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ARMY FLIER

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

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JULY 30, 2015

TAKING CARE OF SOLDIERS, FAMILIES

ACS celebrates 50 years of service

By Nathan Pfau
Army Flier Staff Writer

Army leadership repeatedly says that the strength of the nation's Soldiers are their families, and it's put its money where its mouth is for the past half century, as evidenced by Army Community Services celebrating its 50th birthday Friday.

Fort Rucker leadership, ACS officials, and families, Soldiers and civilian employees celebrated those 50 years of taking care of the Army family with a celebration at The Commons, and also by reflecting on how the organization has grown over the past five decades, according to Pam Williams, ACS director.

"From the very beginning, ACS has been an organization that evolved to respond to the changing needs of the Army," she said. "Certainly, ACS has been all about change, but has never really had a change in its mission or vision. ACS has always been concerned about supporting the Soldiers and their families."

Retired Col. Bob Bunting, former ACS commander, attended the ceremony to reminisce about his time heading the organization and talk about how it has changed over the years.

"Certainly, ACS has evolved since my day, and it turned out to be one of the greatest and best jobs that I ever had," he said. "What an evolution that ACS has gone through. We came from an all-volunteer force to all professionals."

For many years, before ACS was formally formed, Army spouses operated lending closets, thrift shops and nurseries, raised funds to help the needy, assisted in emergencies, provided care and comfort to ill and bereaved, all through a "grassroots understanding" of the Army community, said Mike Kozlowski, ACS personal finance readiness specialist.

"Army Community Service was designed to provide a flexible framework for the operation of a viable system of social service," he said.

On July 25, 1965, Gen. Harold



PHOTO BY NATHAN PFAU

Russell B. Hall, U.S. Army Aviation Center of Excellence and Fort Rucker deputy to the commanding general, retired Col. Bob Bunting, former Army Community Service commander, Col. Allan M. Pepin, USAACE chief of staff, and Pam Williams, ACS director, cut a cake to celebrate ACS' 50th year of service during a celebration at The Commons Friday.

K. Johnson, then Army chief of staff, announced the approval and establishment of ACS, which caused minor confusion as it was organized alongside various family assistance programs simultaneously. It wasn't until Nov. 19

of that year that Army Regulation 608-1 superseded all previous instructions regarding ACS, and the organization was welcomed as a viable and important Army program, said Kozlowski.

Today, ACS consists of

numerous programs within itself to aid Soldiers and families, including: Army Emergency Relief, Army Family Action Plan, Army Family Team Building,

SEE ACS, PAGE A5

GEMS

Students work on their simple machines during a GEMS lesson at the Fort Rucker Elementary School Gym July 23. For more on GEMS, see next week's Army Flier.



PHOTO BY NATHAN PFAU

GET INVOLVED

Speaker names intervention as key to suicide prevention

By Nathan Pfau
Army Flier Staff Writer

"Are you ok?"
"Is there something wrong?"
"Can I help you?"

These are all questions that could possibly save a life, according to a recent visitor to Fort Rucker who said he desperately wanted to hear those words in his time of direst need.

As part of the Fort Rucker Army Substance Abuse Program's suicide prevention training, Kevin Hines, suicide prevention advocate with 17th & Montgomery, LLC, shared his story

with people on the installation during seminars at the post theater July 21 and 22.

At the age of 19, Hines, who was diagnosed with bipolar disorder Type-1 with psychotic features, attempted to take his own life by jumping from the Golden Gate Bridge, a site notorious for suicides.

"I never wanted to die. I believed I had to," he said. "When you have a problem in your brain, people look at you sideways. They ask, 'What's wrong with you?' and tell you to snap out of it or get over it."

"In this country and around the

world, we look at the brain as separate from the body," he continued. "We look at it as if it's not an organ with as much importance as the liver, the heart or the lungs. When you have liver, heart or lung disease, people understand it. You go to the doctor, you get treatment and people comprehend what you're going through."

There is a stigma associated with people that might have mental issues or suicidal ideations, said Hines, a view that he said needs to change. While on the bus to the Golden Gate Bridge, as he sat crying uncontrollably, not a single person reached out to him, he said, an act that could have saved him from committing the biggest mistake of his life.

For Pvt. 1st Class Jeremy Hinton, 1st Battalion, 13th Aviation Regiment, intervention is something that he feels most people struggle with.

"What he said makes you think a bit more about getting involved," said Hinton. "A lot of times, we don't want to overstep boundaries and get into someone's business because we think it's not the right thing to do. But if we don't ask someone, then how



PHOTO BY NATHAN PFAU

Kevin Hines, suicide prevention advocate with 17th & Montgomery, LLC, shares his story with Soldiers and civilians at the post theater during Army Substance Abuse Prevention suicide prevention training July 22.

SEE INVOLVED, PAGE A5

Eagle Rising inducts veteran

By Nathan Pfau
Army Flier Staff Writer

In honor of his 27 years of service to the nation and many more outside of that service, a Vietnam War-era veteran joined the ranks of some of the most storied Aviators with his induction into one of Aviation's most prestigious organizations.

Retired CW4 Benny R. McKee became the 18th member of the Order of the Eagle Rising Society as he was inducted into the organization during a ceremony at the U.S. Army Aviation Museum July 22, combining a total of more than 600 years of service for all of its inductees, according to Col. Garry L. Thompson, U.S. Army Warrant Officer Career College commandant.

"This morning we are privileged to recognize CW4 retired Benny R. McKee as the newest member of the Eagle Rising Society," he said during the ceremony. "In you, we find a sterling example to be emulated and a reminder of the selfless service that can live within us all. I think I speak for many of our guests, and certainly for the Warrant Officer Career College, when I say that we are grateful for what you've done and continue to do for the cohort and the community. Job well done, Benny."

Individuals inducted into the society must have demonstrated the highest standards of integrity and moral character, displayed an outstanding display of professional competence and have served the United States Army warrant officer community with distinction over a lifetime, according to the narrator.

McKee was presented with a pewter medallion and certificate of induction, as well as a lifetime

SEE EAGLE, PAGE A5



PHOTO BY NATHAN PFAU

Retired Vice Admiral Norbert R. Ryan Jr., Military Officers Association of America president and CEO, and Col. Garry L. Thompson, U.S. Army Warrant Officer Career College commandant, present a pewter medallion to retired CW4 Benny R. McKee during his induction into the Order of the Eagle Rising Society during a ceremony at the U.S. Army Aviation Museum July 22.

PERSPECTIVE

Donations always welcome

By Katie Lange
Department of Defense News

FORT MEADE, Md. — I know — it's summer, and we're all hitting the pool, taking leave and generally filling up our time with fun stuff. But it's also a critical time for food banks to fill up their shelves so they can continue serving less fortunate families.

Many food banks struggle to keep food stocked during the summer months, but the Feds Feed Families campaign has helped lessen that problem. Since it began in 2009, the program has collected more than 39 million pounds of food; 14.9 million of those pounds were donated government-wide just last year.

"Food banks participating through the years have expressed that they really depend on the Feds Feed Families campaign," said Jennifer Davis, the Department of Defense champion for Feds Feed Families. "A few of



them said they'd have to close their doors at certain points during the summer if it weren't for the support of the campaign."

DOD has played a big role in the effort. So how can you get involved?

• **Buy needed items and drop them off in boxes at designated locations at your office or installation.** The campaign said it's looking for healthy items, with an emphasis on non-perishables.

"The most sought-after items are things like juice, baking goods, healthy snacks that are whole grain or low in added sugars, and canned fruits and vegetables," said Paige Hinkle-Bowles, the DOD chair for the campaign.

The Defense Commissary Agency also has a program where people can buy prepackaged items to go toward the campaign. Last year, commissaries alone collected more than 855,000 pounds of food.

"That's a great opportunity for individuals to be able to donate goods," Hinkle-Bowles said.

• **Another cool, more environmentally-friendly way to help? Gleaning.** That's when people go to local farms and pick produce that can be donated to food pantries that accept fresh food — most food banks do not. Gleaning is something the campaign is looking for people and organizations to take advantage of this year.

"It's a great opportunity for farms that would otherwise have harvested vegetables and fruits that would be turned under and wasted. They invite volunteers to come in and harvest whatever fruit that particular farm has," Davis said, adding that it can also be a great team-building experience.

Groups like the Mid-Atlantic Gleaning Network coordinate with farms to get the produce to the food pantries. You can find a pantry accepting fresh food donations in your area by visiting <http://www.ampleharvest.org/FFF-find-pantry.php>.

• **If you can't find the time for those options, there's always the virtual way.** DOD employees can pick an online food retailer of their choice, then buy whatever items they want and have them delivered to a local food bank.

Visit feedingamerica.org to find a food bank in your area.

When asked where to have the donations delivered, employees should enter the following:

Local Food Bank's Name
Attn: Feds Feed Families
— DOD

Food bank's address

Then, don't forget to tell your Feds Feed Families point of contact what you donated so it can be added to your agency or installation's total.

"It's a great opportunity for those out in the field who perhaps may not be close to a food bank to donate," Davis said.

• **Those who want to help by doing more than donating can also volunteer hours at their local food bank to help with collections.**

The Feds Feed Families campaign kicked off in early July and runs through Oct. 2. Last year, DOD employees donated more than 3.1 million pounds of food. See if you can help top that total this year!

THIS MONTH IN ARMY AVIATION HISTORY

This month we're spotlighting the July 1966 issue of the *U.S. Army Aviation Digest*. This issue features:

Solo missions

Although most pilots assigned to Vietnam will do a great deal of their flying in formation over a preplanned route to a carefully (most of the time) selected LZ, sooner or later every aviator will fly single ship missions for one reason or another — usually resupply, administration or MedEvac.

Aerial artillery

Artillerymen have hit many dusty,

rough trails and often wished for wings to cross a river, circumvent a mountain, or hurdle other obstacles. Now this possibility looms as the Army takes a close look at aerial artillery.

