigned weapons systems; and were tested on their knowledge of Army policies and history through a series of boards.

There was also a mystery event that Soldiers took part in, during which each Soldier had to swim 25 meters in their Army combat uniform, then reassemble their issued weapon while dripping wet. But for most, it was the early morning road march that took the most out of them.

"The 6.1-mile road march was pretty difficult," said Gelineau. "You see everyone start off running and you just try to keep up the pace. It took a lot of motivation and drive to want to do this – it takes work."

Each Soldier had their reason to participate in the competition, but most said their reason to compete was to set themselves apart.

"I think it's important, anytime we get the opportunity, to distinguish ourselves amongst our peers and try to reach for that next level," said Old. "We need to lead from the front, and that's an opportunity that we have to take."

The winners will go on to compete at the Army Training and Doctrine Command level and if they win there, move on to the Army-level competition.

AER: Program provides young Soldiers a path for success

Continued from Page A1

assist with and alleviate the stress of financial burdens, said Whittaker.

McRae agreed with Whittaker, and urged Soldiers to stay away from payday lenders.

"Let's be honest, with over 500,000 Soldiers all serving active duty, 84 percent of them are under the age of 25," he began. "We have all seen where these Soldiers have sometimes made dumb financial decisions. And sometimes these Soldiers go to what appears to be a convenient way out in the guise of a payday lender. And before long, a $500 loan … ends up getting them into a death spiral that they cannot get out of where they end up owing thousands of dollars in the end.

"I feel pretty confident that if I picked out any of our sergeants major here today, they could each recall a story where in their early career they went down a wrong path, and a leader pulled them out and set them up for success," McRae continued. "Each of us (senior leaders), with the help of AER, can also be that mentor for a young Soldier who makes a wrong decision. I have seen what AER has done for Soldiers first hand for many years, and it is great."

Soldiers needing AER financial assistance can contact their unit chain of command or go directly to Fort Rucker's AER office in Bldg. 5700.

For more information, or to donate, call 255-2341.

Top: Teacher credits leader, co-workers for her career success

Continued from Page A1

ers in a series of written and oral tests before being selected by a nonbiased committee.

"It is a great honor to represent this district and the people of this school. I'm thankful to work with a great group of people and a leader who empowers me," said Irwin, who is proud to teach military Families because she is herself an Army spouse. "It is an honor to serve military Families. Being able to understand what the kids go through is special to me, and I enjoy knowing I can contribute and be helpful."

Dr. Sue Burdick, assistant superintendent for the district, said that Irwin was a shining star and earned the highest possible score during her personal interview, which Irwin said was the hardest part because she was very nervous.

PHOTOS BY NATHAN PFAU

Fort Rucker Primary School teacher Lynn Irwin was named the Georgia-Alabama District DODEA Teacher of the Year Feb. 26 at the school. Christy Cabezas, superintendent, and Col. Stuart J. McRae, garrison commander, present Irwin with the award and stand with Bruce Irwin, Susan Broderick, assistant superintendent, and Debbie Deas, principal.

"I recorded myself during the interview, that way I could listen to it afterwards because I wanted to see how rotten I might have sounded. But after forcing my husband to listen to it, he told me in no way did I bomb," she said. "That made me feel much better."

The Department of Defense Education Activity Teacher of the Year program recognizes educators who exemplify professionalism and excellence. And the committee looks for a teacher that inspires students, is a 21st century teacher, is a leader in teacher dynamics, and has the respect and admiration of students, parents and colleagues.

Col. Stuart J. McRae, garrison commander, said during the ceremony that he was impressed with not only Irwin's accomplishment, but everything the school has done in the past few years.

"I know that (Irwin) represents all the fantastic teachers that we have at both the primary and elementary schools," he said. "I am convinced that our Fort Rucker star will continue to shine."

This is the second year in a row that a Fort Rucker teacher has won the Georgia-Alabama District honor.

Irwin will represent the Georgia-Alabama District against other district honorees in the national DODEA Teacher of the Year competition. She will submit more evaluations, undergo more interviews and take more tests, including submitting a 20-minute video of a lesson with her students.

SEE US FOR YOUR NEXT AUTO LOAN!

NEW CARS
1.49% APR* for 48 months**
1.99% APR* for 60 months**

USED CARS
2.49% APR* for 48 months**

Apply online, by phone, at any branch or at one of our preferred dealers!

Army Aviation Center Federal Credit Union

Not a member? If you live, work, worship or attend school in most Wiregrass areas, you can join.

Bldg. 8937 Red Cloud Road, Fort Rucker *Across from the Commissary*
341 North Daleville Avenue, Daleville
(334) 598-4411 www.aacfcu.com

NCUA

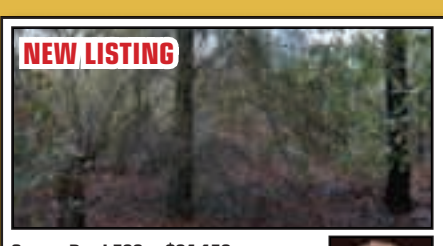
*APR means annual percentage rate. Offer good for a limited time with approved credit only for loans new to AACFCU. **Autos: 72 months available on new units and 1 year old on $20,000 or more; 84 months available on new units and 1 year old on $30,000 or more. Used Autos are considered 2 and 3 years old. AACFCU will finance up to 110% MSRP (new) or NADA (used) plus tax and title on autos only. Certain restrictions may apply. Contact AACFCU for more information.

REAL ESTATE SHOWCASE

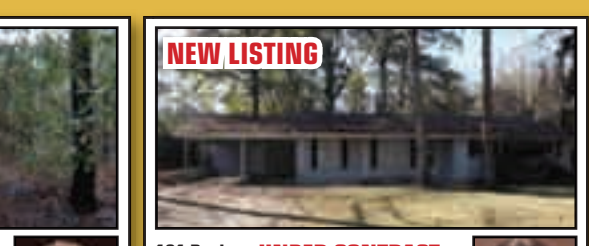
Smarter Savings. **Bolder** Exposure. **Faster** Results.

VISIT C21REGENCYREALTY.COM AND USE MLS# TO SEARCH MORE PHOTOS OF THESE NEW LISTINGS!

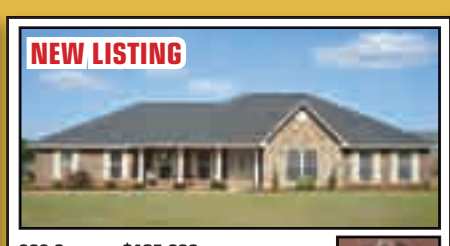
NEW LISTING



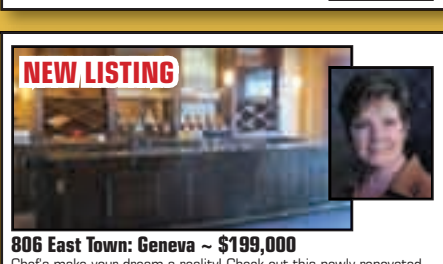
County Road 730 ~ $84,150
Convenient to Enterprise, make this 18.7± level land your little slice of heaven. Located in Coffee County but Chancellor address. **EVELYN HITCH 406-3436** *MLS# 20140051*



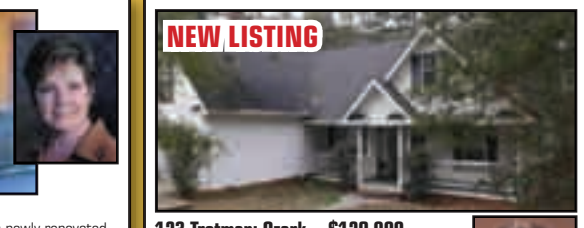
101 Becky ~ UNDER CONTRACT
This nice ranch home has fenced yard, nice deck for grilling, 2 living areas, storage room, excellent location. Easy access to schools & shopping areas. *Hablo Español.* **NANCY CAFIERO 389-1758** *MLS# 20140139*



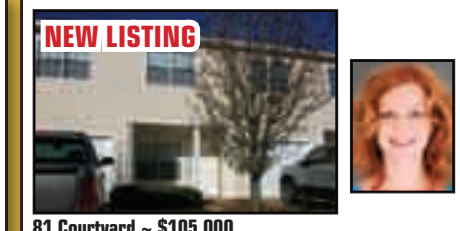
202 Sonya ~ $195,000
Excellent price for this nice traditional home with huge fenced yard. Big, open living area, kitchen is fabulous, great floor plan for entertaining. Covered patio. *Hablo Español.* **NANCY CAFIERO 389-1758** *MLS# 20140140*



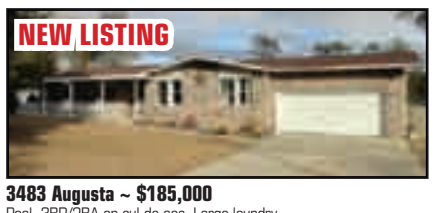
806 East Town: Geneva ~ $199,000
Chef's make your dream a reality! Check out this newly renovated building, set up to be a restaurant but a job transfer prevented the opening for this owner. So take advantage & establish your own style. Building with all new wiring, plumbing, roof, heating & cooling system. All equipment is top of the line professional brands. Seating for 50 plus a bar. Excellent location & opportunity in downtown. **MILDRED OWENS 464-2121** *MLS# 20140150*



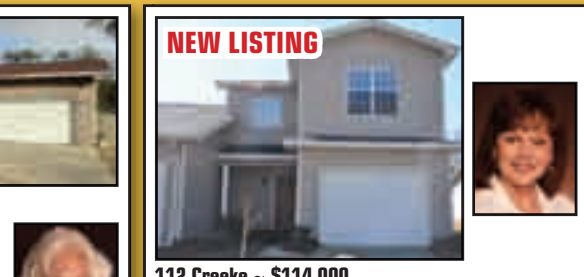
123 Trotman: Ozark ~ $129,000
This nice home features a great floor plan for entertaining, 2 dining areas, fireplace, nice back deck for grilling & more. *Hablo Español.* **NANCY CAFIERO 389-1758** *MLS# 20140161*



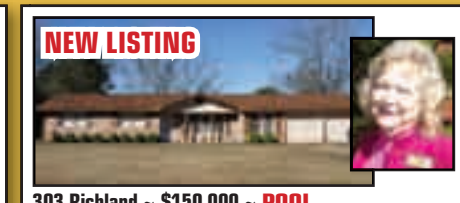
81 Courtyard ~ $105,000
Fabulous floor plan for this 2BR/2.5BA townhouse with lots of amenities. Pool, exercise & tennis courts are included in your monthly HOA. On the way to Ft Rucker & built in 2004; all you have to do is move in today! Washer & dryer come with the townhouse & the huge tub in the master bathroom is a real treat! **MAGGIE HAAS 389-0011** *MLS# 20140180*



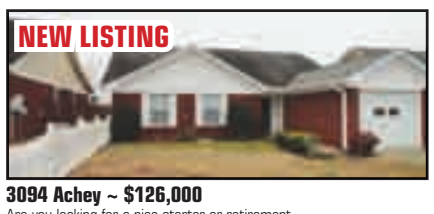
3483 Augusta ~ $185,000
Pool, 3BR/2BA on cul-de-sac. Large laundry room, remodeled baths, formal dining & back features den or bonus room & screened & glass porch. Large hot tub negotiable. 20x40 pool with new liner & enclosed also a lanai. Backyard with brick BBQ & detached 2-car garage. **EVELYN HITCH 406-3436** *MLS# 20140202*



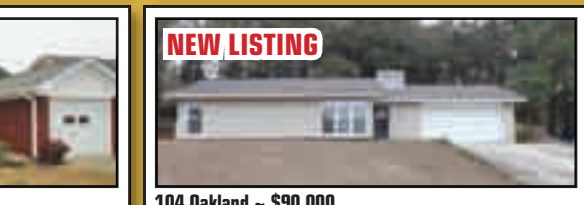
112 Creeke ~ $114,000
Great price on this townhome located in Holly Hill & Dauphin school zones. It is in great shape & ready for you to call home. **JAN SAWYER 406-2393** *MLS# 20140199*



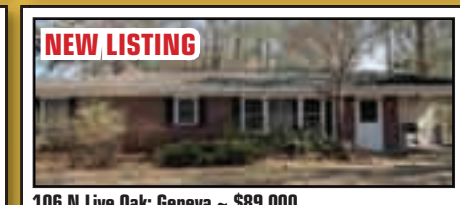
303 Richland ~ $150,000 ~ POOL
Swim in your POOL! Lots of updates, on the way to Ft Rucker, 3BR/2BA, storage shed, new paint, all new closet doors, new garage door opener, new flooring. Allergy sufferers there is no carpet. Newer dishwasher, light fixtures, crown molding, tiled laundry room & bath, back splash & privacy fence. 2-car garage with bathroom for pool convenience, large backyard. **ANGIE GOODMAN 464-7869** *MLS# 20140284*



3094 Achey ~ $126,000
Are you looking for a nice starter or retirement home with small privacy fenced yard & covered patio? Well you can stop looking as this is ready to move in. 3BR/2BA complete with all appliances to include washer & dryer. Ready now. **EVELYN HITCH 406-3436** *MLS# 20140212*



104 Oakland ~ $90,000
Nice ranch home with big den/family room with wood burning fireplace, dining area with lots of windows, built-in shelving in bedrooms & more. Excellent location, convenient to schools & shopping areas. Low maintenance exterior. *Hablo Español.* **NANCY CAFIERO 389-1758** *MLS# 20140227*



106 N Live Oak: Geneva ~ $89,000
Cute 3BR/1BA bath brick home on a shaded lot in downtown Geneva with almost everything redone. Hardwood floors throughout except the kitchen & bath which feature ceramic tile. Backyard features a fire pit to enjoy that outdoor life. Great for entertaining. All appliances to remain including the washer & dryer. **EVELYN HITCH 406-3436** *MLS# 20140228*

SOLD

Century 21
SMARTER. BOLDER. FASTER.
REGENCY REALTY, INC.

Find us on Facebook

- Trusted 40 Years
- Quality Service Pinnacle 2009, 2010, 2011 & 2012
- 2008, 2007, 2005 #1 Century 21 Office In Alabama
- Top 21 Producing Century 21 Office In Alabama 1995-2012
- Top 21 Century 21 Office in the Southeast Region 1988-2012
- Gold Medallion 2010 & 2012

www.c21regencyrealty.com

531 Boll Weevil Circle

334.347.0048

Trusted for FORTY YEARS

Each Office is Independently Owned and Operated

Century 21 SMARTER. BOLDER. FASTER. REGENCY REALTY, INC.