Challenge the assumption

The Romans assumed that Hannibal, the Carthaginian general, would not attempt to cross the Alps with his army. However, Hannibal moved through the pass of Mont Genevre and descended into the plains where he soon took control of almost all of Northern Italy. The Romans might not have fared so badly if someone had taken time to challenge the assumption.

What it feels like to eject

You're flying along in your trusty old OV-1. You are at peace with the world. It's just been announced that you're on the promotion list, you've found that you have the money to buy that new boat, and your girl has said she'll marry you. Then it happens. The wings fall off your airplane. It's just you, a dead airplane and the law of gravity.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-july66>.



Rotor Wash

“We are caught in the middle of the dog days of summer. What are some good ways to cool off to beat the summer heat?”



Spc. Bryan McMahon,
164th Theater Airfield
Operations Group

"Find a pool to cool off in."



Naomi Jessib,
military spouse

"Take a trip to the beach or out to a lake to spend some time out on the water."



Darci Chambers,
military spouse

"Stay indoors and get some cleaning done."



David Dalton,
military family member

"Go visit a water park."



Joseph Purden,
military family member

"Go find places to do some indoor activities, like a gym."

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FORT RUCKER COMMANDING GENERAL

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

Sponsors essential to Army mission

By Jeremy Henderson
Army Flier Staff Writer

Relocation can be mentally, physically and emotionally challenging, but the Total Army Sponsorship program aims to ease the transition into a new home.

“Moving can be mentally, emotionally, physically and financially challenging to a service member or (Department of Defense) civilian and their family,” Ruth Gonzalez, relocation readiness program manager, said. “Having a point of contact at the next duty station that is ready, willing and able to prepare you with the necessary information to make the move much smoother helps relieve the stressors that may come with PCSing.”

According to Gonzalez, a sponsor is a person (military, civilian or family member) who greets, assists and helps to make the transition of an inbound service member, DOD civilian and their family to a new installation by providing



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them with a positive first impression of the installation, being a reliable source of information, and remaining accessible to address any questions or concerns.

“A sponsor is not only helping a fellow co-worker prepare for the

move, but they are also preparing that co-worker to become more productive and settle in quicker, so that they can assume their responsibilities in the job and acclimate to the area quicker,” Gonzalez said.

Sponsorship training is held at 9 a.m. every Wednesday at Bldg. 5700, Rm. 371B.

“Anyone who attends sponsorship training on Wednesdays will learn what the responsibilities of the commander and the sponsor are according to (Army Regulation) 600-8-8,” Gonzalez said. “We will also discuss how Fort Rucker is similar or different to their (previous) installations – cultural differences and activities and places that inbound personnel can visit while stationed at Fort Rucker.”

“Currently, all permanent party personnel are required to attend sponsorship training as a part of their in-processing,” she added. “If a unit would like a refresher course or class on sponsorship training or responsibilities, ACS is more than happy to accommodate.”

According to Gonzalez, sponsors should be of the same grade or higher than the incoming member, have the same job or military

background, or be of the same marital or family status and gender.

Gonzalez said sponsors are an essential Army-wide tool for reducing the stress of relocation and easing the transition into a new mission.

“Each installation has its idiosyncrasies,” Gonzalez said. “Having a sponsor available to answer installation-specific and even mission-specific questions for inbound personnel makes the transition less stressful.”

“For example, knowing that the only form of transportation on the installation or our area is a taxi,” she added. “Anyone arriving from overseas can be proactive and ship their vehicle early or at least be prepared to use a taxi as a form of transportation. Knowing this can help the newcomer prepare financially for the extra expense.”

For more information, call 255-1039 or visit <http://www.rucker.army.mil/newcomers/sponsorship/>.

Commissary Gift Cards offer unique value for patrons

By Mike Perron,
Defense Commissary Agency
Public Affairs

FORT LEE, Va. – Looking for a gift to please your favorite military service member, but running short on ideas? Have you scoured the Web, searching online offer after online offer, trying to find that special gift with the best bang for your hard-earned buck? Look no further than your local commissary, or online at www.commissaries.com.

Commissary Gift Cards – available to anyone online and in-store for authorized shoppers – are a unique way to give the gift of groceries. And with the commissary’s average savings of 30 percent built in, you know you’re getting maximum value for your gift dollar, whether as an organization or individual gift giver.

Maybe that’s why the gift card program, which entered its fifth

year June 29, has proved to be so popular.

“We do about \$5 million a year in gift card sales,” said Bob Bunch, the Defense Commissary Agency’s gift card program manager. “When you look at it, the cards have provided more than 560,000 gifts of groceries, worth more than \$19 million.”

Also, according to Bunch, a Commissary Gift Card is more likely to be used than other types of gift cards.

“Our redemption rate is really phenomenal,” he said, adding that almost 90 percent of all cards sold have been fully redeemed. “The average redemption rate for a standard gift card is about 75 percent.”

Here are some Commissary Gift Card quick facts.

- Gift cards are available at all commissaries worldwide – on a rack at full service, front-end

registers – as well as through the DECA website, www.commissaries.com. Click on “Shopping,” then “Gift Cards” and then the “Place your order” box.

- Cards are good for five years from the date of purchase.
- Only gift cards purchased online incur a shipping and handling fee. There are no fees when the card is purchased in a store.
- There is no limit to the number of gifts cards that a purchaser can buy. However, DECA officials recommend organizations and activities consider purchasing their cards online if they plan to purchase more than 50 at a time.
- The cards can be sent anywhere in the United States. However, cards can only be shipped to APO, FPO or DPO addresses outside the U.S.



DECA GRAPHIC

- To check card balances, visit www.commissaries.com, click on “Shopping,” then “Gift Cards” and then the “Check your balance” box.
- For customer service questions, call 877-988-4438, which is also found on the back of the gift card. Customers can also use this number to check the

balance on their card.

- Customers who still have unused gift vouchers, the precursor to the gift card, may still redeem them through Aug. 31, 2016, regardless of the expiration date printed on it. After that date, DECA will no longer accept the vouchers as a form of payment.

News Briefs

Retirement ceremony

Fort Rucker will host its next quarterly retirement ceremony Friday at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and thank the post’s latest retirees for their service.

IG move

The inspector general’s office will move to Bldg. 536 now through Friday. During this period, assistance will be by appointment only. For an appointment, call 255-2118. Regular office hours, to include walk-ins, will resume Monday at 8:30 a.m.

Aviation Industry Day

Fort Rucker Aviation Industry Days are scheduled for Aug. 12-13 at The Landing. Opening remarks will take place at 9 a.m. and displays open at 10 a.m. Aug. 12. The event will feature 50 industry displays in The Landing and more outside of the facility.

For more information, call 598-5311.

Breastfeeding Awareness Month

Lyster Army Health Clinic recognizes Breastfeeding Awareness Month Monday-Aug. 7 by hosting an information table near the pharmacy and primary care clinic from 8 a.m. to 4 p.m. Information will include basic facts, support information and more. The breastfeeding campaign, funded by the U.S. Department of Health and Human Services, seeks to empower women to commit to breastfeeding by highlighting new research showing that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity.

AAFES back-to-school savings

As students and families prepare for a new school year, the Army and Air Force Exchange Service offers up savings on back-to-school items at the Fort Rucker Post Exchange Aug. 7-9. Eligible items include clothing, computers, school supplies and books.

Siren test

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

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Land-

ing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

School physical appointments

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

The dates include: Aug. 13, 4-6 p.m.; Aug. 28, 4-6 p.m.; and Sept. 11, 4-6 p.m.

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

Opportunity Knocks

The Fort Rucker Thrift Shop has an opening for a cashier/assistant bookkeeper and a floor clerk. Hours are Tuesdays, 9 a.m. to noon; Wednesdays, Thursdays and Fridays from 9 a.m. to 2:30 p.m. There may other days and hours as determined by the manager.

The cashier is responsible for ringing customer transactions, customer service and money management, although there may be additional duties assigned. The floor clerk is responsible for organization and merchandising, putting newly priced donated and consigned items on the floor, assisting customers in the fitting room, assisting customers as needed and other duties as assigned.

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

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

Lyster activity classes

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

Thrift shop

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

For more information, call 255-9595.

TRICARE Nurse Advice Line

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

ID card appointment system

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

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

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

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

For more information, call 255-2182.

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

Army leaders meet, discuss ethics

By Lisa Ferdinando
Army News Service

WEST POINT, N.Y. — The most senior leaders of the Army gathered at the U.S. Military Academy for a two-day discussion on the strategic stewardship of the Army profession.

The forum here brought together leaders including Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, Army Secretary John M. McHugh, Army Chief of Staff Gen. Ray Odierno, and Sgt. Maj. of the Army Daniel A. Dailey.

"The most amazing thing is to bring this group of strategic stewards together," said Col. John Vermeesch, director of the Center for the Army Profession and Ethic, which hosted the Army Profession Annual Symposium.

Participants heard from the leaders, and then went into break-out groups to facilitate dialogue on the strategic stewardship responsibilities to ensure the Army remains a profession, the institutional enablers and obstacles to reinforce internal and external trust, and operational enablers and obstacles to reinforce that trust.

"What we're experiencing right now at this symposium is the fundamental tension between Army as bureaucracy and Army as profession," Vermeesch said.

The participants are the senior-most decision makers and experts in all the functional areas of the Army. They are expected to come back with recommendations, which can be used in future policy, he said.

"In order to implement those

recommendations, they'll have to overcome the bureaucratic policies of the Army in some cases," Vermeesch said. "I think that will be challenging as we move forward, but I'm optimistic that if we're committed to changing things, then we'll be able to do that."

Strategic stewardship

According to the rules of the forum, participants at the event were not to be quoted by name in order to promote a more robust debate.

Trust is the backbone of everything that the Army does, a general officer said.

The Army is a very unique profession in which a member might be required to take another life. That must not be taken lightly, he said.

The Army undertakes missions around the globe, not to dominate another nation or to merely show strength, but rather to bring peace and stability, he said.

There is a "clash" between bureaucracy and leader development, this same leader noted later in the day. Micromanaging is a problem, which undermines the trust of leaders, he said.

Army leaders are responsible for setting priorities, enacting policies, managing resources, establishing programs and designing systems, which provide for members of the Army, another leader said.

There are few things that are more important to maintaining the faith and trust of the American people, and maintaining faith and trust within the ranks, than the topic of the Army pro-



Army Chief of Staff Gen. Ray Odierno speaks during the Army Profession Annual Symposium at the U.S. Military Academy at West Point, N.Y., Monday.

profession, he said.

The message from the forum needs to be brought back and implemented at all levels, he said. It's time to put the hard work and all the policies into real action, he said.

"I think it's rather remarkable this is the first time in the Army's history that there has been an articulated ethic," he said. "This ethic is simply intended to inform and inspire every single member of the Army profession," to motivate and guide decisions and "everyday actions."

The newly published Army Ethic in ADRP 1 was a culmination of the hard work in articulating the ethic, the leader said. It is the shared responsibility of Army leaders to continually

strengthen the Army profession with the culture of trust, he said.

"All of you pursue an incredibly noble calling, honorable service to defend the nation. In this tradition, you become citizens whose character, whose competence and commitment exemplify the ideals espoused by the Army ethic," he said.

Social media

Dignity and respect are inherent in the values and standards of conduct in the Army, said a general officer, who led a discussion on social media.

These values and standards apply to all aspects of a Soldier's life, online and offline. Everything a member does 24/7

reflects on the individual and the Army, he said. Any misconduct undermines the institution, and gives adversaries insight about members and unit cohesion.

Soldiers feel like social media is a protected zone in which they can say whatever they want, another Army leader said. However, that is not the case, as a Soldier never stops being a Soldier.

An Army senior leader said bad behavior online is not something that just involves the most junior enlisted. There have been some disturbing cases of bullying in which NCOs were involved, he said.

The message needs to get out to the force that Soldiers are accountable for their actions online, another speaker noted.

PHOTO BY LISA FERDINANDO

New night vision gear allows Soldiers to accurately shoot from hip

By David Vergun
Army News Service

FORT BELVOIR, Va. — New night-vision equipment promises an enhanced image of the battlefield and frees Soldiers from using traditional firing positions.

The Enhanced Night Vision Goggle III is worn on a helmet in the same way earlier models were worn. The device can be wirelessly linked to the Family of Weapon Sights - Individual, which can be mounted on the M4 carbine, M16A4 rifle, M249 Squad Automatic Weapon, M136 AT4 rifle or M141 Bunker Defeat Munition, Col. Michael Sloane said.

Because the FWS-I wirelessly transmits a video signal of the weapon sight to the ENVG III, a Soldier will be able to accurately fire his weapon without having to bring the weapon up to eye level. Soldiers will be able to point the weapon around a corner, acquire a target wirelessly through the FWS-I, and fire — all while remaining in defilade.

Other variants within the Family of Weapons Sights are being developed for sniper rifles and crew-served weapons such as the M240 and M2 machine guns, as well as the MK19 grenade launcher.

The technological compatibility between the two systems provides rapid target acquisition capabilities, allowing Soldiers to much more rapidly acquire targets and clearly see them in their helmet-borne ENVG III without looking through the scope of the weapon.

Sloane, who serves as the project manager for Soldier Sensors and Lasers on Fort Belvoir, and others spoke during a media roundtable on the post at Program Executive Office Soldier July 22.

Because the sight picture, from the weapon's point of view, appears in the ENVG III, the Soldier gets the benefit of the 40-degree view provided by the ENVG III. This provides much greater situational awareness than the 18- to 26-degree view, which is provided by the scope of the weapon, Sloane said.

Both systems have undergone rigorous scrutiny by Soldiers at a number of installations and training areas during live-fire events. Additionally, Soldier feedback — called Soldier Touch-Points — has informed every step of the design and development, Sloane said.

Sloane also said that tactics, techniques and procedures with the new system will continuously be refined by the Maneuver Center of Excellence on Fort Benning, Georgia, and the Army Training and Doctrine Command on Fort Eustis. The refinements will ensure safe and effective employment of the new capabilities.

Phil Cheatum, from MCOE's Soldier Requirements Division, said training for the new capability is being refined for fu-



The Enhanced Night Vision Goggle III, worn on a helmet like earlier models, can be wirelessly linked to the Family of Weapon Sights - Individual, which is mounted on small-arms weapons.

ture employments.

Thermal weapons sights have been around since the 1990s, said Lt. Col. Timothy Fuller, who serves as the program manager for Soldier Maneuver Sensors. The difference is that the FWS-I uses just four batteries instead of eight, is much lighter and smaller than earlier thermal weapons, sights and has a more ergonomically friendly set of control buttons. Those controls were designed with Soldier feedback in mind.

Additionally, the FWS-I can resolve images further away than traditional thermal weapons sights, Fuller said, noting that targets can be clearly seen past 1,000 meters. He said the carbine's effective range is about half that distance. The reason it was designed to pull in images from further away is so it could be used with the M249, which has a much greater maximum effective range than the M4.

Helmet-mounted night vision systems have been around equally as long, he said. But besides capturing the image wirelessly from the FWS-I, the new ENVG III contains a "smart battery pack" connected from the sensors in the front of the helmet through fiber optic cables to the back of the helmet, where the smart battery pack resides.

It's smart, Fuller said, because in addition to a battery, it contains a small computer processor, which merges the image from the FWS-I with the ENVG III image. In this way, the ENVG III will allow Soldiers to see both the thermal and night vision imagery at the same time. A benefit of thermal imagery is that Soldiers can use it to detect the heat signature of a target in visually degraded environments, such as in a smoke-filled room.

The ENVG III can also be used with a

basic battery pack in the same way current models that have been fielded are used, namely the ENVG II and ENVG I.

In 2014, an engineering and manufacturing development contract was awarded for low-rate initial production on both the ENVG III and the FWS-I systems. Production is to begin this summer. Contract winners include BAE Systems and DRS Technologies, who will each be allowed to build both systems, Fuller said.

Tremendous cost savings will be realized because the Army is able to competitively procure and furnish night vision image intensification tubes to the ENVG III producers, Sloane said. The tubes are

manufactured by L-3 Communications and Harris Corp.

Sloane added that the Army conducted a competitive bidding process, which is in line with the Defense Acquisition Executive, Frank Kendall's, Better Buying Power 3.0 initiative. Kendall is the undersecretary of defense for acquisition, technology and logistics. He declined to give a price figure for each unit, explaining that BAE and DRS would compete for sales on a regular basis and a fixed price could hinder that competitive advantage for the Army.

The Army plans to equip 18 Soldiers per platoon with the FWS-I and 24 Soldiers per platoon with the ENVG III. In accordance with Army guidance, the first units to receive the new kit will be brigade combat teams.

Soldiers will continue to use the ENVG I and ENVG II units currently fielded. ENVG III units will be fielded, beginning in 2017 and FWS-I units will be fielded, beginning in 2019, he said.

Sloane said PM SSL and PM SMS could never have completed this work alone. Playing major roles in the development of the systems are MCOE; the Night Vision and Electronic Sensors Directorate; the Communications-Electronics Research, Development and Engineering Center; HQDA G-3 and G-8; PEO Soldier; and Army Materiel Command.

Sloane also said that the countless hours of testing by Soldiers were priceless and will be continued in all future activities.

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ACS: Soldiers, families praise program's benefits

Continued from Page A1

Army Volunteer Corps, employment readiness program, Exceptional Family Member Program, Family advocacy program, financial readiness program, information and referral program, mobilization and deployment, relocation readiness program, Survivor Outreach Service, victim advocate program and Fort Rucker Better Empowered Soldiers Today. For more information about these programs and the services they offer, visit <http://www.ftrucker.mwr.com/acs/> or call 255-3817.

For many, including Tori Evans, Army spouse and ACS volunteer, these programs can be invaluable.

Evans and her family recently moved to Fort Rucker and found themselves without a lot of essentials that a family needs when first arriving to the installation.

"When we first moved here, we had nothing to live off of and when you have a family that can be hard to get by, so we used the (Lending Hangar)," she said. "That was a great benefit to have when we first came here."

The Lending Hangar is available for Soldiers, family members and Department of the Army civilians that al-

lows the borrowing of household items, such as futons, roll-away beds, pots and pans, dishes and other amenities for a period of time. It's programs like this that Evans said makes ACS invaluable.

"I love ACS and I think a lot of families should check out the services because they do provide a lot of different services that you don't think of when you first move to a new duty station," she said. "I think that (ACS) is one of the first places a family should visit when they first get somewhere to see what they can do to make your transition a lot easier."

Eagle: McKee praised for motto to never stop serving

Continued from Page A1

membership to the Military Officers Association of America by Thompson and retired Vice Admiral Norbert R. Ryan Jr., MOAA president and chief executive officer.

"Benny is a servant leader, and that's what the Eagle Rising Society is all about – it's about mentorship, it's about something bigger than self, it's about the nation – so I'm humbled and privileged to be with you today, and to recognize Ben and Martha (his wife) for what they've done for the warrant officer community," said Ryan. "Leadership is not

about words. It's about example, it's about doing things, it's about action, and every one of these recipients of the Eagle Rising award have been people that have taken action."

Former Eagle Rising recipients were also in attendance, including retired CW4 Donald E. Hess, retired CW5 William R. Walton, retired CW5 Robert L. Huffman, and last year's inductee, retired CW4 Robert N. Cooper.

"We have a motto in our association that I think is reflected in the Eagle Rising Society and our warrant officer community, and that is 'Never stop serving,'" said the MOAA president. "Many

of us have taken off our uniform, but we've decided to continue to do something that our other Eagle Rising recipients have done, and that is to never stop serving this nation and to never stop serving those who are serving the nation."

That motto to never stop serving is something that McKee continues to live by today, and has shown his dedication to service with his extensive background and experience in his 27 years of service.