View more pictures of these homes at **www.c21regencyrealty.com**

Become a fan on Facebook

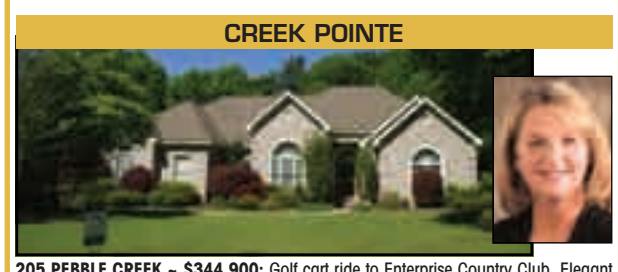
334-347-0048
531 Boll Weevil Circle

Each Office is Independently Owned and Operated

5± ACRES

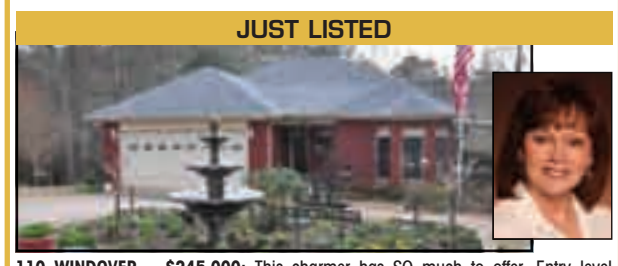
3965 COUNTY ROAD 655: 5± acres with lovely 3BR/2BA home with large den, living room, large laundry room. Above ground pool, large deck with hot tub. Barn, workshop, outbuildings, cover for camper. Great place to live. **ANGIE GOODMAN 464-7869**

CREEK POINTE



205 PEBBLE CREEK ~ $344,900: Golf cart ride to Enterprise Country Club. Elegant 4BR/3.5BA, open floor plan, master opens to delightful screened porch overlooking beautiful landscaped yard. **TEXT TERRI 406-2072**

JUST LISTED



110 WINDOVER ~ $245,000: This charmer has SO much to offer. Entry level includes an inviting family room with beautiful gas log fireplace, a spacious eat-in kitchen, dining room, master suite, office, half bath, laundry room, exercise room & 2-car garage. Walk downstairs into a bonus room ideal for kids/teenagers. Also, you find 2BR/1BA & a huge storage closet. Final door leads into the 3RD garage with work shop & another ½BA. Great moldings upstairs. Relax on your covered deck. Situated on a lot & a half. Natural gas or propane available. **JAN SAWYER 406-2393**

4 BEDROOM AND WORKSHOP

1213 SKIPPERVILLE ~ $194,900: Country living convenient to town in this updated ranch with pool & 2-car detached garage/shop. 4BR/2BA, beautiful updated kitchen including custom cabinets, separate dining room, sun room & tile throughout. Relaxing sparkling salt water pool off large patio. 30x30 shop with ½BA is large enough for 2 cars plus work area, tall doors for boat or motor home. All of this on a private acre of land. **MARY JONES 790-2933**

HOUSE & 6± ACRES

439 PINE ~ $135,000: 6± acres in a country setting. Property is fenced/cross fenced & has a security gate at driveway w/intercom & remote. Lots of trees. Wrap around deep porch on 2 sides. Newer laminate wood floors in living/dining area. 5 minutes to Geneva. Great extra den upstairs, 1800± sq ft.of living space. Bring your animals & come live in the country. **DEBBIE SUNBROCK 406-9079**

Century 21 SMARTER. BOLDER. FASTER. REGENCY REALTY, INC.

View more pictures of these homes at **www.c21regencyrealty.com**

Become a fan on Facebook

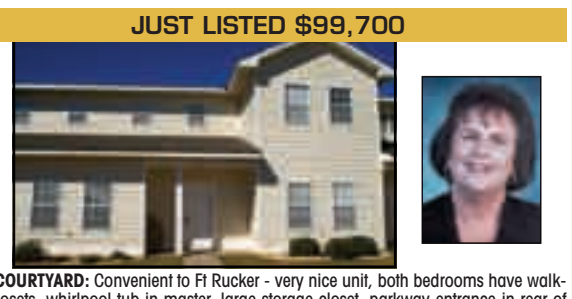
334-347-0048
531 Boll Weevil Circle

Each Office is Independently Owned and Operated

$139,900 AND POOL

106 PONDELLA: On the way to Ft Rucker. Pool, pool house or rec room. 3BR/2BA, very nice house convenient to Ft Rucker. **FRAN & DON KALTENBAUGH 790-5973**

JUST LISTED $99,700



69 COURTYARD: Convenient to Ft Rucker - very nice unit, both bedrooms have walk-in closets, whirlpool tub in master, large storage closet, parkway entrance in rear of townhouse with garage, sidewalk in front. Lots of amenities - pool, clubhouse, tennis courts, basketball court. **JACKIE THOMPSON 406-1231**

OPEN HOUSE

SUNDAY, MARCH 9
1:00PM - 4:00PM

DIRECTIONS: *Rucker Blvd. to Ridgeway at fire station, left on Emerald, right on Crestview.*

COME CHECK US OUT

111 CRESTVIEW ~ $115,000: Foxhill Subdivision: Cape Cod, 3BR/2BA, wood ceiling in grandroom & space under the stairs for a desk & computer. Fireplace in grandroom. Choice of master bedroom up or downstairs, both have walk-in closets but upstairs also has a fireplace. Beautiful covered deck on back with sunken hot tub. Finished garage makes for a man cave with wet bar, extra lighting, heat pump, stackable front load washer & dryer (negotiable) & carpet but you can still park your car if you want to. **EVELYN 406-3436 AND JONATHAN 447-3100**

Century 21 SMARTER. BOLDER. FASTER. REGENCY REALTY, INC.

View more pictures of these homes at **www.c21regencyrealty.com**

Become a fan on Facebook

334-347-0048
531 Boll Weevil Circle

Each Office is Independently Owned and Operated

Unlock Your Potential

ENROLL TODAY

REGENCY SCHOOL OF REAL ESTATE

Licensing Class with
ON SITE INSTRUCTOR
License #93387

CLASSES START MARCH 31ST
EVERY MONDAY
5:00PM - 9:00PM

Call Pat Leggett
347-0048

CENTURY 21
Regency Realty, Inc.

SOAR

Soldier father, son share unique bond

By Staff Sgt. Ricardo Branch
160th Special Operations Aviation Regiment

FORT CAMPBELL, Ky. — When Staff Sgt. Joseph Simms donned his maroon beret after completing Enlisted Green Platoon-Combat Skills, he never expected a few years later to see another member of his Family experience it.

His son, Pvt. Charlie Shaw, changed that when he graduated from Enlisted Green Platoon Feb. 18 at Cole Parks Commons.

"I never expected back then that a few years later I'd watch one of my kids graduate through Green Platoon," Joseph said. "Charles has always liked the Army and been exposed to the regiment from a few visits here and there … he really liked what he saw."

Joseph, 42, from Sylvester, Ga., is one of a growing number of Soldiers witnessing Family members follow in their footsteps by becoming second generation Night Stalkers. Often the younger Family member joins many years after the senior member has left the organization, but on rare occasions, they serve together.

"It's great – a real treat to have him working here in the unit with me," Joseph said. "We've talked about him coming here a lot after I knew it was really going to happen. I let him know right off the bat that he's his own guy and I wanted to make sure he's given that opportunity to represent himself on his own accord."

Charlie, 19, from Clarksville, Tenn., said he was slowly getting exposed to life in the 160th SOAR through occasional visits, books, movies and discussions with his dad. Those moments helped influence his decision to don the maroon beret as a Night Stalker.

"I've always wanted to join since I was real young," he said. "As I got older, I started leaning toward that goal with a higher sense of honor and pride."

Those aspirations helped push Charlie to

SEE SOAR, PAGE B4

PHOTO BY STAFF SGT. RICARDO BRANCH

Staff Sgt. Joseph Simms and Pvt. Charlie Shaw share a hug following the Combat Skills Enlisted Green Platoon graduation ceremony Feb. 18 at Fort Campbell, Ky.

PHOTO BY SGT. 1ST CLASS MAURICE SMITH

Maj. Vicki English, Joint Task Force - Bravo Medical Element, examines a young Honduran girl during a Medical Readiness Training Exercise in Caoba in the Department of Cortes, Honduras, Feb. 20.

Healing hands

JTF-Bravo provides care to Honduran villages

Joint Task Force - Bravo
Press Release

SOTO CANO AIR BASE, Honduras — Joint Task Force - Bravo's Medical Element, with support from JTF-Bravo Joint Security Forces, Army Forces Battalion, and the 1-228th Aviation Regiment provided medical care to more than 1,100 people over two days in remote villages in the Puerto Cortes region of Honduras during a Medical Readiness Training Exercise Feb. 17-22.

The effort in the villages of Kele Kele and Caoba was a partnership with the Honduran Ministry of Health, the Honduran Red Cross and the Honduran military.

Maj. Gerald Grass, officer in charge for the mission, said Hondurans were eager to help once the aircraft arrived.

"When we land, the Hondurans are always waiting – not just for the medical support we are providing, but also to help us take all our equipment off of the helicopter and to set up the site, as well as reloading the equipment when we leave," Grass said. "The people are always wonderful, and I enjoy every opportunity to work with my Honduran counterparts to provide the much-needed medical and dental care. The local population always gathers as we leave and sees us off with such graciousness."

The JTF-Bravo team, the Honduran Ministry of Health, the Red Cross and the Honduran military worked together to provide preventative medicine to patients, including classes on hygiene, preventative dental care and nutrition. They also provided immunizations to infants, dental care, wellness checkups, medication and minor medical procedures.

The MOH also provided a veterinary technician that vaccinated 185 dogs against rabies between the two villages.

A preventative medicine team fumigated the area against mosquitoes that carry malaria and dengue fever, and traveled through the villages to collect mosquito larvae for testing to see if the larvae are vectors for malaria and dengue fever. The team also worked on educating the local community on where these larvae are found, and what types of environments they reproduce and grow in.

"Taking part in these missions requires the ability to troubleshoot problems and maintain patience, and the U.S. military, the Honduran military, the MOH staff, and the volunteers did amazing even after a six-hour convoy, some communication issues, the unique base site set-up and the set-up in both villages," said 1st Sgt. Sean Whitehead, NCO in charge for this MEDRETE. "The mission was a complete success and we were able to provide medical care to more than 1,100 Hondurans and gain valuable experience in the process that is very beneficial to all involved."

Joint Task Force Bravo's MEDEL is composed of 61 Army personnel who came together from across the United States and provided medical care to more than 6,900 people in remote villages, such as Cuesta de la Virgen, Barra Patuca, Usibila, Raya, Las Liconas, El Ciruelo, Plan de Leones, Auka and Tipimuna in the last year.

MEDEL provides preventative medical care, wellness check-ups, dental care, preventative dental care, surgical care and physical therapy through local partnerships in Comayagua, Tegucigalpa and through local MEDRETES, which are carried out on a weekly basis.

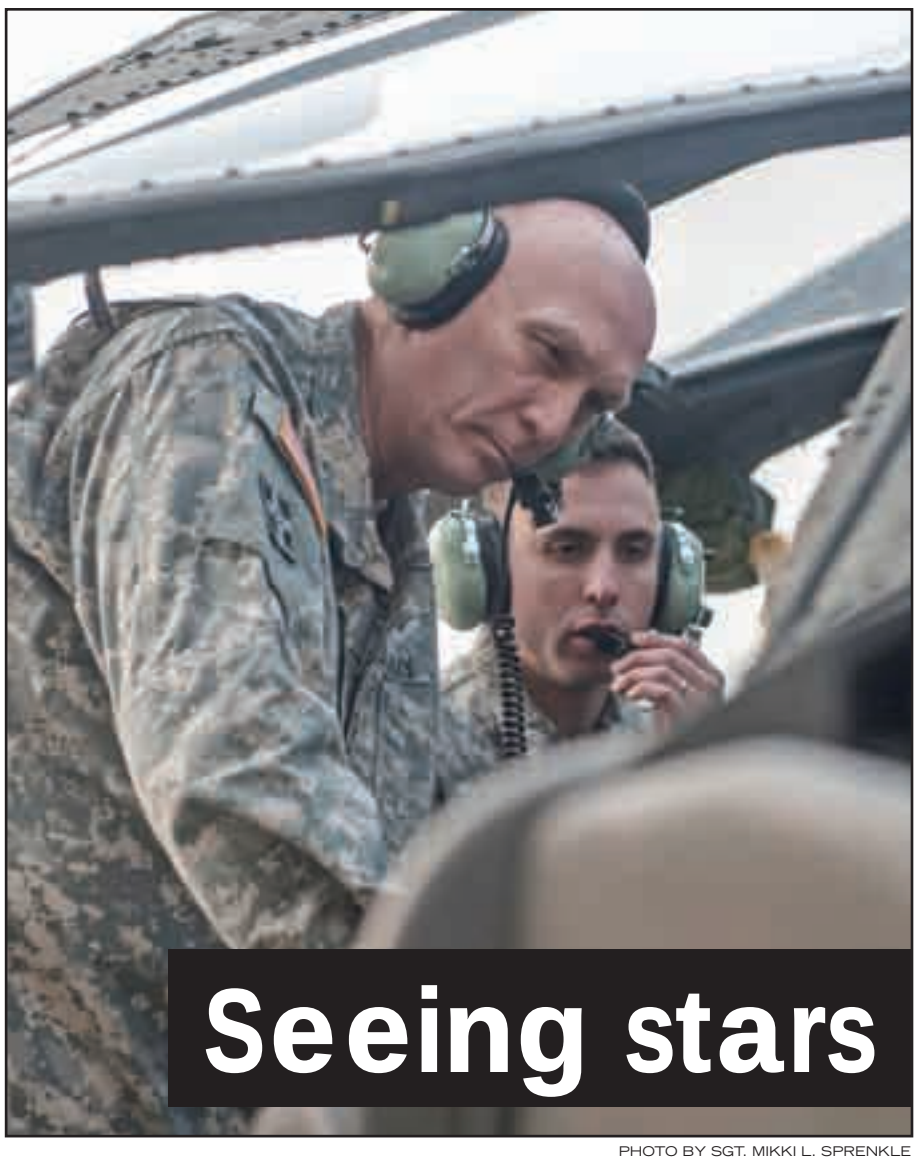


PHOTO BY SGT. MIKKI L. SPRENKLE

A Soldier from the 4th Squadron, 6th Attack Reconnaissance Squadron, 16th Combat Aviation Brigade, 2nd Infantry Division, briefs Gen. Ray Odierno, Army chief of staff, about the AH-64 Apache at Camp Humphreys in Pyeongtaek, South Korea, Feb. 24. Odierno visited with various U.S. commands during his trip to the Korean peninsula.

RECOVERY

82nd CAB trains with Air Force on recovering aircraft

By Airman 1st Class Ryan Conroy
31st Fighter Wing Public Affairs

FORT BRAGG, N.C. – The 82nd Combat Aviation Brigade hosted joint Downed Aircraft Recovery Team and Crash Damaged Disabled Aircraft Recovery training with Airmen from Pope Army Airfield at Simmons Army Airfield Feb. 24.

The DART and CDDAR teams are responsible for recovering aircraft after they crash or become disabled and can no longer fly.

"Training with the Air Force allows us to see the equipment and techniques they use and vice versa," said Sgt. Zachory McMahon, of the 122nd Aviation Support Battalion.

Soldiers from 122nd ASB and 1-82 Attack Reconnaissance Battalion, and Airmen from 440th Maintenance Group and 2nd Airlift Squadron, 43rd Airlift Wing, practiced using the Unit Maintenance Aerial Recovery Kit on an AH-64 Apache helicopter.

"This kit is a set of ropes and slings that is used to rig a downed helicopter for recovery," said 1st Lt. Mike Van Oteghem, 122nd ASB DART platoon leader. "The UMARK can be used with a crane to load a damaged helicopter onto a flatbed truck, and it can also be used to rig an aircraft to be slung underneath another helicopter for recovery."

Air Force Tech. Sgt. Dax Rankin, 2nd AS, had never worked with an Apache helicopter.

"Joint training expands our range of knowledge and enables us to help Soldiers if they ever need extra manpower for this

SEE RECOVERY, PAGE B4

PHOTO BY STAFF SGT. APRIL CAMPBELL

Soldiers of the 82nd Combat Aviation Brigade use the hoist in their hangar to suspend the cables of the Unit Maintenance Aerial Recovery Kit they and Airmen from Pope Army Airfield, N.C., helped assemble to an AH-64 Apache helicopter at Simmons Army Airfield Feb. 24.

CLASSIFIEDS

(334) 347-9533 • (800) 779-2557

ANNOUNCEMENTS

ADULT SERVICES

➡ **House Cleaning - Days and I will sit & take care of your loved one at night in all locations. 11 yrs. exp. Ref. avail. 334-446-3923. Good Rates.**

CEMETERY LOTS & RELATED

Family Plots of 4 in Memory Hill Cemetery
"Garden of Chimes" $800. Ea. 334-899-8564

GENERAL & SPECIAL NOTICES

GREEN ACRES FARM OPEN Sat. March 1st.
Fishing Saturdays Only March-April-May
Channel Catfish $2 lbs Overstocked
Hrs. 6am - 5 pm (no licence req.)
(spring fed & delicious)
Buffalo Meat - Healthy
(Tender & delicious)
★ **Lunch Specials - Buffalo, Chili Dogs.**
4 mi. E. of Slocomb on Co. Rd. 28
CALL 334-797-4415

TOURS AMERICA TOURS
Branson, MO. Ozark Mnt. Jamboree
5 ngts, 6 days. 5 shows Elvis Presley home & museum & more March 30 / April 4, 2014
Charleston, SC/Savannah, GA
Historic City Tour, Citadel & Fort Sumter, Trolley Tour, Lunch at Lady & Son's May 22-25, 2014 & more
Tropical Costa Rica 8 nghts, 9 days
San Jose, Monteverde Lake Arenal Cruise August 2-10, 2014 & more
NORTHEAST CRUISE & TOUR
Nova Scotia, Sydney, Halifax Prince Edward Island, 14 nghts, 15 days 7-ngt cruise September 9-23, 2014 & more
For information Merita Stanley (850)594-9980

FINANCIAL

BUSINESS OPPORTUNITIES

Jani King
The King of Clean
Be your own boss and partner with the world's largest commercial cleaning franchise. $20K! equipment, supplies, training and $5,000. in monthly customer included.
1-888-273-5264
www.janiking.com

MERCHANDISE

HEALTH PRODUCTS

DIABETIC TEST STRIPS NEEDED I BUY SEALED/ UNEXPIRED BOXES CALL BOB (334) 219-4697 OR (850) 710-0189

JEWELRY & WATCHES

Wanted: Old Coins, Gold, Diamonds, Guns, And Tools
West Main Jewelry & Loan 334-671-1440.

MISCELLANEOUS FOR SALE

Baby Things Store
Everything Baby needs, New & Used toys, furn, clothing & accessories
Sell us YOUR baby things
334-794-6692 1330 Hartford Hwy Ste 1, Dothan

COOL STUFF

Pistol. Kahr PM 40 concealed carry pistol. Stainless. Comfort grip. 2 mags. 2 concealed carry holsters. Less than 50 rounds shot. Like new. $500. 334-701-7149.

Shotgun: Remington 870 Supermag 12 gauge pump shotgun. Max 4 HD camo pattern. 2¾" or 3 ½" mag shells. Excellent condition. $450. 334-701-7160.

PETS & ANIMALS

DOGS

S.E. ALABAMA KENNEL CLUB
★ **Good Manners Obedience,**
★ **Confirmation classes,**
$50. for 6 weeks
Rally /Agility Intro. $75.
➡ **Shots required** ⬅
Starting March 4th
➡ **Call 334-790-6226 or 334-299-3315 or 850-547-2370**

SUPER DOOPER PUPPY SALE !!
Papillon Mixes $100. - $150.
Also avail. multi-Poos, Chihuahua, Chorkies and Shih-Tzu Mixes 334-718-4886

DIAL A PRO! Professional Business and Service Guide
Your future customers are only a phone call away... advertise today! 334-347-9533

CONCRETE WORK & COATINGS

PHIL's CONCRETE LLC
"Affordable Small Job Specialist"
FREE ESTIMATES
• Driveways • Sidewalks • Patios
35 years exp. **CALL PHIL 334-401-1689**

FARMER'S MARKET

FRESH PRODUCE

SAWYER'S PRODUCE
HAS FRESH HOME GROWN PRODUCE

HOME GROWN, FRESH
Vine Ripe Tomatoes & other fresh vegetables
All Farm Fresh!
220 W. Hwy 52 Malvern
• 334-793-6690 •

HAY & GRAIN

2012 Tifton #9 Hay
Large net wrapped rolls $25.
Kendall Cooper Call:
334-703-0978 / 334-775-3423
or 334-775-3749 Ext. 102

➡ **Bahia seed for sale** ⬅
Excellent germination with over 40 yrs experience. Kendall Cooper
Call 334-703-0978, 334-775-3423, or 334-775-3749 Ext. 102

MADDOX FARMS
Beautiful Bermuda Coastal Hay
➡ Round Rolls $50 ➡ Square $5
Call 334-791-0023

HORSES & CATTLE

Service Age Angus Bulls. Nice & Stout
Group of Breed Angus
Hoin Hereford Cross Heifers. 334-792-8722

PASTURES & STALLS

MADDOX FARMS
• Horse Boarding (barn or pastures)
• Beautiful Trails
• Excellent Care
Call 334-791-0023 or 334-791-7312

WANTED - FARM & GARDEN

Buying Pine / Hardwood in your area.
No tract too small / Custom Thinning
Call Pea River Timber
➡ **334-389-2003** ⬅

EMPLOYMENT

SKILLED LABOR

Metal Framers, Drywall Hanger and Drywall Finisher needed in the Fort Rucker area. Must E-verify, pass drug test and have 5 years experience. $16 Hr. plus benefits. Call 205-317-6579 for more information.

HEALTHCARE

CLINICAL SERVICES DIRECTOR OPPORTUNITY!
★ **Hospice Advantage is looking for the following to join our busy team in our Troy, AL office:**
CSD - RN in good standing w/2+ yrs. of Management/Leadership & Hospice/Palliative Care Setting exp.
At Hospice Advantage, we believe our employees are our Greatest Asset!
★ We offer: *Competitive salary w/bonus!*401k w/match!*Mileage $0.51 p/mile!*Paid Weekly!*Full benefits!
Please visit www.hospiceadvantage.net & click on the "Careers" tab at the top to search & apply for the AL, Troy openings or call 334-566-4357

RESIDENTIAL REAL ESTATE FOR SALE

FARMS, LAND, TIMBER

373 acres Santa Rosa County, FL $2,200/acre Larson & McGowin Properties Broker, 334-734-1382. www.larsonmgowinproperties.com

HOMES FOR SALE

FSBO: Beautiful country home & 6 acres.3BR/3BA. Lg. detached metal shed, detached mother-in-law suite and a fantastic location in the Enterprise School District. Lots of updates. Pecan and fruit trees. Priced to SELL! $225,000. 931-206-5670

RECREATION

BOATS

Stratos Bass Boat, 201 Pro XL w/Trailer, 2003 Evinrude 225 h.p. (low hours), Trolling motor, GPS, 2 Depth finders, extra. SS Prop., Built in Battery Charger. Lots of Extras, Excellent condition, garage kept. Must see! $6,500 OBO **229-334-0224**

MOTOR HOMES & RVS

2001 Bounder 37ft. 51K mi. 300hp, Turbo Diesel, 6 sp. Allison 300 mh auto trans. 7.5 generator, 2-slides, W/D, lots of extras w/ 1997 Honda CRV tow car w/ all tow connections (could be included) 334-792-0552 Serious Inq. ONLY !!

TRANSPORTATION

4 WHEEL DRIVE

Jeep 2004 Wrangler Unlimited. Red w/black soft top, 6 cyl, 4x4, automatic trans, AC, AM/FM/CD premium sound, CC, custom chrome grill guard, rear bumper & running boards, premium wheels, 91,446 mi. Very good condition. $11,900. 334-347-0600 after 6 pm; 334-477-3047

AUTOMOTIVE INFORMATION SERVICES

Chevrolet 2004 Trailblazer LT. Red, 4WD, PS, PW, PDL with remote. 4.2 L6 275 HP engine. Good MPG, cold AC. Looks, runs and drives great. $6,995. Call owner 334-671-3059.

AUTOS FOR SALE

1993 50. Convertible Triple Black , 5sp. AC, PL, PW, PS, CC 94,020 mi. $4900. OBO 334-397-4881

2006 Nissan Sentra 4-door Sedan, 93,751 miles, 27 mpg, good cond. tan int. & ext. auto-trans, power steering, AM/FM stereo, rear spoiler & cold AC $4800. 850-2092502

Antique Chevorlet 1974 Malibu , 350 engine runs good, heat & air works good, needs carpet work. $2800. 334-405-5308

CADILLAC 1991 Brougham, under 15 thousand miles, garage kept $5,500 OBO 334-687-9161

GOT BAD CREDIT?
$99. RIDE TODAY
Already filed Taxes
Call Steve Pope Today
334-803-9550
Repo pass bankruptcy
SLOW CREDIT OK - SSI & VA OK

Honda 2008 Civic 4dr. AC, digital dash, electric windows and door locks, AM/FM CD player, Blue in color 45000 miles. Price $10,000. Call 334-774-3474 or 334-791-1074

Lexus 2007 RX350 Silver in color, new tires, sun roof, leather int. very clean, this is a very sharp car104K miles, exc. cond. $14,000. 334-791-9407

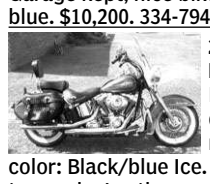
Mustang 2000 Saleen Convertible, V-8, 5 speed, black, Borla Exht. Must See - very nice $9000. OBO 334-797-7420.

Toyota 2003 Corolla Sport wht, 4 cylAT, All Power, runs excellent, $5800. OBO 334-797-7420.

Toyota 2005 Camry LE , Gray int. & ext. 268,493 mile, (mostley Interstate miles) good cond. auto trans, power doors, windows & drivers seat, cruise control, rear spoiler, cold AC, 25 mpg. $4500. 850-209-2502.

MOTORCYCLES

2002 Harley Davidson Ultra Classic: Garage kept, nice bike, 24,000 miles. Two-tone blue. $10,200. 334-794-5296 or 334-596-5098



2009 Harley Davidson Heritage Softail Classic. In excellent condition and driven less than 2000 miles. Beautiful custom color: Black/blue Ice. Color changes from blue to purple. Leather saddlebags. $13,500. Contact Larry Carnley, Ino Community 334-726-1250 or 334-565-3565. Local inquiries only.

Honda 2007 ST1300 Sport Tourer: 1740 miles, excellent condition $8000. Call 334-692-3469

MOTORCYCLES

Honda 2006 VTX 1300RS: black, like new, water cooled, shaft drive, only 7200 original miles $4,000. Firm. Call 334-677-5701

Suzuki 2003 Volusia 800 excellent condition, $2800. OBO 850-209-3951 or 850-209-3952

SPORT UTILITY

Ford 2006 Expedition Limited-156k miles, video system, 2nd row captain, sunroof, towing pkg. $9,000, 334-740-0525

JEEP, 2006 Rubicon, 44,000 miles, loaded with extras, excellent condition, FSBO 205-902-4212

Toyota 2010 4Runner LTD . Black.Going by KBB vehicle is in very good condition. 55,000 miles and has had only one owner. Fully loaded LTD edition, minus built in GPS. $25,000.Serious inquiries only please. 334-677-1152

TRUCKS, BUSES, TRACTORS, TRAILERS

Chevy 2010 Silverado , 4 door, 54K miles, On-star, Bluetooth, Weathertech mats. Retiring and must sell. $21,500. 334-585-5288

Toyota 2010 Tacoma SR5 White, 2 wheel drive, 4 door V6, tow package, new Michelin tires, Excellent condition. 46,000 miles. $22,800 334-693-4987 or 796-5919

WANTED AUTOS

CALL FOR TOP PRICE FOR JUNK VEHICLES
I ALSO SELL USED PARTS
24 HOUR TOWING ➡ *334-792-8664*

Do you need CASH?
Sell us your semi - Junk car OR Junk car. Truck, semi's, semi trailers & farm equipment. Pick - Up 7 days a week 7am - 8pm 334-200-6487. Title or no Title up to what the law allows.
➡ **NO LIEN VEHICALS** ⬅

Got a Clunker We'll be your Junker!
We buy wrecked cars and Farm Equip. at a fair and honest price!
$250 & ↑ Complete Cars
CALL 334-714-6285

★ We buy Wrecked Vehicles *Running or not !*
334-794-9576 or 344-791-4714

WE WILL BUY YOUR CAR OUTRIGHT !
Regardless of year, make, model, we have millions of dollars on hand to pay you good money for your curent vehicle.
We Are On The Coast But Worth The Drive, & reputable, & we can give you a fair price appraisal in 15 minutes.
Call for appointment, dealer. 877-497-7975

Need a New Home?
Check out the Classifieds

RUN IT till it SELLS!

$54 GETS YOU A MONTHLY LISTING IN PRINT & ONLINE IN THESE AWESOME PUBLICATIONS:

DOTHAN EAGLE • ENTERPRISE LEDGER • JC FLORIDAN
EUFAULA TRIBUNE • DOTHAN PROGRESS
ARMY FLIER & WIREGRASS MARKET PLACE

item hasn't sold? NO PROBLEM!

JUST GIVE US A CALL AT THE END OF THE MONTH AND WE'LL CONTINUE YOUR LISTING UNTIL IT SELLS!

2006 Chevy 4x4
Light Grey color, only 1 owner, 82k miles, power everything. Great condition. $15,000. 555-5555

2004 Toyota Sequoia
98k miles, leather, good condition. Asking $12,000. 555-5555

FOR MORE INFO:
334.702.6060 • 1.800.779.2557
classifieds@dothaneagle.com

Searching for a **Big Deal**?
We've got you covered at
TheBigDDeal.com

SOAR: Father, son consider time in regiment a blessing

Continued from Page B1

pursue a career in Special Operation Aviation. Once his mind was set to join the Aviation field, he attempted to keep his desire to join the 160th SOAR a secret from his Night Stalker father.

"I told him I was thinking about joining the 101st CAB, but I was really going to try out for the 160th SOAR," Charlie said. "I met the SOAR recruiter after I completed basic training and was in advanced individual training … then found myself here for Green Platoon."

Once he arrived to Green Platoon, Charlie was exposed to the rigorous training aspiring Soldiers looking to join the regiment must experience. From water survival to escape and evasion training, the second-generation Night Stalker had to do it all in his journey to be a Night Stalker.

"I knew all my skills were going to be put to the test," Charlie said. "I quickly learned that you have to push your body to its limits and surpass it to join this unit."

Despite having a Soldier father, Charlie was never given any insider information, as his father wanted the experience to be original and not ruined in any way.

"I didn't want to take away from the experience of what it's like to go through Green Platoon," Joseph said. "I did tell him to keep his stuff together and be ready at a moment's notice. I also had the opportunity to watch him go through Black Day."

Joseph explained that Black Day is a grueling day-long experience during Enlisted Green Platoon where Soldiers have each of their physical and mental skills put to the test.

"I know it's a day all Night Stalkers remember and will never forget," he said. "I can say that he may have received a little extra attention, but I knew he was up to the task … I was proud to see him gut it out."

Although Charlie is called a second-generation Night Stalker, in reality he's a third-generation Soldier. Joseph's father served in the Army back in the 1960s.

"It's quite an honor to have a child try to follow in your footsteps," Joseph said. "It's not easy to let your child join. However, it's very rewarding to watch them succeed and become independent young adults and successful Soldiers."

Not many are privileged to serve with their kids. Not many have the opportunity to take a lunch break and work out with their children. Joseph, proud of his son, has a few things he's looking most forward to experiencing with Charlie.

"The other day he asked me how to shape his beret, knowing I had to do the same for mine a few years back," he said. "It's really all those small things that I'll enjoy the most. Getting to show and teach Charlie how to do those little details, which are important to establishing good Army habits throughout a Soldier's career."

When asked together what it's like to serve in the regiment, both agree that it's a blessing and creates that special bond shared only among Family members to strive to do better and push each other, all while living the Night Stalker motto of never quitting when things get tough.

Recovery: Teamwork ensures highest level of readiness

Continued from Page B1

type of operation," Rankin said.

While the training focused on using the UMARK on the AH-64, the kit is compatible with all types of helicopters used in the Army.