Having enlisted in the Army in 1960, McKee has served all over the U.S. and across the world, including Korea and Vietnam. He

is also a charter member of the U.S. Army Warrant Officer Association and a lifetime member of MOAA, Disabled American Veterans and Veterans of Foreign Wars.

Despite all of his accomplishments, McKee said that being inducted into the Eagle Rising Society has been a humbling experience.

"This is probably the most humbling day of my life when I'm selected to join my heroes, and today I don't know of any hero of mine that's not in this room," he said. "This organization means so much to me."

As humbling as the experience

has been, he said if it weren't for the people along the way, he would not be where he is today.

"My motto for life is, 'take care of your people, and they'll take care of you and they'll take care of the mission,'" said McKee. "There is no way I could have accomplished all of these things if it weren't for my Soldiers and civilians who worked with and for me. So, this award that I accept today, I would like to hang on the neck of every one of those who worked long hours at the task that we had required, and stayed with me until the mission was accomplished – they're the ones that really deserve it."

Involved: Hines hopes to influence life-altering change

Continued from Page A1

will we find out if they do need help? It's better to ask and risk offending someone than not and it be too late."

For Hines, it was too late, and he made the decision to jump from the bridge, but he said as soon as his hands and feet went over the rail, he immediately knew he had made the wrong decision.

"It was instant regret. I had been shocked into reality. When I saw the reality that I'm falling headfirst and that I'm going to die, I thought that no one is going to know that I didn't want to die," he said.

Hines hit the water feet first, after four seconds at 75 miles per hour, shattering parts of his spinal column into splinters. He

was then sucked nearly 80 feet under the water when he realized he had survived, but was now in danger of drowning.

He managed to swim and make his way to the surface, and a bystander who saw him leap from the bridge called the Coast Guard, who came to rescue him from the water.

It wasn't until after he was in the hospital he began to see the ripple effect his decision had made, and the amount of people it impacted, including all of his family and friends, and even a man who was walking by that saw him fall that day.

"What we don't recognize in our suicidal pain is that if we do die by suicide, the amount of people that will be destroyed or changed forever," he said.

Hines spoke about a letter he received some time after his suicide attempt from a man who saw his story on TV. The letter explained how he had been only a couple feet away from Hines when he leapt from the bridge, and how that moment haunted the man up until he saw the story on TV and that he was alright.

"He said he was so glad to see that I was alive because it haunted him until he saw me on TV. Up until then, he didn't know whether I had lived or died," said Hines.

That's the kind of effect that suicide can have on people, he said, and that's why he shares his story – to help prevent even one suicide.

"Every single person in this room, no matter the pain you might experience or

are experiencing or will experience, is a gift to this world and one another. Every single one of you deserves to never die by suicide," he said. "Suicide is not the solution to any problem. I can talk about this so that one person in this audience decides to live, so that one person in this audience makes a life-altering change."



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JULY 30, 2015

MEDEVAC

Flight medics train Italian, Slovenian KFOR partners



PHOTO BY SGT. ERICK YATES

A UH-60 Black Hawk lifts Italian soldiers on a hoist during medical evacuation training at Villaggio Italia, Kosovo, July 14.

By Sgt. Erick Yates
Multinational Battle Group-East
Kosovo Force Public Affairs

VILLAGGIO ITALIA, Kosovo — U.S. Army Reserve flight medics based at Camp Bondsteel flew through mountainous territory on a UH-60 Black Hawk to lead a course in medical evacuation operations for their multinational partners July 14 at Villaggio Italia.

Soldiers from F Company, 5th Battalion, 159th Aviation Regiment (MedEvac), out of Clearwater, Florida, conducted the training in northwest Kosovo for multinational troops assigned to Multinational Battle Group-West, an Italian-led organization that is part of NATO's peace support mission known as Kosovo Force. The crew's mission there was to provide aerial medical evacuation familiarization to Italian and Slovenian troops.

The Soldiers with the 5-159th Avn.

Regt. support all MedEvac requirements for personnel assigned to KFOR, which is a multinational force led by Italian Army Maj. Gen. Francesco Paolo Figliuolo, based out of Kosovo's capital city, Pristina. The MedEvac team is also available to provide support to civilians in Kosovo under extreme circumstances, in coordination with Kosovo's law enforcement agencies.

"Training with other multinational forces allows us to teach them in case there is a MedEvac request, and make sure they are provided the proper training to operate around a helicopter and to communicate with the crew safely," said CW3 Cole Gould, UH-60 Black Hawk pilot with the 5-159th Avn. Regt.

"I thought the training was excellent," said CW2 Robert Tyson, also a UH-60 Black Hawk pilot.

SEE MEDEVAC, PAGE B4

LIVE FIRE



PHOTO BY CAPT. CHARLES EMMONS

Soldiers from the 3rd Brigade Combat Team, 101st Airborne Division prepare a simulated casualty for transport as a 101st Combat Aviation Brigade UH-60 Black Hawk MedEvac helicopter lands nearby during live-fire training July 2 at Tactical Base Gamberi in eastern Afghanistan.

TEAMWORK

U.S., Polish forces participate in joint air assault exercise

By Sgt. Brandon Anderson
13th Public Affairs Detachment

NOWA DEBA, Poland — In old Western movies, whenever a settler on the frontier was in danger, the one thing that you could always anticipate was the blast of the bugle and the men of the U.S. Cavalry riding to the rescue.

The days of the frontier may be over, but the mystique of this legendary force can be seen here in the Polish forests.

Over the past few weeks, U.S. Soldiers assigned to P Troop, 4th Squadron, 2nd Cavalry Regiment, and Polish paratroopers from the Polish armed forces' 6th Airborne Brigade, have been working hard to familiarize themselves with each other's tactics and equipment, and during an air assault exercise held at the Nowa Deba Training Area July 17, their ability to successfully work together was put to the test.

With more than 60 troops from the U.S. and Polish armies participating in the exercise, success would ultimately depend on how well the troops learned from each other.

The goal was for UH-60L Black Hawks from B Company, 4th Battalion, 3rd Aviation Regiment (Assault Helicopter Battalion), to insert a platoon of Cavalry scouts to establish an observation point while also inserting the Polish soldiers to seize an enemy bunker.

Sgt. Steven Morris, a section sergeant assigned to P Troop, said he was proud of the way his Soldiers performed during the training, even though, as a member of a scout platoon, he was concerned about the lack of undergrowth they would normally prefer moving through.

"Due to the lack of vegetation, we had to concentrate our movements along a more difficult route," Morris said.

As the scouts progressed through the moss-covered forest, they frequently had to adjust their routes to blend in better with the surrounding foliage. They stopped often to confer with their maps and to allow time for the Polish radio operator to communicate with the Polish element in charge of assaulting the bunker.

Polish Kapral Paweo Krupa, an infantryman, said the trees and terrain often interfered with his ability to communicate

SEE TEAMWORK, PAGE B4

Soldiers train to sling load bridge system

By Sgt. William Howard
1st BCT, 4th ID
Public Affairs

FORT CARSON, Colo. — A group of Soldiers struggled to stand against the rotor wash from a CH-47 Chinook while enjoying the rare sight of a 45-foot, 11,000 pound bridge lifted into the air July 9.

Soldiers of A Company, 299th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, 4th Infantry Division, partnered with a CH-47 Chinook crew from the 4th Combat Aviation Brigade to sling load a Rapidly Emplaced Bridge System to a gap crossing in the Fort Carson training area.

"Sling loading the REBS is unique and we've learned from our training at the Piñon Canyon Maneuver Site that there's a lot of air assault operations within a Stryker brigade," said 1st Lt. Ryan Hall, platoon leader, A Co., 299th BEB. "This training gives us a new facet and new ability to help provide more mobility to the brigade."

Spc. William Rundle, bridge crew member, A Co., 299th BEB, said the REBS is typically emplaced using an M1977 Common Bridge Transporter and 26 steps are performed in about 20 minutes to launch the bridge.

"Normally deploying the bridge takes a lot of work and troubleshooting," said Rundle, native of Batavia, Illinois. "With the bridge already on the ground and sling loading



PHOTO BY SGT. WILLIAM HOWARD

A CH-47 Chinook from B Company, 2nd General Support Aviation Battalion, 4th Combat Aviation Brigade, 4th Infantry Division, slowly lifts a Rapidly Emplaced Bridge System into the air during sling load training July 9.

it in, I think this is going to be a lot easier than emplacing manually."

Before transporting the REBS, the ground crew prepared a sling load by securing heavy cables and tie-downs to the bridge. The CH-47 carefully lowered to just a couple feet over the heads of the Soldiers as they hooked the bridge to the underside of the aircraft.

"Both during hook-up and emplacement, we'll have ground guides and they'll be giving us hand and arm signals which direct us," said CW2 Ryan Ramsey, CH-47 pilot. "We'll also have one of the squad leaders on board visu-

ally watching everything that happens and providing feedback."

The Soldiers successfully attached the REBS and then ran 100 meters off to one side as the helicopter slowly lifted off the ground with the bridge and flew to nearby gap crossing without the help from an existing standard operating procedure (SOP).

"When you're trying to do a gap crossing you have certain places it can go, there must be improved abutments on each side and the gap has to be a specific length. So, right now we're developing a marking SOP," said Hall, a native of

Dallas. "If this does become a standard, then it's something we can provide to improve the capabilities of this type of bridge and bridging units across the Army."

At the end of the day, the sling load training was just as important for the helicopter crew as for the Soldiers on the ground.

"It's pretty unique. We've never done this before. We've done bridges in the past, but nothing like this specifically," said Ramsey, a native of Tucson, Arizona. "Every lesson learned will be passed along and potentially published in a specific SOP."



PHOTO BY SGT. BRANDON ANDERSON

U.S. Soldiers assigned to P Troop, 4th Squadron, 2nd Cavalry Regiment, and Polish soldiers, assigned to the Polish army's 6th Airborne Brigade, pull security after exiting a UH-60L Black Hawk from B Company, 4th Battalion, 3rd Aviation Regiment (Assault Helicopter Battalion), during an air assault operation near Nowa Deba, Poland, July 17.