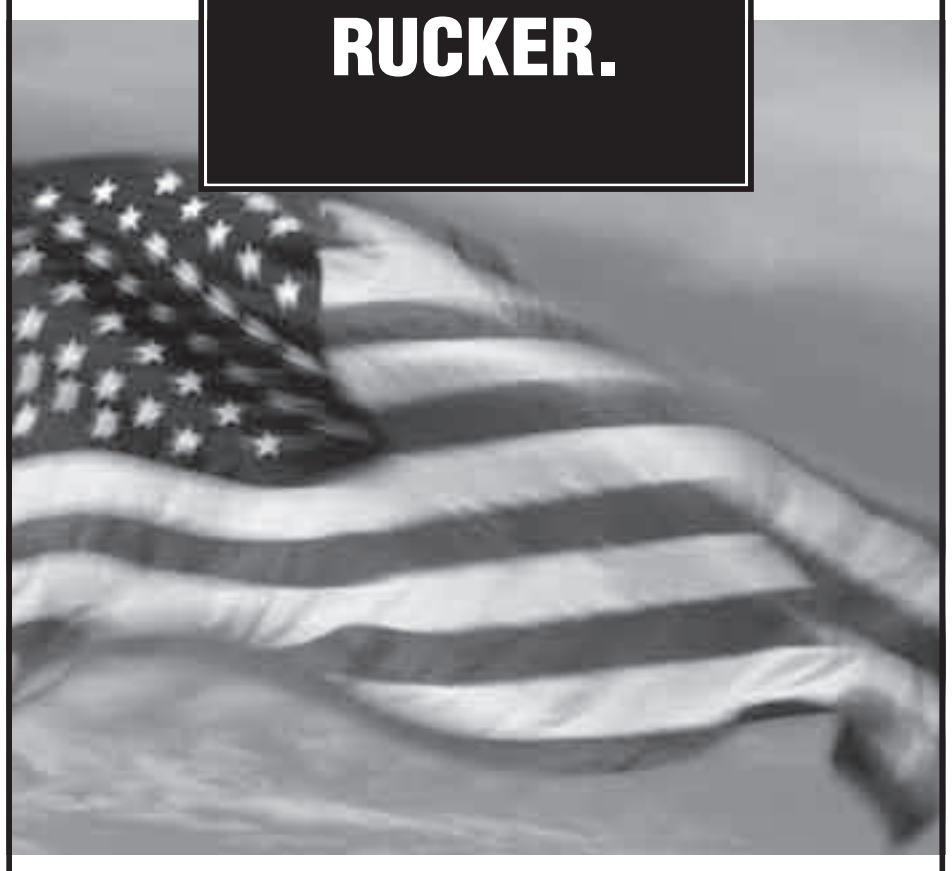
Learning about the technology of their sister services is not a new endeavor for these service members.

"The 122nd ASB DART and the 440th CDDAR team have worked together in the past to the benefit of both units," Van Oteghem said. "We continue to support each other through joint training events such as this in order to achieve and maintain the highest level of readiness, and to foster a cooperative spirit among the Soldiers and Airmen."

Download a PDF of this week's edition at www.armyflier.com.

Advertise with us! Call Brenda at 393-9715 today.
ARMY FLIER

WE APPRECIATE FORT RUCKER.



Southeast Alabama Medical Center employees and medical staff thank Fort Rucker for its commitment to the security of our community and our country. We extend our appreciation to the soldiers and military families for their personal sacrifices.

SAMC Southeast Alabama Medical Center

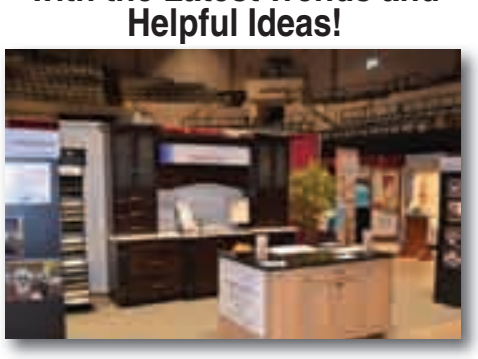
CareChex A Division of COMPARION
Top 10% in the nation for patient safety

1108 Ross Clark Circle Dothan, Al 36301 334-793-8111 samc.org

2014 WIREGRASS HOME & Garden EXPO

Dothan Civic Center
Friday & Saturday
March 14 & 15
9am - 6pm

Looking to update your Home & Garden?
The Professionals will be there with the Latest Trends and Helpful Ideas!



• Floor Covering
• Windows, Doors & Siding
• Bath & Kitchen Remodeling
• Landscaping
• Decorating
• Home Security
• Granite
• Outdoor Living
• Appliances
• Home Products & Services

$5.00 Admission
Benefits Wiregrass Habitat for Humanity

Presented By:
Dothan Eagle
Top Homes
Dothan Civic Center

DOOR PRIZES FROM PARTICIPATING VENDORS!
PLUS REGISTER FOR
• BONDY'S FORD - $500 CASH GIVEAWAY
• SEARS - 8 PIECE PATIO SET

Limited Booth Space Available!
Call Today 334-702-2600 or Visit Our Website
DothanEagle.com/homeexpo

Demo Days
Sponsored By:
GOLF+

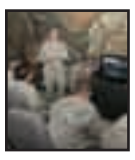
Located at Tartan Pines
118 Meredith St.
Enterprise, AL
334.393.4653

VENDORS:
TaylorMade | Ping | Adams
Nike | Tour Edge | Mizuno
Cobra | Callaway | Titleist

GIVEAWAYS & PRIZES

Sat/Sun March 15-16
Noon - 4PM each day

Get custom fit & try the latest gear for you game!



SHARP
Small groups key element of better training

Story on Page C3

MARCH 6, 2014

Primary school works to keep deployed parents, students *In touch*

PHOTOS BY SARA E. MARTIN

Linda Baez, Army spouse, plays with daughter, Amayah, at the Fort Rucker Primary School Deployment Tea at Allen Heights Feb. 26.

By Sara E. Martin
Army Flier Staff Writer

Being deployed is a possibility that every Soldier prepares for as soon as they sign their military service contract. And although they know it may be coming, it does not make it any easier once separated from Family, especially small children.

To help cope with the stresses of deployment, teachers and staff at the Fort Rucker Primary School keep deployed Soldiers in touch with their children, but a special Deployment Tea was held Feb. 26 at the Allen Heights Community Center to give their spouses a chance to connect and learn more about what is happening at school, as well as in the community.

"We invited several organizations on post, like Army Community Service, to talk to the Families, too," said Mietta Hammond, guidance counselor at the school. "We want parents to know that we love them and if we can help in any way to fill the void that deployments often cause then we want to do our part."

Guests at the event included spouses, their children and special guest, CW4 Andy Miller, who recently returned from a deployment and partook in the school's program while away.

"It brightened up my day (when the school would update me on Aaron's progress). I liked knowing what (my son) was up to. It's a really great thing to look forward to while you're away," said Miller.

The Deployment Teas are held once a year for spouses of Soldiers deployed overseas who have children enrolled at the primary school. The tea is coordinated by many different members of the school staff, but keeping deployed parents involved in their students' lives is a deployment-long activity.

Military Families with deployed members along with Fort Rucker Primary School leadership participated in this year's Deployment Tea at Allen Heights Community Center Feb. 26.

"We want parents to know that they can participate in their child's education, even when they're deployed. It helps morale for the deployed Soldier," said Hammond. "They are still a part of their child's life, especially their school life, even when they are away. They can call and tell their child good luck on a test tomorrow, even when the child did not tell them about it, because we notified them."

Linda Baez, Army spouse, said she knows her husband likes the effort the school and installation make to help her feel safe and welcome, although he is away.

"My son, Eli, is at the school and I know he likes sending stuff, and events like this are really helpful for me and my kids because it helps time go by faster," she said. "I know my husband loves getting stuff from the school, it makes him feel like he is still a part of the Family and Eli feels like he is doing something special for his dad."

The tea used to be held at the school, but thanks to a new partnership with Corvias Military Living the gathering was held in the much homier atmosphere of the community center, which the Families appreciated.

Along with refreshments and conversation, the spouses at the Deployment Tea received gift bags filled with tools to help them through the months of deployment, information on the school's upcoming activities and information from ACS.

Included in the school's program for deployed Soldiers is a monthly newsletter, "Corresponding from A to Z," that is emailed to the deployed parent. Teachers also put together notebooks, grades and photos for deployed parents, along with different craft activities such as mugs, frames and paper child-size cut outs.

"This program is important because we want to make sure children know that no matter what happens in their Family life, like a deployment, their parents are making sure that they know what is going on in their lives," said Deborah Deas, principal. "Knowing that, they will become productive and happy adults. We don't want deployments to make a huge impact on their young lives."

ACS conducts needs assessment survey to ensure customers have a VOICE

Directorate of Family, and Morale, Welfare and Recreation
Press Release

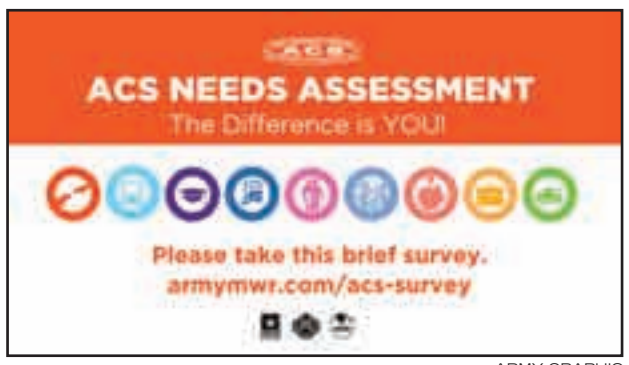
The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation, in partnership with Installation Management Command G9 Marketing Research and Analysis, will be launching the Army Community Service Needs Assessment Survey now through April 30 at Fort Rucker.

The online survey will be available to the entire military community surrounding Fort Rucker.

The Standardized ACS Needs Assessment Survey is being conducted as part of the local ACS accreditation process. The survey is intended to provide valuable information about ACS services, and other Family and MWR programs. The survey has been in paper format in the past, however, this year the survey will only be administered online.

This survey is conducted every three years in coordination with the ACS Accreditation process, and provides a unique opportunity to measure usage and helpfulness of individual ACS programs and services, and identify emerging needs related to the Army way of life.

The survey will allow people to express what programs and services they would like to see ACS provide, if their expectations with ACS offerings are being met and what services have been the most beneficial to them. For more information or to take part in the survey, visit www.armymwr.com/ACS-survey now through April 30.



ARMY GRAPHIC

TRASH OR TREASURE

Community yard sale helps people buy, sell househould items

By Sara E. Martin
Army Flier Staff Writer

People can get the jump on spring cleaning as the winter blues blow away by taking part in the Directorate of Family, Morale, Welfare and Recreation's community-wide yard sale.

Those who like to find a good deal and enjoy the hunt for hidden treasures may find what they are looking for at the yard sale March 15 at the festival fields from 8 a.m. to noon. The event is free to attend and is open to the public, and rent space is still available for those wanting to sell their wares, said Kristi Fink, special events coordinator.

"The last day to sign up is Wednesday at 4:30 p.m. Last fall, we had 46 booths and it took up about three fourths of the field. So we have room to grow," she said, adding that officials hope to have more than 50 booths.

Commercial businesses are not allowed to sell their merchandise, which includes any at-home businesses. And sale of weapons and live animals is prohibited. DFMWR reserves the right to remove any items that are considered inappropriate or endanger patrons in any way.

Space rentals are available to the general public. Military identification card holders will pay $20 for a 15x20 space or $30 for a 20x30 space. General public spaces are $30 for a 15x20 space or $40 for a 20x30 space. People can rent tables for $10 each.

Though it may be more of a task to bring merchandise to the site instead of having a personal yard sale, officials said that it's worth it in the long run.

COURTESY PHOTO

Guy Bryan Pickett stands with a Justin Bieber cutout he gave away at last year's yard sale.

"We are expecting a huge turnout," said Fink. "With spring right around the corner, this is a perfect time for all those households wanting to do some spring cleaning and get rid of stuff they do not use anymore. Last fall, we had about 1,400 people come through to check out all the items for sale."

All participants are responsible for their individual change fund, and participants may bring canopies, but no tent stakes may be longer than 12 inches, according to the rules and limitations.

With Fort Rucker being a training installation, there are many Soldiers and Families transitioning in and out throughout the year, said Fink. So, with having a yard sale twice a year, people needing to empty houses and put money in their wallets, along with people trying to find the perfect new toy or dining room table all benefit from the event.

"We like to hold (the yard sales) before Families PCS in the summer and in the fall. Military Families move quite a bit throughout the Soldier's career and most like to get rid of items they do not use anymore before moving to a new base," she said.

For more information, call 255-1749.

On Post

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

PHOTO BY SARA E. MARTIN

Girls Night Out

Marcey Periman and Lisa Sargent, Army spouses, enter a giveaway at last year's Girls Night Out. The Directorate of Family, and Morale, Welfare and Recreation will hold its latest iteration of Girls' Night Out Friday from 6-9 p.m. in The Landing ballroom. The event is for women ages 18 and older only. Tickets cost $10 and include DJ entertainment, fashion show, door prizes and gift bags, and sampling of numerous companies' wares that cater to women. People must be present to win door prizes. For more information, call 255-9810.

International spouses get together

Army Community Service hosts get togethers for international spouses the first Friday of every month at 9 a.m. at the Allen Heights Community Center to help those who may need help understanding the American culture and military life. Spouses can meet other spouses from other countries, and gain support and knowledge with finding the resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

If the event falls on a day of no scheduled activity, call 255-3735 to find out the new date.

Financial readiness training

Army Community Service offers its financial readiness training Friday from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The free training provides a practical approach to personal financial management to help Soldiers gain control of and manage money effectively. Financial Readiness Training is required for all first-term junior enlisted Soldiers (E-1 through E-4) and spouses are welcome to attend.

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

Child Abuse Prevention Month Art Expo

In recognition of Child Abuse Prevention Month and the Month of the Military Child, the Family advocacy program and new parent support program will host an art expo for Fort Rucker children. The expo is open to all students attending Fort Rucker Primary and Elementary Schools, along with military children attending off-post schools, grades kindergarten-12. The artwork should raise community awareness for military children and child abuse prevention. Artwork should be on 8.5-by-11-inch paper in vertical (portrait) format. Children should include the following information on the front bottom right corner: first name and last name initial, grade and school. Original artwork will be displayed at various locations throughout Fort Rucker. On-post students must submit artwork to school teachers and off-post students can mail or drop off their artwork to: Army Community Service, Bldg. 5700, Rm. 350, 452 Novosel Street, Fort Rucker, AL 36362. All artwork must be submitted by March 21 by close of business.

For more information, call 255-9647 or 255-3898.

Talladega Superspeedway tickets

Talladega Superspeedway offers special ticket prices now through April 18 to all military personnel and their Families for the Aaron's Dream Weekend May 3-4. Those interested can buy tickets at Fort Rucker Leisure Travel Services. Tickets are available for the NASCAR Nationwide Series, NASCAR Sprint Cup Series and for a Two-Day Ticket Package – service fees may apply. All sales are final and no refunds or exchanges will be given.

For more information, call 255-2997 or 255-9517.

Anger Management

Army Community Service will offer its free anger management class Tuesday from 9-11:30 a.m. at The Commons, Bldg. 8950. Topics include: identifying causes and symptoms of anger, using different techniques to manage anger and developing an anger management plan. Registration is required by Friday. Pre-registration is required and space is limited to the first 16 participants to register. The workshop is open to active-duty and retired military, Department of Defense employees and their Family members.

For registration, childcare and more information, call 255-3898, 255-9644 or 255-9641.

EFMP group

The Exceptional Family Member Program invites all active duty military Families that have an exceptional or special-needs Family member to join it Tuesday for an EFMP Information and Support Group from 9-10 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. The topic for the meeting is spring break and traveling with a special needs Family member. Tips, tools and resources will be discussed that can assist Families and their special-needs Family members have a successful trip. The group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more information, call 255-9277.

St. Patrick's crafts

The Center Library will host a St. Patrick's Day craft-making activity Tuesday from 3:30-4:30 p.m. Light refreshments will be served. The event is open to children ages 3-11. Space is limited to the first 65 children to register.

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

Youth March Madness Lock-In

The Fort Rucker Youth Center invites its members to celebrate the upcoming spring break with a March Madness Lock-In from 6 p.m. March 15 through 6 a.m. March 16 at the center. Cost is free for registered child, youth and schools services members in Grades 6-12. There is a $10 cash fee for guests. The center will have various activities available such as Scramble with Friends, Music Mania, 3-on-3 basketball and more. Also, youth ages 13-18 will be taken to see a movie at the post theater.

For more information, call 255-2260.

Outdoor yard sale

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will host an outdoor yard sale and flea market March 15 from 8 a.m. to noon at the Fort Rucker Festival Fields. The event provides the community the opportunity to buy and sell used household items, clothes, electronics and more. Limited tables are available for rent. Cost for selling space for active-duty military and Family members, reserve component, retired military, and Department of Defense civilians is $20 for 15' x 20', $30 for 30' x 20' and $10 per table rental. Cost for selling space for general public is $30 for 15' x 20' and $40 for 30' x 20'. People need to register for booth space due by Wednesday. No commercial vendors are allowed.

For more information, call 255-1749.

DFMWR Spotlight

FORT RUCKER MOVIE SCHEDULE FOR MARCH 6 - 9

Thursday, March 6

Jack Ryan: Shadow Recruit (PG-13) ..... *7 p.m.*

Friday, March 7

The Legend of Hercules (PG-13) ..... *7 p.m.*

Saturday, March 8

Studio Appreciation Advance Screening (R) ..... *6 p.m.*

Sunday, March 9

The LEGO Movie (PG) ..... *2 p.m.*

TICKETS ARE $4.50 FOR ADULTS AND $2.25 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. FOR MORE INFORMATION, CALL 255-2408.

SHARP

Small groups key element of better training

By C. Todd Lopez
Army News Service

PHOTO BY STAFF SGT. MATT SCOTTEN

Gen. Ray Odierno, Army chief of staff, recently said that the best way to train Soldiers is in small groups, among their peers, with training conducted by their everyday leadership.

WASHINGTON – At the opening of the Army's Sexual Harassment/Assault Prevention and Response Program conference in January, the service's chief of staff told attendees he's heard reports of "SHARP training fatigue" among junior Soldiers.

As it turns out, Soldiers feel they don't learn much about SHARP from looking at PowerPoint slides in a dark room with hundreds of other Soldiers packed in next to them, said Chief of Staff of the Army Gen. Ray Odierno.

Odierno told some 300 battalion and above commanders, and command sergeants major that Soldiers have told him the number of classroom briefings has become too much. They have become numb to the subject matter, he said.

"When are we going to stop doing that?" he asked attendees. "We are not going to change the culture by giving a PowerPoint presentation on sexual assault. We have to stop it. We have to stop doing the battalion-level sexual assault briefings. You get nothing done with 120 people in a room."

He said he thinks success in SHARP training, and in changing the culture of the Army from one where some may turn a blind eye to sexual assault and sexual harassment, to one where every Soldier personally finds such behavior abhorrent, will come from small-group interaction – 10 or 15 Soldiers – led by the junior leadership they interact with every day.

"They are having a discussion, and they are interacting with each other about the problem, being facilitated by leadership," Odierno said.

Right now, the general said, statistics do not yet demonstrate a significant enough change in Army culture with regard to sexual assault.

"We still have some very serious problems regarding sexual assault," he said. "The issue that comes through with this is its all ranks. It's very senior officers down to very young privates, who are continuing to be this insider threat inside the Army."

Those individuals threaten the good order and discipline that makes the Army what it is, he said, and that remains essential to the Army as it tries to accomplish its missions.

He said culture change means that no Soldier will accept the harassment of a fellow Soldier.

"Whether it is male-on-female, or male-on-male – they simply won't accept it. And we are not there yet," Odierno explained.

Dr. Christine Altendorf, director of the Army's SHARP program, said culture changes comes from leadership from the very lowest levels all the way to the top.

"I think you have to lead by example," she said. "I think it's a leadership issue, and will only occur if leadership is on board with it."

Army values, she said, are at the center of what leadership has to demonstrate to their subordinates. Some Soldiers come into the Army with a very different set of values than what the Army expects of them.

"A lot of times folks might come in and they don't have a good understanding of any values, much less the Army values," Altendorf said. "From the time they hit basic training, it is the leader's responsibility to make sure that all of the actions in that unit follow the Army values."

Altendorf said most sexual assaults occur among very junior Soldiers, and training needs to be developed that can be effective among that age group.

"Everybody despises death by PowerPoint training," she said. "We had quite a bit of discussion at the conference about what works for troops, what works for 18-24 year olds. A lot of discussion on vignettes, how you actually have a story of a Soldier who, unfortunately, was assaulted, and what happened and how can we use that as a learning tool."

Some panelists at the conference even discussed efforts at their own installations regarding small-group training for SHARP. She said Soldiers are asked to read a book, or read an article "and then they would share information with a small group and actually force the discussion."

Altendorf said the Army's chief aggressively challenged commanders at the conference to find better ways to train SHARP topics to Soldiers. "Get in smaller groups, get some vignettes, look at a video of something that happened ... ."

After that, she said, as in an after action review, Soldiers would openly discuss – in a two-way conversation with a group facilitator – "how would you act differently from what you are experiencing or what you are watching?"

Altendorf said that the Army has specific guidance on when Soldiers must receive SHARP training, such as at basic military training, advanced individual training, arrival at new installations, and at other points during their careers, such as during more advanced professional military training courses.

The Army also has guidance on what Soldiers should be trained on in regards to SHARP, she said.

While the Army spells out the when and what type of training Soldiers must get, she said, it doesn't spell out the how. Only commanders know best what will work with their Soldiers. And Altendorf said the Army is "trying to leave it up to them on how best to teach it."

Army efforts to reduce and then eliminate sexual offenses focus on prevention, investigation, accountability, advocacy and assessment.

As part of its prevention efforts, this year the Army kicked off a pilot Sexual Assault Response Coordinator and Victim Advocate schoolhouse course to expand the knowledge, skills and abilities of SARCs and VAs. It's expected that the school house will reach full operational capability later this year.

The Army also recently established a Special Victim Prosecutor program that assigns Army lawyers trained to prosecute a more narrow range of crimes, including sexual assault, child abuse, child sexual exploitation, and serious domestic violence, to aid regular Army lawyers in their prosecution of such cases.

At the SHARP conference, Odierno told leaders that accountability is key in defeating sexual assault. The Army has instituted a new policy requiring initiation of separation or elimination proceedings and prohibiting overseas assignments for Soldiers convicted of sex offenses whose conviction did not result in a punitive discharge or dismissal. This applies to all personnel currently in the Army, regardless of when the conviction of the sex offense occurred and regardless of component of membership and current status in that component.

Additionally, the Army has also created the Special Victim Counsel program to help victims navigate the complexities of the criminal justice system while perpetrators of the crimes against them are prosecuted. There are 81 special victim counsel now trained across the Army.

Altendorf said with the dozens of initiatives within the SHARP program, she is now focused on metrics, to analyze how well each is working.

"If you don't know how well something is working, if you can't measure the success, then you are going to be chasing your tail," she said.

She said focus groups and surveys can determine the effectiveness of training at various levels. Command climate survey questions might delve into bystander intervention, for instance, where it asks Soldiers if in the last year they have observed a situation where they recognize somebody who might be at risk of sexual assault. Then a follow-on question, depending on their answer, asks if they took any actions when they saw that.

"We can go in and measure, and start to get a handle on command climate, as related to sexual assault," she said.

Altendorf said she envisions such data being used not only to determine the effectiveness of SHARP programs, but also to help commanders tailor training and efforts on their own installations.

COURTESY PHOTO

Pick-of-the-litter

Meet Max, a 10-week-old male terrier mix. He is has a lot of energy, even for a puppy. Max is $80 to adopt, which includes neutering, a microchip and heartworm testing. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over 6 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 veterinary clinic or the commissary. 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.

ORDNANCE DEPOT
GUN SHOP & INDOOR RANGE
BUY • SELL • TRADE
8 Firing Points • 25 yd. Indoor Range
454 Hwy 84 E.
Daleville, 36322
334-598-1101
Email: gahbb@aol.com
Tuesday - Saturday
10:00-5:30

CLARK THEATRES ENTERPRISE
Web Site: www.hollywoodconnector.com
MOVIE INFO 24/7 - 347-2531
ACTIVE DUTY SERVICE MEMBER DISCOUNT
(WITH ACTIVE MILITARY ID) + 1 Guest
MARCH 7 - 13, 2014
R Rated Films, one must be 17 or with parent

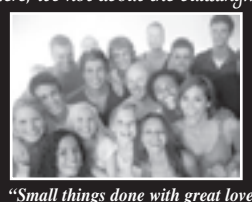
ENTERPRISE SHOPPING CTR
ALL DIGITAL PROJECTION
I NON-STOP - PG13
Sat & Sun: 2:00, 4:10, 7:00 & 9:10
Mon - Fri: 7:00 & 9:10
II MR. PEABODY AND SHERMAN - PG
Sat & Sun: 2:10, 4:10, 7:10 & 9:10
Mon - Fri: 7:10 & 9:10

WESTGATE CENTER
ALL DIGITAL PROJECTION
III THE LEGO MOVIE - PG13
Sat & Sun: 2:00, 4:10, 7:00 & 9:10
Mon - Fri: 7:00 & 9:10
IV 3 DAYS TO KILL - PG13
Sat & Sun: 2:00, 4:20, 7:00 & 9:20
Mon - Fri: 7:00 & 9:20

COLLEGE CINEMA • ENTERPRISE
ALL DIGITAL PROJECTION
ADVANCE SHOWING...
300: RISE OF AN EMPIRE
3D — THURSDAY, MARCH 6 AT 8:30 PM
1 300: RISE OF AN EMPIRE - R
3D: Sat & Sun: 2:00 & 7:10 • Daily 7:10
2D: Sat & Sun: 2:00, 4:10, 7:10 & 9:20
2D: Daily: 7:10 & 9:20
II & III SON OF GOD - PG13
ON 2 SCREENS
Sat & Sun: 2:00, 4:10, 7:00 & 9:20
Daily: 7:00 & 9:20

Church Directory

"Be ye followers of me, even as I also am of Christ." 1 Corinthians 11:1

Here, it's not about the building...

"Small things done with great love will change the world"
VINEYARD CHURCH
DOTHAN
Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

First United Methodist Church
Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00AM
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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

ArtWalk provides culture, culinary journey

Apalachicola Bay Chamber
Press Release

The Apalachicola Bay Chamber hosts ArtWalk March 22. Art in all forms will be woven in and around downtown Apalachicola where artists will be showing, selling and demonstrating their talents from 11 a.m. to 6 p.m.

Festivities continue into the afternoon with beverage tasting and hors d'oeuvres from 3-5 p.m. A special ArtWalk glass can be purchased at each tasting station for $25.

Later in the evening local chefs will prepare special dishes at their restaurants highlighting local ingredients. The Dixie Theatre presents music from Del Suggs and Friends at 8 p.m.

For more information call (850) 653-9419 or visit http://www.apalachicolabay.org.

COURTESY PHOTO

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.andalusialegionpost80.org.

DALEVILLE

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

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

DOTHAN

SATURDAY — The Veterans of Foreign Wars Post 6683 hosts Vets for Pets Poker Run at 10:30 a.m. at Old Homestead in Level Plains. Drawings will begin at 2:30 p.m. at VFW Post 6683. Cost is $20 per bike and $5 for extra riders. Participants will be fed at the end of the ride along with prizes. For more information, call 477-7076 or 406-3077.

MARCH 16 — The Flagship Theater will have auditions for "Romeo and Juliet" from 2-6 p.m. Actors must have a one-minute Shakespearean monologue prepared. All minors must have a parent with them in order to audition. For ages 6 and older. The show will run April 29-May 3 at 7 p.m. with a special matinee performance at 2 p.m. on May 3. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

APRIL 5 — The Alabama Kidney Foundation is hosting its annual Make a Difference One Step at a Time Walk-a-Thon at Northview High School. Registration begins at 8:30 a.m. and the walk kicks off at 9:30 a.m. The Walk-a-Thon features a continental breakfast, lunch, snacks, child activity area, music and door prizes. A $35 minimum collection of donations is required for adult entry. Dialysis patients and children are invited to attend for free. For more information, call 241-0003 or visit www.alkidney.org.

APRIL 8 – The Flagship Theater will have an intermediate and advanced acting showcase at 7 p.m. Tickets are $10 for students and $12 for adults. For more information, call 699-3524 or visit www.theflagshiptheatre.com.

ONGOING — People are invited to play ultimate disc with the Dothan Ultimate Discers on Optimist Field on Thursdays at 7 p.m. and Sundays at 2 p.m. Described as being co-ed fun for everyone from age 10 to 100 with no prior experience required. For more information, call 615-3760.

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

ONGOING — Wiregrass Suicide Prevention Services holds bi-monthly suicide survivor support groups the second and fourth Monday at 6 p.m. at 148 E. Main Street. The support groups are for anyone who has lost a friend or loved one to suicide. Children's groups are also available. For more information, call 792-9814.

ONGOING — The Tri-State Community Orchestra rehearses every Thursday evening from 6-8 p.m. at the Dothan Cultural Arts Center. They welcome all string, brass, woodwind, and percussion players ages 16 and up. For more information, visit www.tristatecommunityorchestra.com or call 585-4903.

ONGOING — The Wiregrass Youth Symphony Orchestra meets every Saturday morning at the Dothan Cultural Arts Center. They offer beginner lessons and welcome all string players high school age and below who already play. For more information, visit www.tristatecommunityorchestra.com or call 696-2320.

ENTERPRISE

MARCH 17 — Featured on CBS, Fox News, CNN and other national broadcasts, The World's Smallest St. Patrick's Day Parade is a big headline grabber nationwide where one Enterprise citizen of Irish descent marches from the courthouse to the Boll Weevil Statue every year to celebrate the Irish holiday. For more information, visit www.enterprisealabama.com.

MARCH 22 — Lifesouth's "Give one, get one" at Milky Moo's will be held from 11 a.m. to 4 p.m. Anyone who donates a pint of blood will receive one free pint of Milky Moo's ice cream. For more information, call 446-6210.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call post commander Jerry Goodson at 347-5961 or 447-8507.

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

ONGOING — Enterprise State Community College holds classes to teach English as a second language at the Fort Rucker campus Mondays and Wednesdays from 9 a.m. until noon in Bldg. 4502, Rm. 131.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank.

For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to Town Hall meetings the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave.

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Disabled American Veterans Chapter No. 99 maintains a DAV service office in the New Brockton Police station every Tuesday and Wednesday from 10 a.m. to noon. All veteran services provided are free. 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

MARCH 15 — Lifesouth's "Give one, get one" at Milky Moo's will be held from 11 a.m. to 4 p.m. Anyone who donates a pint of blood will receive one free pint of Milky Moo's ice cream. For more information, call 446-6210.

MARCH 15 — The Lively Stones Ministries Worship Center will present the Sounds of Joy Musical Concert at the Flowers Center of Performing Arts at 5 p.m. The concert features pastor Evelyn Hubbard and the Tunica County Gospel Choir, The Spiritual Jubilees, recording artist Lynntesha Roberts and the Sons of David Mime. Tickets are $15. For more information on tickets, call 774-1039.

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

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

For more information, call 774-5480.

ONGOING — Every Thursday at the Ozark Chamber of Commerce the Somersizers Weight Club meets at 5 p.m. to shed weight.

For more information, call 774-9321.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church.

For more information, call 983-3064.

SAMSON

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

TROY

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex.

The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s, finger foods, and refreshments.

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

WIREGRASS AREA

NOW THROUGH MARCH 31 – The 2014 Alabama Antique Trail Sale features more than 125 shops and malls in 69 Alabama towns. It is the largest antique sale in the south. To find the location, hours, and type of store, go to www.alabamaantiquetrail.com.

Beyond Briefs

Friday Fest

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

Welcome Home Celebration

A Vietnam Veteran's Welcome Home Celebration will be held March 26-30 in Branson, Mo. The week will include a registration and an expo hall for information, an opening ceremony, a meet and greet, an awareness motorcycle ride, a Flame of Freedom ceremony, a parade, a "hoe-down" barbecue and a patriotic closing show. For more information, email Julie Peters at jpeters@bransoncvb.com.