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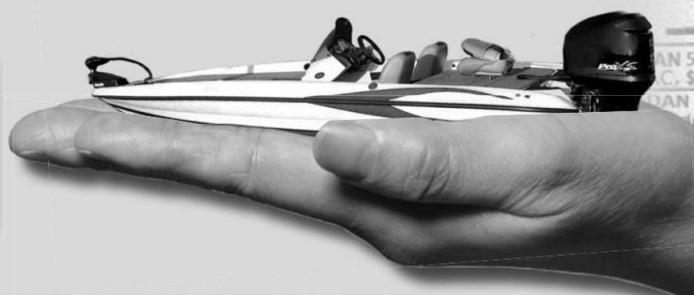


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JULY 30, 2015

MEDEVAC

Flight medics train Italian, Slovenian KFOR partners



PHOTO BY SGT. ERICK YATES

A UH-60 Black Hawk lifts Italian soldiers on a hoist during medical evacuation training at Villaggio Italia, Kosovo, July 14.

By Sgt. Erick Yates
Multinational Battle Group-East
Kosovo Force Public Affairs

VILLAGGIO ITALIA, Kosovo — U.S. Army Reserve flight medics based at Camp Bondsteel flew through mountainous territory on a UH-60 Black Hawk to lead a course in medical evacuation operations for their multinational partners July 14 at Villaggio Italia.

Soldiers from F Company, 5th Battalion, 159th Aviation Regiment (MedEvac), out of Clearwater, Florida, conducted the training in northwest Kosovo for multinational troops assigned to Multinational Battle Group-West, an Italian-led organization that is part of NATO's peace support mission known as Kosovo Force. The crew's mission there was to provide aerial medical evacuation familiarization to Italian and Slovenian troops.

The Soldiers with the 5-159th Avn.

Regt. support all MedEvac requirements for personnel assigned to KFOR, which is a multinational force led by Italian Army Maj. Gen. Francesco Paolo Figliuolo, based out of Kosovo's capital city, Pristina. The MedEvac team is also available to provide support to civilians in Kosovo under extreme circumstances, in coordination with Kosovo's law enforcement agencies.

"Training with other multinational forces allows us to teach them in case there is a MedEvac request, and make sure they are provided the proper training to operate around a helicopter and to communicate with the crew safely," said CW3 Cole Gould, UH-60 Black Hawk pilot with the 5-159th Avn. Regt.

"I thought the training was excellent," said CW2 Robert Tyson, also a UH-60 Black Hawk pilot.

SEE MEDEVAC, PAGE B4

LIVE FIRE



PHOTO BY CAPT. CHARLES EMMONS

Soldiers from the 3rd Brigade Combat Team, 101st Airborne Division prepare a simulated casualty for transport as a 101st Combat Aviation Brigade UH-60 Black Hawk MedEvac helicopter lands nearby during live-fire training July 2 at Tactical Base Gamberi in eastern Afghanistan.

TEAMWORK

U.S., Polish forces participate in joint air assault exercise

By Sgt. Brandon Anderson
13th Public Affairs Detachment

NOWA DEBA, Poland — In old Western movies, whenever a settler on the frontier was in danger, the one thing that you could always anticipate was the blast of the bugle and the men of the U.S. Cavalry riding to the rescue.

The days of the frontier may be over, but the mystique of this legendary force can be seen here in the Polish forests.

Over the past few weeks, U.S. Soldiers assigned to P Troop, 4th Squadron, 2nd Cavalry Regiment, and Polish paratroopers from the Polish armed forces' 6th Airborne Brigade, have been working hard to familiarize themselves with each other's tactics and equipment, and during an air assault exercise held at the Nowa Deba Training Area July 17, their ability to successfully work together was put to the test.

With more than 60 troops from the U.S. and Polish armies participating in the exercise, success would ultimately depend on how well the troops learned from each other.

The goal was for UH-60L Black Hawks from B Company, 4th Battalion, 3rd Aviation Regiment (Assault Helicopter Battalion), to insert a platoon of Cavalry scouts to establish an observation point while also inserting the Polish soldiers to seize an enemy bunker.

Sgt. Steven Morris, a section sergeant assigned to P Troop, said he was proud of the way his Soldiers performed during the training, even though, as a member of a scout platoon, he was concerned about the lack of undergrowth they would normally prefer moving through.

"Due to the lack of vegetation, we had to concentrate our movements along a more difficult route," Morris said.

As the scouts progressed through the moss-covered forest, they frequently had to adjust their routes to blend in better with the surrounding foliage. They stopped often to confer with their maps and to allow time for the Polish radio operator to communicate with the Polish element in charge of assaulting the bunker.

Polish Kapral Paweo Krupa, an infantryman, said the trees and terrain often interfered with his ability to communicate

SEE TEAMWORK, PAGE B4

Soldiers train to sling load bridge system

By Sgt. William Howard
1st BCT, 4th ID
Public Affairs

FORT CARSON, Colo. — A group of Soldiers struggled to stand against the rotor wash from a CH-47 Chinook while enjoying the rare sight of a 45-foot, 11,000 pound bridge lifted into the air July 9.

Soldiers of A Company, 299th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, 4th Infantry Division, partnered with a CH-47 Chinook crew from the 4th Combat Aviation Brigade to sling load a Rapidly Emplaced Bridge System to a gap crossing in the Fort Carson training area.

"Sling loading the REBS is unique and we've learned from our training at the Piñon Canyon Maneuver Site that there's a lot of air assault operations within a Stryker brigade," said 1st Lt. Ryan Hall, platoon leader, A Co., 299th BEB. "This training gives us a new facet and new ability to help provide more mobility to the brigade."

Spc. William Rundle, bridge crew member, A Co., 299th BEB, said the REBS is typically emplaced using an M1977 Common Bridge Transporter and 26 steps are performed in about 20 minutes to launch the bridge.

"Normally deploying the bridge takes a lot of work and troubleshooting," said Rundle, native of Batavia, Illinois. "With the bridge already on the ground and sling loading



PHOTO BY SGT. WILLIAM HOWARD

A CH-47 Chinook from B Company, 2nd General Support Aviation Battalion, 4th Combat Aviation Brigade, 4th Infantry Division, slowly lifts a Rapidly Emplaced Bridge System into the air during sling load training July 9.

it in, I think this is going to be a lot easier than emplacing manually."

Before transporting the REBS, the ground crew prepared a sling load by securing heavy cables and tie-downs to the bridge. The CH-47 carefully lowered to just a couple feet over the heads of the Soldiers as they hooked the bridge to the underside of the aircraft.

"Both during hook-up and emplacement, we'll have ground guides and they'll be giving us hand and arm signals which direct us," said CW2 Ryan Ramsey, CH-47 pilot. "We'll also have one of the squad leaders on board visu-

ally watching everything that happens and providing feedback."

The Soldiers successfully attached the REBS and then ran 100 meters off to one side as the helicopter slowly lifted off the ground with the bridge and flew to nearby gap crossing without the help from an existing standard operating procedure (SOP).

"When you're trying to do a gap crossing you have certain places it can go, there must be improved abutments on each side and the gap has to be a specific length. So, right now we're developing a marking SOP," said Hall, a native of

Dallas. "If this does become a standard, then it's something we can provide to improve the capabilities of this type of bridge and bridging units across the Army."

At the end of the day, the sling load training was just as important for the helicopter crew as for the Soldiers on the ground.

"It's pretty unique. We've never done this before. We've done bridges in the past, but nothing like this specifically," said Ramsey, a native of Tucson, Arizona. "Every lesson learned will be passed along and potentially published in a specific SOP."



PHOTO BY SGT. BRANDON ANDERSON

U.S. Soldiers assigned to P Troop, 4th Squadron, 2nd Cavalry Regiment, and Polish soldiers, assigned to the Polish army's 6th Airborne Brigade, pull security after exiting a UH-60L Black Hawk from B Company, 4th Battalion, 3rd Aviation Regiment (Assault Helicopter Battalion), during an air assault operation near Nowa Deba, Poland, July 17.



BACK TO SCHOOL!



PHOTO BY NATHAN PFAU

Students cross the street on their bikes, on foot and with their families during the first day of school at Fort Rucker Elementary School last year.

Fort Rucker schools, students prep for 1st day

By Jeremy Henderson
Army Flier Staff Writer

One week of summer freedom remains for Fort Rucker students and some simple steps can help ease the transition into a new school year.

Fort Rucker Primary School and Fort Rucker Elementary School will host "Sneak a Peek" events Wednesday to provide a smooth transition for students and parents. FRES hosts its event from 2-3 p.m. and the primary school hosts its event from 2:15-3:15 p.m.

"This is a great opportunity for students to find their classroom and meet the teacher before the big first day of school," Dr. Vicki Gilmer, FRES principal, said. "A parent orientation, and grade-level and classroom overview will be held later in August to give parents detailed information about the school-wide expectations and grade-level procedures."

Gilmer said the event will also feature a time to address many of the frequently asked questions from parents, adding that adjusting a student's sleep schedule the week before school begins can lead to a smoother transition into the classroom.

"The best thing I can recommend is for students to begin adjusting to the routine prior to the first day of school," she said. "Students should start going to bed a little earlier and waking up earlier each day to get the sleep pattern back into school mode."

Aug. 6 is the first day of school and, according to school officials, it will be a full day, and parents should be prepared for a change in traffic as students shuffle into their classrooms.

"For our entry and exit, it takes approximately 30 minutes," Gilmer said. "Parents and students should be prepared for that. We have fantastic (community) police support, and the drop off and pick up is

very smooth."

Peggy Contreras, Fort Rucker Directorate of Public Safety community police supervisor, said diligence and caution can ensure a safe and enjoyable school year for students, parents and faculty.

"Drivers are asked to reduce their speed, and observe children going to and from school, especially during school zone hours," she said. "There will be patrols conducting school crossing in the morning and afternoon. Tickets will be given at the officer's discretion to anyone not complying with speed and guidance given by patrols."