Heart Ball

The Bay County Heart Ball is an elegant evening that includes dinner, dancing, live and silent auctions benefiting the American Heart Association. The ball will be held Sunday at 6 p.m. at the Wyndham Bay Point Resort in Panama City Beach. People are asked to be dressed in black tie and formal wear. For more information, call (850) 814-8014.

14th annual Death by Chocolate

"Flappers, Gangsters, & Chocolate" is presented by The Emerald Coast Business Women at the FSU Holly Academic Center March 12 from 5-8 p.m. The evening will include a silent auction, desserts from local restaurants, entertainment and a jewelry raffle. This event is a fundraiser for local adult educational scholarships. Tickets are $25 in advance and $30 at the door.

For more information, call (850) 832-5650 or email jreale@eyecarenow.com.

Charity Rib Cook Off

The 13th annual Eastpoint Volunteer Fire Department Charity Rib Cook Off will be held March 14 and 15 at the fire house in Eastpoint, Florida at Vroom Park. There will be a carnival for children and adults. Admission is free and the gates open at 9 a.m. BBQ dinners will be served from 11 a.m. until it's all gone. There will be ribs and pulled pork with all the trimmings. For more information or to enter, email pru911@fairpoint.net or call (850) 670-9000.

SMA: Soldiers have duty to end sexual assault, prevent suicides in Army

By Lisa Ferdinando
Army News Service

FORT BELVOIR, Va. – Soldiers have a duty to protect each other from sexual assault, help a battle buddy at risk for suicide, and create a safe and respectful environment for all members, said the Army's top enlisted adviser.

Sgt. Maj. of the Army Raymond F. Chandler III spoke to Soldiers recently during a town hall meeting at Fort Belvoir, Va.

Sexual assault in the ranks, he said, erodes the trust Soldiers and the American people have placed in the Army.

"If someone is not acting within our values, within our beliefs, you have a duty to do something about it," he told the forum.

Soldiers must focus on ending sexual assault in the ranks by using the same determination and willpower that they do on the battlefield, he said. The Army profession demands a Soldier take action if something isn't right.

"We have too many bystanders. If you are a bystander, you are part of the problem," he said.

The American people have entrusted the Army with their loved ones, he said, and the Army must ensure they are protected.

"When we're given someone's most precious gift – their son or daughter, sister or brother, husband or wife – we have a duty to treat them with dignity and respect, and create an environment of safety and security," he said.

PHOTO BY LISA FERDINANDO

Sgt. Maj. of the Army Raymond F. Chandler III speaks at a town hall at Fort Belvoir, Va., about the responsibilities Soldiers have in protecting one another from sexual assault, helping a battle buddy at risk for suicide, and creating a safe environment for all members.

Sexual assault is damaging to the men and women who are victims of the crime, he said, and to the American people who expect the Army to protect its Soldiers and the nation.

"When we have challenges, like we have with sexual assault, we erode not only internally the trust that we had amongst each other, but we start to lose the trust of the American people for whom we serve," he said.

There is no question that the United States Army is the "most competent force on the face of the Earth," but there are challenges, he said.

"The American people look at us with a different perspective; they demand more from the United States Army Soldier than they do from the average citizen," he said. "It's part of what makes us the best Army in the world."

Every Soldier can make a difference by watching out for a battle buddy, and seeking help when someone is in trouble and at risk for suicide, he said.

"We've had a reduction of suicides with the active component. We had an increase, however, for our Guard and Reserve components," he said.

According to recent statistics, the Army said there were 301 suicides Army-wide in 2013 – 125 in the active Army, 117 in the Army National Guard, and 59 in the Army Reserve.

The Army had 325 suicides in 2012 – 165 in the active Army, 110 in the Army National Guard, and 50 in the Army Reserve.

A Soldier's commitment to another Soldier makes a difference, he said.

"What I ask you to do is to continue what you're doing," Chandler said.

"You can save someone's life. Think about that. You can do that. All you have to do is be that person of character who's committed to one another," he said.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

Headquarters Chapel, Building 109
8:00 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9:00 a.m. Catholic Mass Sunday
11:00 a.m. Liturgical Worship Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4:00 p.m. Catholic Confessions Saturday
5:00 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Wings Contemporary Worship Protestant Service.
8 p.m. Latter-Day Saints Worship Service, Sundays.

Spiritual Life Center, Building 8939
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesday –
9:00 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6:00 p.m. Protestant Women of the Chapel, Wings Chapel
7:00 p.m. Adult Bible Study, Spiritual Life Center

Wednesday –
11:00 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12:00 p.m. Adult Bible Study, Soldier Service Center
6:00 p.m. Adult Bible Study, Spiritual Life Center

Thursday –
9:00 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

Mothers of Preschoolers (MOPS)
MOPS is a Christian-based mom's group. MOPS is about meeting the needs of every mom of a child from conception through kindergarten. MOPS will meet every first and third Thursday, 9 a.m. at Spiritual Life Center, Bldg 8939. For more information, call the Religious Support Office at 255-2989.

Protestant Men of the Chapel (PMOC)
PMOC meets the first Saturday of each month at 8:00 a.m. – 9:00 a.m. at Ryan's Restaurant in Enterprise, AL. Men are encouraged to attend for a time of fellowship and a short devotion. Free breakfast is provided.

Protestant Women of the Chapel (PWOC)
PWOC meets every Tuesday at 9:00 a.m. and 6:00 p.m. at Wings Chapel, Bldg 6036. Childcare provided only at 9:00 a.m. For more information, call 255-2989.

Catholic Women of the Chapel (CWOC)
CWOC meets every Wednesday, 8:30 a.m. – 10:30 a.m., at the Spiritual Life Center. Childcare provided. For more information, call 255-9894.

Fort Rucker Family & MWR
www.ftruckermwr.com
Stay up to date with Family & MWR
Facebook Twitter Flickr
Fort Rucker MWR

Title Sponsor
Southeast Alabama Medical Center
100 GIFTBAGS
girls' night out
FASHION ○ HEALTH ○ BEAUTY
March 7th
6 – 9 pm
The Landing
OPEN TO THE PUBLIC, WOMEN AGES 18+
Fashion Show, Health and Beauty Vendors & more!
Tickets: $10
Includes one drink stub, good for a complimentary glass of wine (only ages 21 and over) or a complimentary soda.
Event details Family & MWR, (334) 255-9810
Sponsor/vendor opportunities, (334) 598-5311
*must be present to win prizes Sponsorship does not imply Army endorsement

Want to sell your stuff? Sign up TODAY!
FORT RUCKER OUTDOOR YARD SALE & FLEA MARKET
March 15th
8 am - Noon
Fort Rucker Festival Fields
Buy & Sell
Household Items
Clothes
Electronics
Collectibles & more!
Special Events, (334) 255-1749

Silver Wings Golf Course
Membership Month
March 1st – 31st Join Today!
Renew or join membership for 12 months and get one month free. During the month of March, full Membership fee paid for the year in advance is eligible for the discount.
Silver Wings Golf Course
Open to the Public
Fort Rucker Silver Wings Golf Course

Trailblazers: *Army celebrates numerous accomplishments of African-American women*

By Lisa Ferdinando
Army News Service

WASHINGTON – African-American women have been trailblazers in the U.S. military and will continue to make great strides for the nation, said the deputy chief of the Army Reserve.

"African-American women have made tremendous contributions to our military since the Civil War, and I would even argue prior to that, but a lot of it is just not recorded," said Maj. Gen. Marcia M. Anderson.

Anderson, the Army's first female African-American two-star, spoke at a Department of Defense Reserve Affairs Black History Month event at the Pentagon Feb. 25.

"The accomplishments of these women and many others have opened the door for those who seek, like me, meaningful careers in the Army and our sister services," she said.

While women in the United States military faced discrimination based on gender, African-American women faced both race and gender discrimination. Anderson said that didn't stop those who felt it was important to serve their country.

The early contributions of African-American women include serving as nurses during the Civil War and Spanish-American War, and in other support roles such as cooks, seamstresses and launderers.

At the outset of World War I, many trained African-American nurses enrolled in the American Red Cross because they hoped to enter the Army or Navy Nurse Corps, she said.

"Finally after the Armistice was signed, 18 of those African-American Red Cross nurses were actually offered Army Nurse Corps assignments," she said.

During World War II, members of the 6888th Central Postal Directory Battalion, made up of enlisted African-American women, were sent to France to help with a backlog of mail, she said.

"They did so in record time and even exceeded the metrics that had been set for them to meet. They did a wonderful job," she said.

The U.S. Army Women's Museum at Fort Lee, Va., has a display dedicated to those women, Anderson noted.

From the women of the past to the high-ranking military leaders of today, African-American women have served the nation with distinction, she said.

The opportunities for all female service members will only increase as the military integrates women into more roles, she said.

Today's military "fully understands and values women" and its policies are continually evolving, she said.

While there was a lot of opposition to opening more military jobs to women, full gender integration now seems "inevitable," she said.

"Pretty soon there is going to be no limit, I think personally, to what women can and will do for our services," she said.

Anderson said out of the 2.2 million troops who have served in Afghanistan and Iraq, more than 250,000 have been women. That is a "significant number," she said.

The accomplishments of Army women have been tremendous, Anderson said.

"Right now, for example, in the Army Reserve, there are over 42,000 women. We have the highest percentage of women of any of the services. It stands at about 23 percent," she said.

She said Army Chief of Staff Gen. Ray Odierno supports talent management and utilizing the skills and leadership of the women who serve in Army.

As the Army sees a shrinking pool of recruits, it is more important than ever to utilize the talent it does have, she said.

Gender integration can only help keep the American military the best force in the world, she said.

"I think that we will ultimately, at the end of the day, be a better military, and continue to lead the way amongst our partners around the world," she said.

PHOTO BY LISA FERDINANDO

Maj. Gen. Marcia M. Anderson speaks about the contributions of African-American women in the military, at an event at the Pentagon Feb. 25.

Military Protection Plus can help protect those who count on you. It's life insurance that provides coverage beyond SGLI and stays in place after you leave the military. And once it's in place, you can add coverage with no medical questions asked.[1]

USAA®

Protect your loved ones today.

800-531-8479 | usaa.com/mpp

[1]Availability of increased life insurance coverage depends on characterization of military separation. Increases in coverage depend on your health and are subject to underwriting approval. Military Protection Plus is level-term life insurance. Initial life insurance coverage limited by rank and occupation. Level Term V: Form LLT49045ST01-05 (may vary by state). In New York, New York Term Series V: Form NLT45861NY 01-04. Military Severe Injury Benefit and option to increase coverage to replace SGLI provided by riders. Increases in coverage require payment of additional premium. Rider forms LBR57941ST 05-06 and LBR67140ST 05-07 (may vary by state). In New York, forms NBR60469NY 06-06 and NBR67175NY 06-07. All insurance products are subject to state availability, issue limitations and contractual terms and conditions. Life insurance and annuities provided by USAA Life Insurance Company, San Antonio, TX, and in New York by USAA Life Insurance Company of New York, Highland Falls, NY. In most states, life insurance also provided by USAA Direct Life Insurance Company, Omaha, NE. Each company has sole financial responsibility for its own products. © 2014 USAA. 200383-0114

GO FOR GOLD
Wounded warriors set sights on Sochi gold
Story on Page D3

MARCH 6, 2014

EASING THE WAY

Lyster takes steps to help TRICARE for Life beneficiaries move to pharmacy pilot program

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic's pharmacy has taken steps within the last two years that will help make the newly-mandated TRICARE for Life pilot program easier on its beneficiaries.

Starting March 15, the program will require TFL beneficiaries to use TRICARE Pharmacy Home Delivery or a military pharmacy to fill prescriptions for select maintenance medications. This pilot was a provision of the 2013 National Defense Authorization Act.

After the pilot starts, beneficiaries have two 30-day refills of their prescriptions covered at a retail pharmacy before they are responsible for 100 percent of the cost. Beneficiaries may call the TRICARE pharmacy contractor, Express Scripts, at 1-(877) 882-3335 to switch to home delivery or with questions about their medications.

Some individuals are exempt, including people with another prescription drug plan, or people living outside the 50 United States. People living in a nursing home may contact Express Scripts to request a waiver.

Since August 2011, all TFL beneficiaries at LAHC have been given the opportunity to fill their prescriptions at the clinic's pharmacy. The increased workflow brought in by TFL beneficiaries has allowed the pharmacy to procure medications that are not normally stocked on the formulary, to include special-order non-formulary medication.

"Our TFL beneficiaries are actually doing us a favor by bringing their prescriptions into the pharmacy," said Lt. Col. Tai Bolaji, pharmacy chief. "We are always looking to expand, and enhance our pharmacy operations and services and the list of medications on hand, and our requests for special order non-formulary medications, normally come from our TFL beneficiaries."

Another advantage to using the LAHC pharmacy is to help alleviate the cost of high co-pays that normally come with non-formulary medications, he said.

About 46 percent of the pharmacy's prescription workload is paper prescriptions that come from the civilian primary care or specialty prescribers. LAHC's pharmacy has fax capability in place that allows doctors' offices to send beneficiaries' prescriptions directly to the pharmacy.

PHOTO BY SARA E. MARTIN

Spc. Amber Young, U.S. Army Aeromedical Center, refills pharmaceuticals at the Lyster Army Health Clinic Pharmacy last year.

"If your primary care doctor is not at Lyster or you are seen at a specialty doctor's office, you can either request them to fax the prescriptions into Lyster's pharmacy or you can hand carry them in," Bolaji said.

TRICARE Pharmacy Home Delivery is another alternative for those who are not in close proximity to LAHC. Home delivery offers beneficiaries a 90-day supply of their brand-name medication for $13. Switching these prescriptions from a retail pharmacy to home delivery can save TRICARE beneficiaries up to $152 a year for each prescription. Beneficiaries can also save by asking their doctor to write them a prescription for a generic version of their medication.

"Home Delivery is a good option for beneficiaries who are far away from Lyster's pharmacy and want to make sure they never run out of their medication," Bolaji said.

TFL beneficiaries looking to transfer their prescriptions to LAHC's pharmacy are encouraged to call ahead (334-255-7671) to ensure their prescription is available.

For the most recent information about the pilot or to sign up for e-alerts with the latest updates, go to www.tricare.mil/tflpilot.

PHOTO BY NATHAN PFAU

Pfc. Ray Nichols, player for the Eagles, goes up for a layup during an intramural basketball game at the Fort Rucker Physical Fitness Center Tuesday.

ON A MISSION

Eagles soar over competition, 85-36, set sights on repeat championship

By Nathan Pfau
Army Flier Staff Writer

The Eagles soared over Guns and Hoses during an intramural basketball game at the Fort Rucker Physical Fitness Center Tuesday.

The 1st Battalion, 11th Aviation Regiment, Eagles took on and beat the 6th Military Police Detachment team, Guns and Hoses, 85-36 in a game filled with personal fouls and three-pointers.

"I feel great about the win," said 1st Sgt. Michael Delaney, Eagle's coach. "The players stuck with the game plan and finished what they started. We've got a lot of hustle and we were able to put pressure on (the other team) and to turn them over."

Guns and Hoses managed to get possession during the tip off, but the Eagles managed to score the first point when their opponents gave up the ball for traveling.

Both teams started off strong, and Guns and Hoses put down a solid defensive game under the rim and managed to recover rebound after rebound, allowing them to take the lead early on.

Their lead wouldn't last, however, as they continually fouled the Eagles, giving up more than six points to free throws in the first half.

Free throws weren't the only thing keeping the 1-11th team ahead. The Eagles were sinking three-pointers left and right, and Guns and Hoses were hard pressed to keep up with their opponent's offensive prowess.

As the game progressed through the first half, the 6th MP team struggled to find their offensive footing as their defense began to slide.

The Eagles started pulling away from their opponents, leading 19-6 going into the second quarter, and try as they might, Guns and Hoses defense was no match for the 1-11th's aggressive offense.

Not only was The Eagles' offense strong, but their defense, which had been lacking early in the game, tightened up and were able to stay on top of their opponents to keep them from scoring for more than 10 minutes.

Guns and Hoses managed to finally break the stagnation and sink another basket, but not before their opponents led them by more than 20 points at the end of the half, 37-13.

The outcome seemed bleak for Guns and Hoses going into the second half, but they got off to a fresh start with a layup and managed to find their stride throughout most of the half.

The two teams went point-for-point for much of the third quarter, and the 6th MP team even managed to gain a little on their opponents, but as much as their offensive game stepped up, their defense was no match for the Eagles' onslaught.

A string of three-pointers by Guns and Hoses allowed them to slowly close the scoring gap, but as the game moved into the fourth quarter, their players seemed to tire, allowing their opponents to lead by more than 30 points.

Guns and Hoses only had a pool of the minimum five players needed to compete, so unlike their opponents, who had many more, they didn't have fresh players to switch out throughout the game.

Despite the disadvantage, the 6th MP team continued to push on their opponents and score, but ultimately, the 1-11th's superior offense and larger pool of players won out as the game ended, 85-36.

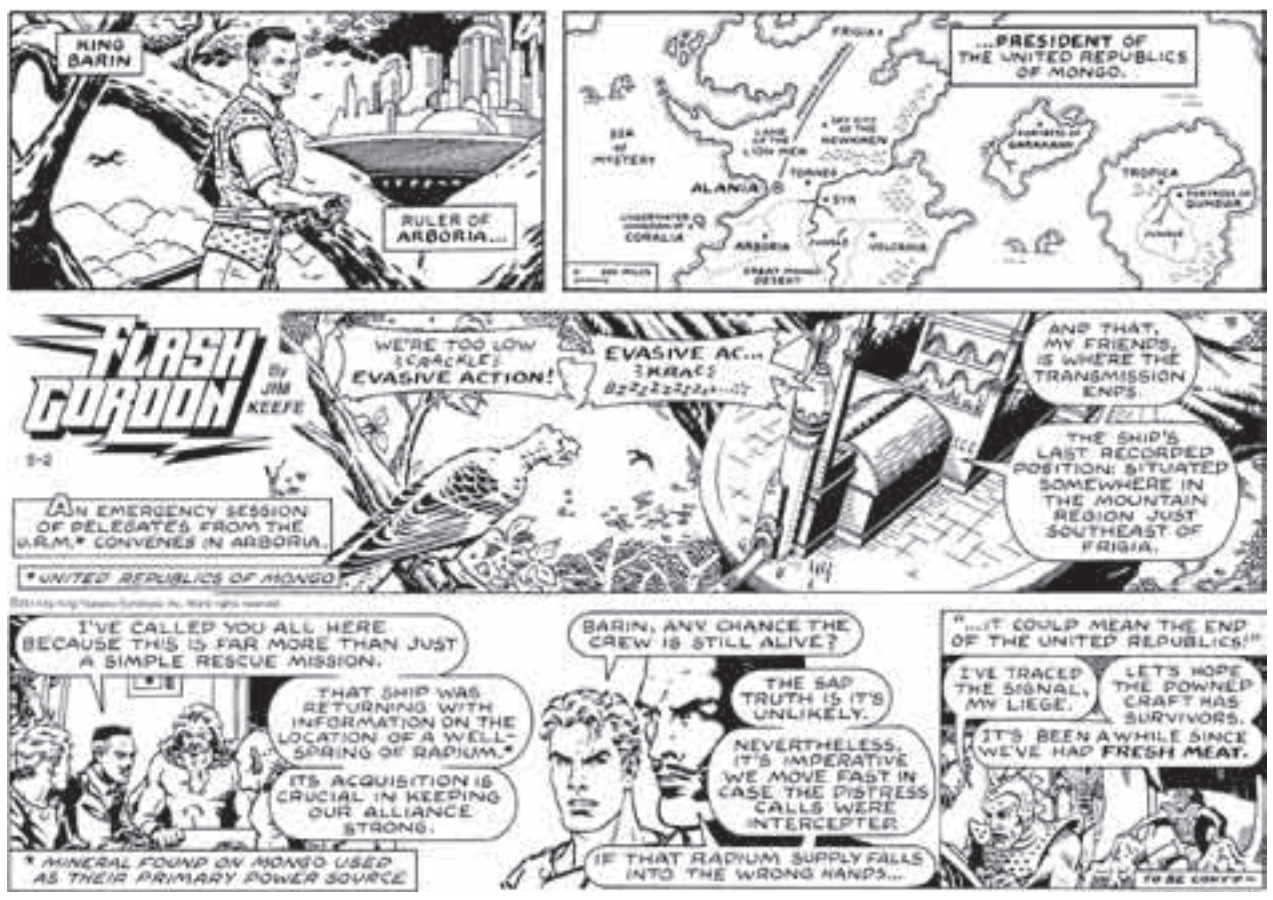
Delaney said he's confident in his team's chance to win the championship two years running.

"We're going to repeat – that's the goal," he said "We're getting more confident as the season goes along, and we've only lost two games and beat those teams the second time around, so I think we'll repeat for sure."

Runners participate in last year's St. Patrick's Day Run. The Fort Rucker Physical Fitness Center will host its annual St. Patrick's Day 5k, 10k and 1-Mile Fun Run March 15, beginning at 9 a.m., at the center on Andrews Avenue. Race-day registration will be held from 7:30-8:45 a.m. Participants are encouraged to pre-register at either PFC. **For more, Sports Shorts on D4.**

PHOTO BY NATHAN PFAU

Down Time



Just Like Cats & Dogs

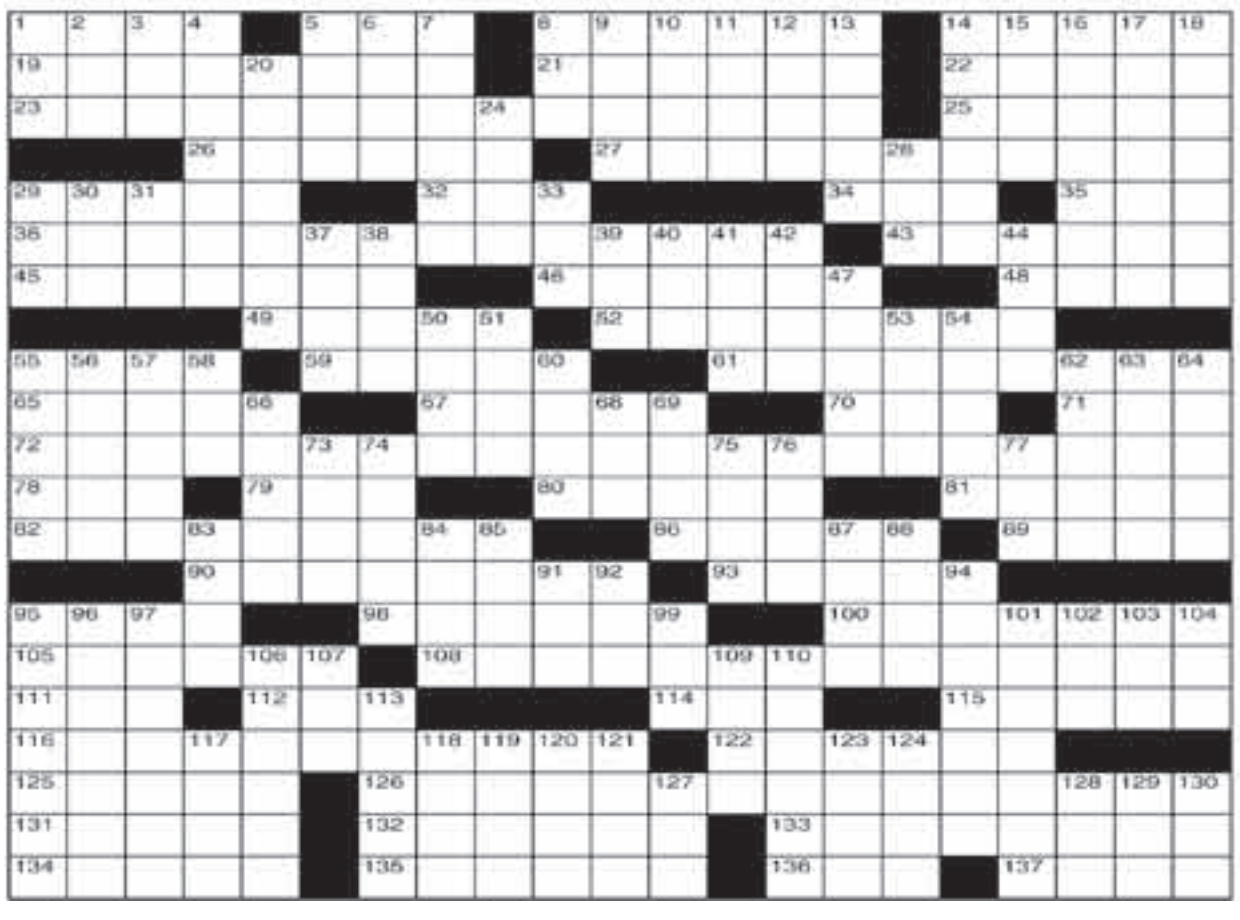
by Dave T. Phippe

Super Crossword

HIT COUNT

ACROSS
1 Pronoun in many letter greetings
5 Psi preceder
8 Involuntary twitches
14 Differently — (having other skills)
19 Of Earth's largest landmass
21 Berate loudly
22 "Spider-Man 3" director Sam
23 1978 hit for the Commodores
25 Un, deux, —
26 Ambush
27 2008 hit for Miley Cyrus
29 Added lubricant to
32 Golfer's peg
34 Water, in Toulouse
35 Angriness
36 1961 hit for the Diamonds
43 Audacious
45 Indy vehicle
46 Clumsy sort
48 "— there be any doubt ..."
49 Makes a sweater, e.g.
52 Sliding-glass auto option
55 — Tzu
59 Thus far
61 1957 hit for Jim Reeves
65 Certain chairmaker
67 Lowly laborers
70 — José
71 VI halved
72 Statement before singing each hit featured in this puzzle?
78 — v. Wade
79 Prefix with con
80 Get a goal
81 "Max —" (2008 noir action film)
82 1967 hit for the Lovin' Spoonful
86 Drank sherry, e.g.
89 Football throw
90 "C'mon, this way"
93 Very cushy course
95 U.S. island territory
98 Pay attention suddenly
100 Gifts for calligraphers
105 Nine-item group
108 1965 hit for the Beatles
111 Henpeck
112 FBI's govt. division
114 Perfect rating
115 Eli — (drug giant)
116 1986 hit for Stacey Q
122 Alias
125 "CSI: Miami" actress Eva
126 1946 hit for Frank Sinatra
131 Clear away
132 French for "brothers"
133 Person giving ear
134 Siestas, say
135 Sequence
136 Jet to JFK, once
137 Tiger sound

DOWN
1 Showery
2 "What?"
3 Hockey player Bobby
4 "Diamond Lil" playwright
5 Large village
6 "— Caesar!"
7 Lifer, e.g.
8 Part of DOS: Abbr.
9 Podded vegetables
10 Everyone, in Essen
11 Czech, Pole, or Serb
12 Concocted
13 Jule of songwriting
14 Tennis great Ashe
15 Port of Italy
16 Hero-worship
17 Defectors
18 Have a minority view
20 Eider, e.g.
24 Observant individual
28 Indent key
29 "Ouch!" kin
30 — fog (lost)
31 The, to Rene
33 U.S. lang.
37 "Give that — cigar!"
38 Some hosp. scans
39 "How dry —"
40 Mop & —
41 Horse's foot
42 Up — good
44 Sporty Italian auto, briefly
47 Have faith in
50 Bit of errata
51 Foreteller
53 Port of Algeria
54 Admit (to)
55 Lasting blemishes
56 Capital of Vietnam
57 Back-of-the-book list
58 Chick's mother
60 He-cats
62 Tripoli locale
63 Some bank holdings
64 Is a father to
66 Infomercial gadget brand
68 Bronx loc.
69 With 84-Down, icy carnival treat
73 Not sick
74 Dummies
75 County east of Sandusky
76 TV warrior princess
77 Atlas part
83 "For the life — ..."
84 See 69-Down
85 "The Bridge on the River —" (war film)
87 Get a glimpse of
88 Coloring agents
91 Stat of gas consumption
92 King James Bible suffix
94 Careful examiner
95 Less severe
96 Oblivious
97 Silky-haired rabbits
99 Baseball legend Mel
101 Pool party?
102 Potentially shocking fish
103 — Aviv
104 Plane's place
106 Product-pitching costs
107 Homer Simpson's utterance
109 College list maintainer
110 Rescinds
113 Gordon and Bridges
117 Unseat
118 Million or billion ender
119 Vacationer in a camper, informally
120 Garr of the screen
121 "Peter Pan" character
123 Soulful Redding
124 Bird's berth
127 Particular mag. edition
128 Yoko from Tokyo
129 Stephen of film
130 Flub up



See Page D4 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where is the island of Cyprus located?
2. ANIMAL KINGDOM: What is a group of adult alligators called?
3. GENERAL KNOWLEDGE: What is the Koh-i-noor?
4. LITERATURE: What was the name of the monster in Mary Shelley's novel "Frankenstein"?
5. RELIGION: Which religion espouses the Eightfold Path?
6. OLYMPICS: A "Salchow" jump is employed in which winter sport?
7. HISTORY: How many banks of oars were used in an ancient warship called the trireme?
8. SYMBOLS: What is the shape of a trefoil?
9. SCIENCE: What is phototropism?
10. LANGUAGE: What does the acronym BTU stand for?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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.

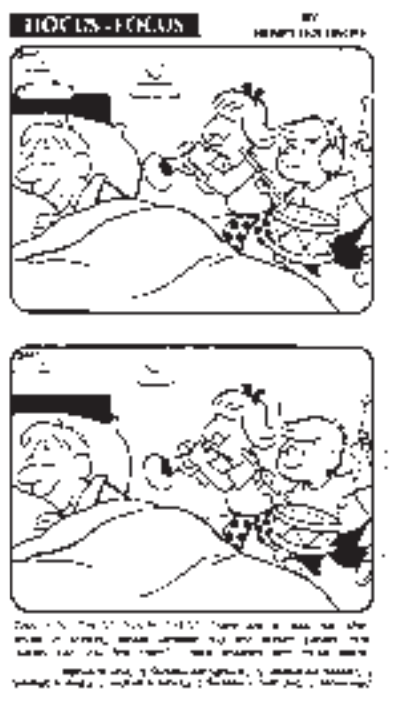
DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2014 King Features Synd., Inc.

See Page D4 for this week's answers.

Kid's Corner



Warrant officer makes trip to 'the ice'

By Jane Gervasoni
U.S. Army Public Health Command
Public Affairs Office

Employees of the U.S. Army Public Health Command are found in 14 time zones in 85 countries, but who would expect to find them in Antarctica?

It is in this remotest continent that USAPHC veterinary food safety officers perform food inspections for the National Science Foundation's Polar Program and the military personnel assigned to McMurdo Station.

Antarctica is the "est" continent – the highest, driest, coldest, windiest and cleanest continent on Earth, according to Gwen Adams, safety and occupational health manager of the National Science Foundation's Office of Polar Programs.

The Antarctic also is a unique natural laboratory and scientists live in this environment 12 months of the year. However, most of their food supply must be shipped during the short summer season, usually in January, while shipping lanes are open.

"The annual resupply of the Antarctic stations including McMurdo Station, South Pole Station and remote field camps is an intense 24-hour-a-day operation that lasts for five to seven days," said CW5 Christopher Finch, food protection program deputy program manager at the USAPHC, who made seven trips to Antarctica. "Food inspections for these locations are performed through an agreement with the NSF to ensure they have independent food inspection."

But there is more to providing food for the Antarctic stations than a single week of inspections.

"CW4 Robert McNeil provides procurement and sanitation inspections, and approved source verification. He also observes the contractor's food handling personnel and equipment hygiene practices for 24-hour meal service operations at McMurdo," explained CW4 William Warren, chief of the operational rations section at the USAPHC. "We only have one opportunity to get it right, because there is no full-time inspector onsite."