According to Gilmer, many students live close to FRES, and either walk or ride a bike to class each day.

"We are blessed to be a community school," she said. "We have over 300 students who walk and ride bikes, so our traffic is not massive. We just need to be sure we are cautious of the walkers and bikers, as well."

Contreras echoed that sentiment.

"Parents are asked to re-enforce bike safety with their children, especially when crossing streets," she said. "Drivers should pay close attention when passing children during school hours."

"All traffic must stop for school buses when loading and unloading," she added. "Talk about traffic safety with your children, and pick the safest route between your home and the school – and practice walking it with your children. Teach your children to recognize and obey traffic signals, signs and pavement markings. Par-

ents, talk to your teenage drivers that will be driving to school off post and going through the school zones about safety and distracted driving."

According to Contreras, parents should also teach their children to be aware of personal safety and the importance of safety in numbers.

"Avoid talking to strangers," she said. "Teach your children to get distance between themselves and anyone who tries to approach or make contact with them. If a stranger does approach your child, make

sure they know to immediately report the incident to you or a teacher. Have your children try and walk to school with other students. There is strength in numbers."

Contreras added that parents should remember the Installation Child Supervision Policy.

"If you're not familiar with it, a copy can be obtained from the Fort Rucker intranet," she said.

The new school year will bring new opportunities for students at both the primary and elementary school. FRES students will have the opportunity to join the Junior Beta Club.

"It is a leadership opportunity for kids," Gilmer said. "It is a national program. We have a lot of excellent local programs, but we wanted something students could begin now and continue throughout their school career. It looks very good on their resumes as they prepare for high school."

According to Gilmer, Junior Beta Club enrollment is open to fourth-sixth grade students, and promotes character, devel-

ops leadership skills, encourages service involvement and recognizes achievement in students

Dr. Debbie Deas, FRPS principal, said students will be introduced to new math standards this year.

"Fort Rucker schools are very excited to begin work on the new Department of Defense Education Activity math standards," she said. "Teachers and administrators are receiving in-depth training in all DODEA schools around the world to make this a program a success."

Deas said these new standards, named College and Career Readiness Standards for Mathematics, will play an integral role in the curricula for the upcoming school year.

"These standards set a foundation for even greater student success and growth," she said. "The new math standards set grade-by-grade learning expectations for students in pre-k through 12th grade. This supports a cohesive education for the highly mobile military-connected student."

According to Deas, parents will hear more about the new math standards as school begins and teachers will send home information each quarter about the standards. Parents will also be invited to a lunch and learn to hear more about the new math standards.

How do faculty members feel about the fast-approached school year?

"I can't wait," Gilmer said. "Summertime is always nice to get things reloaded and restarted, but the most important thing to us is the kids and the families. Just having the opportunity to serve and watch those young minds grow is amazing."

Registration remains open and parents who have not registered their children are urged to do so.

For more information, call the primary school at 255-2822 and FRES at 255-1607.

"Just having the opportunity to serve and watch those young minds grow is amazing."

— DR. VICKI GILMER
FORT RUCKER ELEMENTARY
SCHOOL PRINCIPAL



PHOTO BY NATHAN PFAU

Maj. Gen. Michael D. Lundy (far left), U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and his wife, Paula (far right), stand with volunteers recognized during the second volunteer of the quarter recognition ceremony at the U.S. Army Aviation Museum July 23.

Post honors volunteers of quarter

By Nathan Pfau
Army Flier Staff Writer

Selfless service is often synonymous with American Soldiers, but Soldiers aren't the only ones who sacrifice personal time to serve Fort Rucker and the surrounding communities.

Fort Rucker recognized Soldiers and civilians alike during the second volunteer of the quarter recognition ceremony at the U.S. Army Aviation Museum July 23 when 15 volunteers were giving the acknowledgment and appreciation they deserved, said Maj.

Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general.

Lundy was on hand to present the volunteers with certificates and express his appreciation for the time that they gave to better their communities.

"Volunteers are very special and our community would be very different without them," he said during the ceremony. "It's important that we take the time to recognize them. When you think about our youth leaders, our coaches that are out here, our thrift shop, our family readiness

groups, our chapels, our Survivor Outreach Services – all of the things our volunteers do – you guys make a phenomenal impact on our community, and I would tell you as a military community that our volunteers are that much more important.

Lundy said time is the most precious resource that people have and for the volunteers to give of their time is invaluable.

"The work that you do and the impact that you have made makes Fort

SEE VOLUNTEER, PAGE C3

VOLUNTEER OPPORTUNITIES

Silver Wings Golf Course

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

For more information, call 598-2449

Army Community Service

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

Duties: Attend required ACS and AFAP volunteer training sessions. Attend AFAP Advisory Council meetings. Submit AFAP marketing status report during advisory council meetings. Develop promotional advertising to enhance the visibility of AFAP, including media relations with flyers, posters, pamphlets, newspaper, television and installation briefings. Attend after-action review meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. Adhere to guidelines as outlined in Army Regulation 608-47, AFAP Program Handbook and the installation AFAP Program standard

SEE OPPORTUNITIES, PAGE C3

ON POST

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

Soldier Show

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

Right Arm Night

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

Relocation readiness workshop

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

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

Grape Stomp Festival trip

MWR Central will host a day trip to the annual Grape Stomp Festival in Arlington, Georgia, Saturday. The family-friendly event offers live music, grape stomping, food, hayrides and more. The trip is open to the public. Transportation will depart at 8:30 a.m. and return at about 6 p.m. There will be 27 seats available at \$15 each. Participants must pay in full at time of sign-up. No refunds will be issued unless the event is cancelled by the organizer or MWR Central.

For more information, call 255-2997.

School age center orientation

The Fort Rucker School Age Center will host an orientation Monday for children entering the first grade. Two orientation times will be offered: noon to 12:30 p.m. and 6-6:30 p.m. with both at the center in Bldg. 2806 at Seventh and Division Road.

For more information, call 255-9108.

CDC orientation

The child development center will host its Strong Beginnings Orientation Monday from 12:30-1:30 p.m. in Bldg. 8938 on Red Cloud Road. For more information, call 255-2262.

Youth center membership competition

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

For more information, call 255-2260.

ScreamFree Parenting Your Teenager

Army Community Service will offer a free ScreamFree Parenting Your Teenager Workshop Aug. 6, 13 and 20 from 9:30-11 a.m. at Bowden Terrace Community Center. This course is designed to help parents start a revolution in their family! ScreamFree Parenting Your Teenager is not just about lowering a person's voice. It's about parents learning to calm emotional reactions and learning to focus on their own behavior more than their children's behavior for their benefit.



FILE PHOTO

Youth center open house

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

With these techniques, parents can create and enjoy more calm, mutually respectful and loving relationships with their teenagers, according to ACS officials. This workshop is open to active duty and retired military, Department of Defense employees and their family members. The deadline to register is Monday. Space is limited to the first 35 participants to register. Interested participants must contact the family advocacy program at 255-3898 to register for the event and to discuss childcare coordination.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Aug. 6. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Financial readiness training

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

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

Girls Night Out

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

Resilience training

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

For more information and to register, call

DFMWR Spotlight

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OPEN TO THE PUBLIC,
WOMEN AGES 18+

girls
night out

AUG 14

The Landing
6-9 pm

Tickets \$10

Available at MWR Central, The Landing Zone, The Landing Catering Office, or Coffee Zone in Lyster/The Landing Zone locations. Includes one drink stub, good for a complimentary beverage.

For event details call, (334) 255-9810.
For sponsor/vendor opportunities,
(334) 598-5311. www.ftruckerdmwr.com

Grand Prize!
Win big prizes by
being the first to
win a contest
with us!

255-3735.

Newcomers welcome

Army Community Service will host a newcomers welcome Aug. 21 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to at-

tend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

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

FORT RUCKER MOVIE SCHEDULE FOR JULY 30-AUGUST 2

Thursday, July 30

Insidious Chapter 3 (PG)
.....7 p.m.

Friday, July 31

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

Saturday, August 1

Mission: Impossible - Rogue Nation
(PG-13).....4 & 7 p.m.

Sunday, August 2

Mission: Impossible - Rogue Nation
(PG-13).....1 & 4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

Torii Station turtles saved from typhoon

By Richard L. Rzepka
USAG Okinawa Public Affairs

U.S. ARMY GARRISON OKINAWA, Japan — Japanese myth has it that a fisherman named Urashima Taro once saved a turtle from certain death and was rewarded by the emperor of the sea with a journey to a palace at the bottom of the ocean. Upon his return, Taro realized that 300 years had passed and he no longer recognized his home.

The U.S. Army Garrison - Okinawa Directorate of Public Works Environmental Division recently saved 88 Loggerhead turtle hatchlings from Typhoon Chan-Hom, which made landfall on Okinawa July 10. According to environmental specialists, the severe winds and rain would have certainly spelled the end for the tiny turtles, which were eventually released July 17 at Torii Beach where nesting occurs from April through August.

One by one, Tomoko Ikema, environmental specialist, plucked the sleepy-eyed hatchlings from a blue bin, setting them on a frenzied journey as they scuttled across the sand and out to sea. The reddish-brown Loggerheads, with their heart-shaped top shells, are listed as an endangered species under the protection of the Endangered Species Act of 1973.

Ikema, who takes daily strolls on Torii Beach searching for tracks and nests, is passionate about preserving the



Tomoko Ikema, environmental specialist at USAG Okinawa, Japan, plucks sleepy-eyed hatchlings from a blue bin, setting them on a frenzied journey as they scuttled across the sand and out to sea July 17.

diversity of life on Torii Station and Okinawa for future generations.

"Aside from being legally required, we need to maintain a rich diversity and healthy environment for humans and next generations," said Ikema. "If we maintain the biodiversity, humans and other species will better survive any environmental changes. Biodiversity has significant impacts on agriculture, as well as marine and fresh water food resources," she said.

According to the National Oceanic and Atmospheric

Administration, Loggerheads face danger both in the water and on the beach. The main cause of decline and primary threat to Loggerhead turtle populations is capture in fishing gear, like longlines and gillnets, but also in trawls and dredges.