McNeil, food safety officer at Public Health Command District-Western Pacific, New Zealand Branch, is currently on a three-year assignment and coordinates the support for the NSF program. According to McNeil, he is the only U.S. military member currently assigned to New Zealand outside of the U.S. embassy.

"In 2011, 10 to 15 refrigerated and frozen containers and their temperature recorders became inoperable during the voyage from California to New Zealand," said McNeil. "Fortunately, the NSF logistics personnel placed data-loggers in every container. After checking the data-logger information on each container, I was able to determine that no potentially hazardous foods had been exposed to unacceptable temperatures, saving close to a million dollars of food from being discarded."

Food is inspected and loaded on the U.S. west coast in late December to be shipped on the annual supply vessel. This shipment provides about a 13-month food supply. In addition, air-drops provide routine supplies of fresh foods to McMurdo Station and the South Pole, according to Warren.

Fresh foods are also shipped from New Zealand during the Antarctic summer from November to March after audits by the regional USAPHC food specialist. Some fresh food is also grown in a hydroponic garden at the pole.

ARMY PHOTO

CW5 Christopher Finch performs a food stores inspection at a research camp in Antarctica.

"Foods shipped to Antarctica also have to meet very stringent packaging regulations," explained Finch. "Due to the extreme temperatures, foods can't be packed in glass, and packaging has to meet environmental regulations that dictate how much waste the food packaging can produce. Any unused food is shipped back."

Storage conditions at the pole can be challenging as well. Food shipped to Antarctica is usually six to eight months old and will be stored for as much as a full year before use.

"The extreme temperatures can cause meats and other foods to dehydrate, affecting the quality," Warren explained. "We check that the maximum shelf life is what was ordered to ensure that the food will retain its quality in this harsh environment."

When not facing wind-chill temperatures of minus 50 degrees in Antarctica, McNeil performs audits of local and regional commercial food processing facilities supporting the NSF and U.S. forces worldwide from his location in New Zealand.

"This assignment was a fantastic experience," said McNeil. "Meeting the unique food inspection challenges at McMurdo and the South Pole stations due to the unusual operational conditions and environment, interacting with the NSF personnel and exploring the historical sites were opportunities no other job could offer."

Wounded warriors set sights on Sochi gold

By Elaine Sanchez
Brooke Army Medical Center Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas – Three wounded warriors who recovered at Brooke Army Medical Center are aiming to glide to gold in Sochi, Russia this month.

Forwards Joshua Sweeney and Rico Roman, and goalie U.S. Army World Class Athlete Program Sgt. Jen Lee, are among the members of the elite U.S. National Sled Hockey Team selected to compete in the Paralympic Winter Games Friday through March 16.

Sweeney, a bilateral amputee, said he's looking forward to a hard-won victory on the ice.

"If we play our game, we'll be unbeatable," said the former Marine, who is hedging his bets by training up to four hours a day in Colorado Springs.

Sweeney said he's still amazed to have made it to this point. Just a few years earlier, the former high school hockey player from Phoenix, Ariz., figured he'd never be back on the ice again.

In October 2009, then-Sergeant Sweeney was on patrol in Afghanistan when he stepped on an improvised explosive device. He ended up losing both legs above the knee, and suffered left-hand and right-arm injuries.

While in the hospital, he struggled to come to grips with the loss of his favorite sport.

"The first thing I told my mom after being injured is, 'Oh, man, I'm not going to be able to play hockey anymore,'" he recalled. "It was very upsetting."

Still, Sweeney never lost his passion for the game. During recovery, he heard about a sled hockey team offered through San Antonio Rampage ice hockey team and the nonprofit Operation Comfort. The bulk of the team is wounded warriors, both active duty and retired, who took up the sport while undergoing rehabilitation at Brooke Army Medical Center's Center for the Intrepid, or CFI.

The challenging sport takes warriors' recovery to the next level, noted Fred Jesse, CFI physical therapist and Rampage volunteer.

"It works on their conditioning, their balance," he said. "Plus, it gives them confidence when they're able to accomplish something they never thought they could do."

Sweeney was determined to get back on the ice, "but this time I wanted to be the player I never was in high school."

After working to improve his puck-handling skills, Sweeney tried out and made the National Team as a forward in 2011.

PHOTO BY TIM HIPPS

Now-World Class Athlete Program Sgt. Jen Lee defends the net for the San Antonio Rampage Sled Hockey Team in San Antonio Aug. 1. Lee, Rico Roman and Joseph Sweeney have been selected to represent Team USA at the 2014 Paralympic Winter Games in Sochi, Russia Friday through March 16.

Since then, "I've become one of the point leaders on the team," he said. "It's been awesome to see so much progress in a short amount of time.

"Honestly, sled hockey saved my life," he added. "If I didn't have it, I'd be going through the motions. Now I want to motivate others to achieve, to see how this kind of work ethic pays off."

Unlike Sweeney, Roman had never given ice hockey much thought when growing up in Portland, Ore. He gravitated to football and wrestling in high school, before joining the Army in March 2001.

Roman was injured in Iraq in 2007 after serving at a vehicle checkpoint. He was riding back to post in the lead vehicle of a convoy when it struck an IED, causing injuries that led to the amputation of his left leg above the knee.

While in recovery, the CFI staff suggested he try out sled hockey.

"I wasn't sure about the sport, but it turned out to be fun, like football on ice," he said. "It helped me so much to focus on something positive."

Roman tried out for the 2010 Paralympic Team but didn't make the cut, which made him even more determined to try again. The following year, he made the National Team.

"I never imagined I'd be doing this in a million years," he said. "Sometimes when you're injured you think about, 'I can't do this or that,' but this gave me something I can do well. It gave me something I can strive for."

The sport wasn't as much of a stretch for Lee, an avid athlete who had played inline hockey along with a host of other sports while growing up in California.

Lee was injured in a motorcycle accident in 2009, and lost his left leg above the knee. During rehab at the CFI, the San Francisco native explored several sports options, including wheelchair basketball and sled hockey.

"I told my wife, 'I haven't even put on a skate or touched a puck since freshman year of high school,'" Lee said in an earlier interview with U.S. Army Installation Management Command. "I was definitely excited and nervous at the same time. As soon as I got on the ice, I was just like 'wow!'"

Lee joined the Rampage sled hockey team in 2009, and the National Team in 2010. He then joined the World Class Athlete Paralympic Program. He's a standout this year as the first active-duty Soldier selected for a Paralympic winter sports team.

In just a few weeks, Sweeney, Roman and Lee will help defend the U.S.'s gold medal from the 2010 Winter Paralympics in Canada. Their tournament will begin Saturday, as they take on the Canadian team, with the gold medal game scheduled for March 15.

Roman said he's got his eyes on the highest prize.

"A gold medal would mean a lot to me and also to my team," he said. "It would be a great feeling to win any medal, but hopefully it will be gold."

A gold medal, Sweeney added, would be "validation that all of the hard work has paid off."

Back at Brooke Army Medical Center, staff members and friends will be watching and cheering on the warrior-athletes from the moment they glide onto the ice.

"I am very proud and happy for them," Jesse said. "I have no doubt they will play an important part in bringing home the gold medal."

PUZZLE ANSWERS

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Mediterranean Sea
2. A congregation
3. A large and famous diamond in the British crown jewels
4. It had no name but referred to itself once as "Adam"
5. Buddhism
6. Figure skating
7. Three
8. Clover, or three-leafed
9. An organism's growth in response to light
10. British Thermal Unit

Super Crossword

Answers

W	H	O	M	■	C	H	I	■	S	P	A	S	M	S
E	U	R	A	S	I	A	N	■	Y	E	L	L	A	T
T	H	R	E	E	T	I	M	E	S	A	L	A	D	Y
■	■	■	W	A	Y	L	A	Y	■	S	E	V	E	N
O	I	L	E	D	■	■	T	E	E	■	■	■	E	A
O	N	E	S	U	M	M	E	R	N	I	G	H	T	■
F	A	S	T	C	A	R	■	■	G	A	L	O	O	T
■	■	■	■	K	N	I	T	S	■	M	O	O	N	R
S	H	I	H	■	A	S	Y	E	T	■	■	F	D	U
C	A	N	E	R	■	■	P	E	O	N	S	■	■	S
A	N	D	N	G	W	F	O	R	M	Y	N	E	X	T
R	O	E	■	N	E	O	■	■	S	C	O	R	E	■
S	I	X	D	C	L	O	C	K	■	■	W	I	N	E
■	■	■	F	O	L	L	O	W	M	E	■	E	A	S
G	U	A	M	■	■	S	N	A	P	T	O	■	■	P
E	N	N	E	A	D	■	E	I	G	H	T	D	A	Y
N	A	G	■	D	O	J	■	■	■	■	T	E	N	■
T	W	O	O	F	H	E	A	R	T	S	■	A	N	O
L	A	R	U	E	■	F	I	V	E	M	I	N	U	T
E	R	A	S	E	■	F	R	E	R	E	S	■	L	I
R	E	S	T	S	■	S	E	R	I	E	S	■	S	S

■	A	B	L	E	D	■	■	■	■	■	■	■	■	■
■	R	A	I	M	I	■	■	■	■	■	■	■	■	■
■	T	R	O	I	S	■	■	■	■	■	■	■	■	■
N	T	H	I	N	G	S	■	■	■	■	■	■	■	■
■	I	R	E	■	■	■	■	■	■	■	■	■	■	■
B	R	A	Z	E	N	■	■	■	■	■	■	■	■	■
■	L	E	S	T	■	■	■	■	■	■	■	■	■	■
O	O	F	■	■	■	■	■	■	■	■	■	■	■	■
W	A	L	L	S	■	■	■	■	■	■	■	■	■	■
■	I	I	I	■	■	■	■	■	■	■	■	■	■	■
U	M	B	E	R	■	■	■	■	■	■	■	■	■	■
P	A	Y	N	E	■	■	■	■	■	■	■	■	■	■
P	A	S	S	■	■	■	■	■	■	■	■	■	■	■
A	■	■	■	■	■	■	■	■	■	■	■	■	■	■
E	N	S	E	T	S	■	■	■	■	■	■	■	■	■
W	E	E	K	■	■	■	■	■	■	■	■	■	■	■
L	I	L	L	Y	■	■	■	■	■	■	■	■	■	■
Y	M	■	■	■	■	■	■	■	■	■	■	■	■	■
S	M	O	R	E	■	■	■	■	■	■	■	■	■	■
T	E	N	E	R	■	■	■	■	■	■	■	■	■	■
R	O	A	R	■	■	■	■	■	■	■	■	■	■	■

Saturday and Sunday, March 15 & 16
Noon — 4 pm each day

Get custom fit & try the latest gear for your game!

Give-A-Ways

Prizes

Vendors:
• TaylorMade • Ping • Adams • Nike
• Tour Edge • Mizuno • Cobra • Callaway • Titleist

423 TARTAN WAY | ENTERPRISE, AL | 334-393-8000

SPORTS BRIEFS

Intramural softball coaches meeting

The Fort Rucker Physical Fitness Center will hold men's and women's intramural coaches meetings March 25 for people who are interested in entering a softball team. The first meeting will be held at 9:30 a.m. and the second meeting will take place at 5:30 p.m.

For more information, call 255-2296.

Youth turkey hunt

Outdoor recreation will host a youth turkey hunt Saturday from 5-11 a.m. The event is exceptional Family member friendly and is open to youth, ages 7-15. Youth must be escorted by an adult and the escort must have an Alabama State Hunting License and a Hunter Education Completion Card. The entry fee is $7 and registration is required. The event is open to the public.

For more information, call 255-4305.

Silver Wings Cup registration

Silver Wings Golf Course members can register for the 2014 Silver Wings Cup Saturday through March 24 at SWGC. Format is individual match play (USGA handicap required). Registration costs $20, plus cart fee for each time a player plays. Participation is limited to the first 32 paid entries.

For more information and to register, call 598-2449.

Gobbler Classic Turkey Hunt registration

Registration for the Gobbler Classic Turkey Hunt continues through March 14 at Fort Rucker Outdoor Recreation. The hunt will be held March 15 through April 30. Cost is $25 per person. Participants must have an Alabama State hunting license, a Fort Rucker post hunting permit and a hunter education card. Alabama State regulations and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker in order to qualify.

For more information, call 255-4305.

St. Patrick's Day run

The Fort Rucker Physical Fitness Center will host its annual St. Patrick's Day 5k, 10k and 1-Mile Fun Run March 15, beginning at 9 a.m., at the center on Andrews Avenue. Race-day registration will be held from 7:30-8:45 a.m. Participants are encouraged to pre-register at either PFC. Forms are available at either PFC or printable off the Directorate of Family, and Morale, Welfare and Recreation website. The fun run will begin after the race is complete, and it is free and open to all children. Each fun run participant ages 12 and younger will receive a medal. Refreshments will be provided and the event is open to the public. Trophies will be awarded in various categories, including fastest runner with a dog and the fastest runner with a stroller. A team trophy will be awarded to the fastest team and team streamers to the top 10 finishers in each race.

For more information and to register, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at 255-3794.

Zumba Challenge

The Fortenberry-Colton Physical Fitness Center will host a two-hour Zumba Challenge March 20 from 5:30-7:30 p.m. The cost is $3.50, or people may use their Fitness Card. Door prizes will be given and refreshments will be provided. The event is open to all authorized patrons.

For more information, call 255-3794.

Run/Walk Program

The Fort Rucker physical fitness centers offers a Run/Walk Program. People can run or walk and record their mileage at the front desk of either of the PFCs. This is an ongoing program where each member's mileage total will be posted monthly and members will earn mileage patches based on their totals. People who reach 1,000 miles will win a water bottle.

For more information, call the Fort Rucker PFC at 255-2296 or the Fortenberry-Colton PFC at 255-3794.

Gym Rat workout program

Fort Rucker's physical fitness centers offers the Gym Rat, a new program open to all authorized patrons of both PFCs. People can join the elite with 100 days of fitness. People can obtain signatures from Fort Rucker gym staff on their form every time they work out or attend a group fitness class at either fitness center. When people get 100 signatures, they will receive an exclusive Gym Rat T-shirt. People can pick up forms from the front desk of either PFC to get started. Boot Camp participation will not be included in this 100-day event, but time in the gym and fitness classes during Boot Camp can be credited. People will have up to 365 days to complete program.

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

ABCD Golf Scramble

People can sign up now for Silver Wings Golf Course's ABCD Golf Scramble scheduled for March 22. The format will be a four-person scramble. USGA handicap is required. Entry fee is $55 for members and $65 for non-members, and includes Friday pairings party, dinner, prizes, tee gifts, cart fees and awards. The field is limited to the first 60 paid entries. March 21, the course will hold a barbecue dinner at 6 p.m. and a blind draw of teams at 7 p.m. The range will open at 11 a.m. March 22, followed by announcements at 12:45 p.m. and a shotgun start at 1 p.m. The presentation of awards will take place after the scramble – about 5:30 p.m. The event is open to the public.

For more information, call 598-2449.

THANK YOU FOR SERVING OUR COUNTRY

NOW, IT'S OUR TURN TO SERVE YOU

Educate the mind to think, the heart to feel, the body to act.
- TROY Motto 1887

Troy University has provided highly respected academic degree programs to the nation's military and their families for more than 60 years. Many of our University's leaders have worn the uniform too, so we understand your needs for excellence, affordability and flexibility.

Whether you want to study in class, online, or both, TROY offers many great programs including:

- Business
- Education
- Nursing
- Computer Science
- Criminal Justice
- Psychology
- Liberal Arts
- Communication
- Art and Design
- and more

Visit www.troy.edu/military for more information about:

- Post 9/11 GI Bill and other financial aid options
- Admissions & transcripts evaluation
- Transfer credits & credits for military experience
  – Ask for your TROY "FREE IN 48" report.
- Readiness for successful transition
- Career planning
- Military Friendly
- Got Your Six

TROY UNIVERSITY™

IN CLASS • ONLINE • WITHIN REACH • 800-473-0975
WWW.TROY.EDU/MILITARY