Ikema recommends not fishing at night during nesting season, and picking up drifted plastic and trash on the beach as simple but effective measures to take in protecting the flora and fauna on and around Torii Station.

There are 144 floral species and 487 fauna species observed at Torii Station — 48 of which are protected, according to Brandy Hawley, environmental division chief.

The biodiversity found at Torii Station make the installation unique, she said.

"Karst (limestone) features near the shoreline contain the greatest density and diversity of vegetation, which in turn creates potential habitat for several species of mammals, birds, reptiles and amphibians," said Hawley. "Due to the diversified habitat features at Torii Beach, many indigenous flora and fauna can be observed, including several protected species."

Unlike the Japanese myth of Urashima Taro, the garrison's Environmental Division doesn't want future generations to wake up to an unrecognizable environment.

"The environmental conservation programs are fortunate to have great support from our leadership and we continue to strive to protect our natural resources," said Hawley.

Volunteers: Soldiers, civilians honored for efforts

Continued from Page C1

Rucker the place that it is today for our families, our Soldiers, our retirees and our department of the Army civilians," he continued. "So, today is your day and an opportunity for us to thank you in a small way for the tremendous amount of work that you put in to being a volunteer."

The following are the volunteers who were honored this quarter.

Laura Blackman, Army Community Service — Blackman provided critical support to the Fort Rucker SOS program with planning and active participation in the SOS Memorial Day reception, SOS Cooking Support Group and the Survivors and Gold Star Family Members Freedom Fest reception.

CW5 Bill Buchanan, Fort Rucker Youth Sports — He served as volunteer assistant soccer coach for the Fort Rucker Youth Sports and Fitness Program, leading a team that participated in the Alabama State Games. He shared his tremendous amount

of experience and served as a positive role model for youth.

Beth Calkins, 1st Battalion, 145th Aviation Regiment — Calkins has been a valuable part of establishing the Coffee House Ministry at the Wings Crossroads Services, which enabled Soldiers and their families an opportunity to relax from their high-stress training, as well as to maintain the family connection on Sundays, which for some is the only day they may get to see each other.

Eron Coan, 1st Bn., 58th Avn. Regt. — As a valued volunteer, Coan is described as a vital member of the Guardian Eagle family, and her dedication and commitment to the families and Soldiers of the 1-58th was hailed as "truly inspiring."

Sgt. Krystal Cosby, office of the staff judge advocate — Cosby volunteered with four different organizations, assisting the Wiregrass Children's home, the Dothan Rescue Squad, and the Daleville County and Enterprise Housing Authority.

Bobby Enfinger — U.S. Army

Aeromedical Center — As a valued volunteer, Enfinger has donated two days a week to Lyster Army Health Clinic — a total of 1,922 hours per quarter and 3,840 hours total since he started in 2010 — by driving a golf cart to pick up patients needing assistance from the parking lot to the front of the facility.

Pam Griffith, American Red Cross — Griffith has played a vital role in helping the American Red Cross to solidify its foothold at Lyster. She's done this through staffing the clinic office and managing all volunteers at the clinic.

Jay Guild, Aviation Center Logistics Command — Guild provided devoted and selfless service as a volunteer to the Fort Rucker and Wiregrass communities through his support of the local Boy Scouts of America Troop 150.

Capt. Thea Iacomino, Fort Rucker Youth Sports — Iacomino served as volunteer head soccer coach for the Fort Rucker Youth Sports and Fitness

Program, leading the team to participation in the Alabama State Games and serving as a positive role model for youths.

Jennifer Jackson, religious support office — Jackson is recognized for exceptional service during the post vacation Bible school program as a teacher and weekly service in the Protestant Women of the Chapel program over the course of the year.

Staff Sgt. William Johnson, ACLC — As a valued volunteer, Johnson has volunteered more than 70 hours as an assistant coach for three different youth baseball teams in three different age groups for Enterprise Parks and Recreation.

Rose Ann Licina, Fort Rucker Thrift Shop — Licina is recognized for her support and dedication to the Fort Rucker military community through her volunteer efforts. Her accomplishments and achievements ensured mission success of those efforts.

Pvt. 1st Class Adriana Lora, 164th Theater Airfield

Operations Group — As a dedicated and outstanding volunteer supporting the Better Opportunities for Single Soldiers, Hearts Apart and Gold Star Families, Lora's service to her community and fellow Soldiers shows her dedication in keeping with the Army values.

CW2 Joshua Scott, 110th Aviation Brigade — Scott has shown his dedication as a volunteer by providing in-service classes on vehicle stops and pursuits, constitutional and case law, prisoner handling, response to the mentally ill and advanced firearms tactics to the Daleville Department of Public Safety.

William Self Jr., ACLC — As a valued volunteer, Self has given more than 100 hours of his time at Cool Springs Baptist Church as the chairman of deacons, chairman of building and grounds, Sunday school teacher and youth mentor. He also served the Disabled American Veterans as a service officer, as well as Enterprise Parks and Recreation as a youth football coach.

Opportunities: Weekly listing of volunteer positions on post

Continued from Page C1

operation procedure.

For more information, call 255-9637.

Position: Family Advocacy Program Activities Support

Duties: Support FAP by assisting personnel with general tasks, such as stocking inventory and organization. Conduct inventory and stocking, assist with organizing resource library, and help with shredding and box breakdown. As a benefit, ACS officials said the volunteer will gain knowledge of Family Advocacy Programs.

For more information, call 255-3246 or 255-1429.

Position: AFAP Facilitators

Duties: Serve as neutral steward of workgroup. Keep workgroup focused during breakout sessions. Encourage participation by group members. Maintain timeline set forth by AFAP coordinator. Work with group recorder, transcriber, issue/staff support personnel and subject matter experts for accurate reporting of issues. Ensure delegates complete symposium evaluation forms and forward to AFAP coordinator. Ensure concise and precise wording of proposed issues and recommended solutions. Focus energy of the group on a common task. Suggest alternative methods and procedures. Protect individuals and their ideas from attack. Help group find win-win solutions. Attend AAR meetings and provide input for final report. Serve as a spokesperson for the AFAP program. If interested, call 334-9637 or 255-1429.

Position: AFAP Issue Manager/Subject Matter Expert Coordinator

Duties: Attend required volunteer training sessions. Attend AFAP Advisory Council meetings. Submit AFAP Issue status report during meetings. Track all issues

submitted for the annual AFAP Conference and place in appropriate workgroup for discussion. Train issue support person. Prepare tasker memorandum. Work with AFAP coordinator and ACS director to ensure each issue is assigned an SME prior to being placed in a workgroup. During conference, work closely with issue support volunteers to ensure understanding of issues and ensure copies of installation and Army issue update book are provided for issue managers. Update priority issues in installation issue update book from replies from proponents and the commander's steering committee. Attend AAR meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. If interested, call 334 255-9637 or 255-1429.

Directorate of Family, and Morale, Welfare and Recreation

Position: DFMWR Training Clerk

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

Position: Activities Support

Duties: Support activities and events as able. Provide assistance to key volunteers and staff. Provide assistance in all areas.

Position: Library Aid

Duties: Following basic and well-established library procedures, assists library staff in performing one or more of the following duties: shelving books, periodicals, newspapers; disposing of library materials; physical processing of new materials; maintaining and preserving collections (includes shelf reading and cleaning/repairing materials); morning routine of collecting/shelving materials from tables and chairs, collecting items

from book drop, checking status of printers/copiers; interlibrary loans; reserve book program; overdue notices; serials check-in; story time (includes reading

stories); summer reading program; teen/adult programs; displays and exhibits; special events; and library beautification projects.

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Sunday School
10:00M
Nursery Care: During all services
217 S. Main St • Enterprise, AL
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efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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Daleville hosts National Night Out

Daleville Department of Public Safety
Press Release

The Daleville Department of Public Safety, along with Fort Rucker, hosts National Night Out Tuesday from 4-8 p.m. at Culpepper Field on Daleville Avenue.

Daleville's annual National Night Out is a collective effort to promote the public's involvement in crime prevention, strengthen police-community partnership and build neighborhood camaraderie.

While Daleville enjoys the festivities of National Night Out, more than 37 million people in 16,124 communities from all 50 states and to Canadian cities and military bases worldwide also celebrate.

National Night Out involves citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials coming together. The event is designed to send a message to criminals that local neighborhoods are organized and united in fighting back

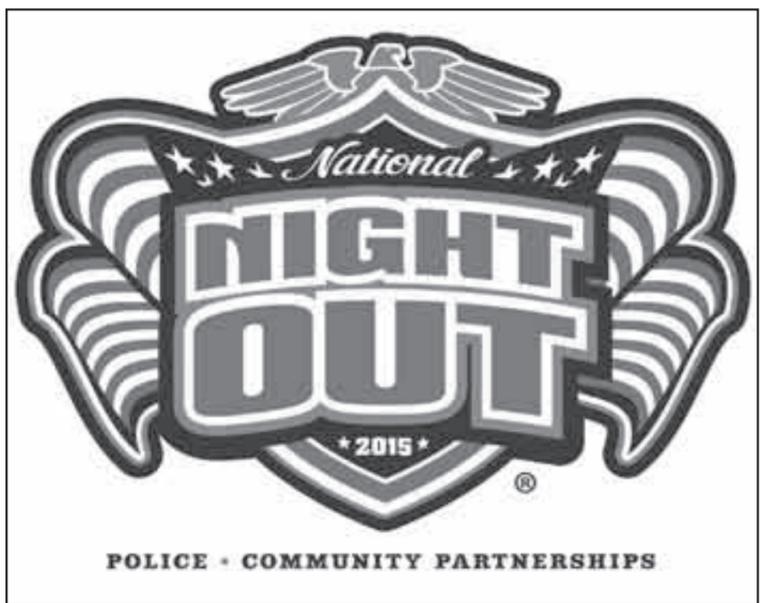
against crime.

The event features several wet and dry slides, exhibits from the Daleville Police and Fire Department, Fort Rucker Department of Public Safety, the Dale County Sheriff's Office, Alabama State Troopers, the Marine Police and many others. Four helicopters, including air ambulances and two law enforcement helicopters, will be on display for public viewing.

Daleville Police and Fort Rucker Special Weapons and Tactics will conduct tactical demonstrations along with a K-9 apprehension take-down demonstration and fire and rescue in demonstrations.

NNO will feature multiple opportunities to cool off and get wet. Patrons are encouraged to bring a towel. Hamburgers and hotdogs will be available for purchase. Free water, assorted drinks and frozen treats at no-charge will be available to combat the heat.

The event is free and open to the public.



COURTESY PHOTO

WIREFRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

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

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

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership

meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

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 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

ONGOING — Mondays through Thursdays each month, Aqua Zumba and EPRD water aerobics will be held by instructor Natalie Showers from 7-8 p.m. Price is \$5 per class and registration is not required. For more information, call 348-2684.

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation

claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

OZARK

AUG. 1 — The Friends of the Ozark/Dale County Public Library will host a book sale from 9 a.m. to noon at the library. This sale will be a buy one-get one free sale. There will be a selection of fiction and non-fiction titles in hard and soft bindings, including children's books. There will also be movie tapes, LP records, reference books and magazines.

AUG. 15-SEPT. 26 — The Dale County Council of the Arts and Humanities will host the 15th annual Regional Art Exhibition, which will be held at the Ann Rudd Art Center/Dowling Museum. A maximum of three entries will be accepted with the first entry \$25 and \$5 for each additional entry for DCCA members. For non-members, the entry fee will be \$30 for the first entry and \$5 for each additional entry. Offered awards will be a \$300 first place award, a \$200 second place award, a \$100 third place award, four \$50 merit awards and three honorable mention awards. Due dates for entry fees and art work is Aug. 1 from 10 a.m. to 4 p.m., and Aug. 3 from 1-6 p.m. There will be an open reception and award presentation Aug. 15 from 6-8 p.m. For more information, call 744-7145. Prospectus may be obtained on DCCA web site at www.ruddartcenter.org.

AUG. 1 — Lively Stones Ministries Worship Center will host its back-to-school bash from 4:30-6 p.m. at the center at 187 Parker Hills Drive. The event will feature food, games, activities, a youth rap session, free school supplies and more. For more information, call 379-7486.

PINCKARD

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

Methodist Church. For more information, call 983-3064.

SAMSON

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

TROY

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

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

WIREFRASS AREA

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

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

Beyond Briefs

Riverfront Wake Battle

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

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

Zoo's Magical Creatures

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

Lighthouse full-moon climb

People are invited to climb to the top of the Cape St. George Lighthouse to watch the sunset and the rise of the full moon Aug. 15. The sunset and full-moon climb includes light hors

d'oeuvres and a sparkling cider toast to the full moon. Cost is \$15 for the public and \$10 for members of the St. George Lighthouse Association. After sunset, people are invited to climb to the top of the lighthouse for a breathtaking view of the full moon, as space and time permit.

To make a reservation or get more information, call 850-927-7745 or visit www.stgeorgelight.org. The lighthouse is located at 2 East Gulf Beach Dr., St. George Island, Florida, 32328.

Friday Fest

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

Montgomery Biscuits

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

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

Dinosaurs Alive!

Downtown Gadsden becomes pre-historic when 13 life-like animatronic dinosaurs inhabit the Hardin Center for Cultural

Arts now through Aug. 3 as part of Dinosaurs Alive! Creatures will be featured in period sets and include: Apatosaurus, Apatosaurus baby, Dilophosaurus, Triceratops, Triceratops baby, Parasaurolophus, Parasaurolophus baby, Parasaurolophus nest with hatchlings, Stegosaurus, Detronon, a baby T-rex robot (joy-stick activated), Velociraptor and Protoseraotops scenario, T-rex, static T-rex head, and static T-rex leg.

The center is located at the corner of 5th and Broad Streets. Cost is \$8 per person and \$4 for center members.

For more information, visit <http://www.culturalarts.org>.

Turtle Talk

Apalachicola National Estuarine Research Reserve will offer free weekly talks about sea turtles, their nesting habits, how the nests are identified and protected, and how visitors and residents can help sea turtles have a successful nesting season. Turtle Talk — nesting sea turtles of Franklin County beaches — takes place Wednesdays now through Aug. 26 at 2 p.m. at the reserve located at 108 Island Drive in Eastport, Florida.

For more information, call 850-670-7700.

Fun in Montgomery

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

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

Army celebrates ACS 50th anniversary

By David Vergun
Army News Service

WASHINGTON — “Soldiers will do anything if they know their families are being cared for,” said Lt. Gen. David D. Halverson, referring to Army Community Service, which is committed to caring for them.

Halverson, who serves as the assistant chief of staff for installation management and as the commander of the Army’s Installation Management Command, spoke during a ceremony in the Pentagon Courtyard Friday. The event marked the 50th anniversary of ACS, which stood up July 25, 1965.

Lt. Col. Emma M. Baird, founder of ACS, changed the Army philosophy about what families mean to the Army and its readiness, he said. Halverson called the year 1965 “a turning point for us.”

Rob Hansgen, a program analyst with the Office of the Chief of Staff for Installation Management, spoke before the ceremony and provided context to Halverson’s remarks.

Following World War II, he said, the military began a massive drawing down. However, postwar marriage rates among Soldiers increased to levels not seen earlier. By 1960, Army family members outnumbered uniformed personnel.

In response to growing family populations, the Army established a family support program under the deputy chief of staff, G-1, he said. But in 1963, when an ACS



PHOTO BY DAVID VERGUN

Lt. Gen. David D. Halverson, assistant chief of staff for installation management and commander of the Installation Management Command; Colleen Tuddenham, who was with Army Community Service; Rich Stagliano with Army Family Advocacy Program; and Laurie Brown, director of ACS on Joint Base Myer-Henderson Hall, Virginia, cut the 50th anniversary of ACS cake in the Pentagon Courtyard Friday.

program was proposed to support Army families, Army leaders rejected the proposal, claiming they “were not leading a social services corps.”

Baird was assigned to the Army Emergency Relief and personnel affairs offices. That experience led her to create the structure and organization of a family services program that was to become ACS, Hansgen said.

Army leaders reassessed their earlier decision and established ACS, with the mission of delivering Army family programs, he

continued.

With the creation of the All-Volunteer Force, in 1973, the Army once again reassessed its family programs because of the need to recruit Soldiers to replenish its ranks. Army leaders began to recognize the link between a quality force and family support. To sustain the AVF, more and better comprehensive family programs were needed, Hansgen related.

In 1983, Gen. John A. Wickham, then Army chief of staff, recognized the necessity for the

Army to clearly articulate a philosophy of how the Army would take care of its families — then and in the future, he said.

Wickham envisioned a partnership between the Army and its families. In his white paper, “The Army Family,” Wickham cited the changing needs of the Army as it recruited the AVF, he said.

Moving ahead to today’s Army, Halverson focused on leadership’s support for ACS. Army Chief of Staff Gen. Ray Odierno reinforced Wickham’s vision with his commitment to Soldiers and

their families.

The Army’s chief of staff often ends speeches with a line that has by now been heard by every Soldier in the Army. Saying that it emphasizes the chief’s, and the Army’s commitment to families, Halverson quoted his boss: “The strength of our nation is our Army. The strength of our Army is our Soldiers. The strength of our Soldiers is our families. And that’s what makes us ‘Army Strong.’”

P.K. Tomlinson, chief of Soldier and Family Programs, Office of the Chief of Staff for Installation Management, who also spoke before the ceremony, outlined ACS services, noting that ACS “does more than hand out welcome packets to Soldiers transitioning to new duty stations and running the lending closet.”

ACS offers programs to active- and reserve-component Soldiers and families through ACS Centers and community outreach services around the world, she said.

Programs include: Army Family Action Plan, Army Family Team Building, Army Volunteer Corps, Exceptional Family Member Program, employment readiness program, family advocacy program, financial readiness program, Army Emergency Relief, information and referral, mobilization and deployment readiness program, relocation readiness program, Survivor Outreach Services, and Soldier and family assistance centers.

Soldiers can find out more about ACS by visiting www.mymilitarysource.com.

Final rule puts more teeth into Military Lending Act

By Terri Moon Cronk
Department of Defense News

WASHINGTON — The Defense Department closed loopholes to protect U.S. men and women in uniform from predatory lending practices, President Barack Obama said July 21 at the 116th Veterans of Foreign Wars National Convention in Pittsburgh, Pennsylvania.

The heightened level of financial and consumer-rights protection against unscrupulous practices, called the final rule of the Military Lending Act, covers all forms of payday loans, vehicle title loans, refund anticipation loans, deposit advance loans, installment loans, unsecured open-end lines of credit and credit cards, DOD officials explained.

“We’re going to keep fighting to give our troops and veterans a chance to enjoy the American freedom you helped defend,” the president told the veterans.

“There’s already a lot to protect our troops and families against unscrupulous predatory lenders, but some of the worst abusers — like payday lenders — are exploiting loopholes to trap our troops in a vicious cycle of crushing debt,” Obama said.

“It is the right thing to do,” he said of the new rule.

“With this action, the department takes an important stand against companies that can prey on our men and women in uniform,” Deputy Defense Secretary Bob Work said in a news release after the president’s announcement. “This new rule addresses a range of credit products that previously escaped the scope of the regulation, compromising the financial readiness of our troops. Today, with our regulatory and enforcement partners, we stand united in support of our service members and their families.”

The revision began with a three-year study by the Defense and Treasury departments, Federal Trade Commission, and financial regulators such as the Federal Deposit Insurance Corp., Federal Reserve Board, Office of the Comptroller of the Currency, Consumer Financial Protection Bureau and the National Credit Union Administration, DOD officials said.

Congress passed the Military Lending Act in 2006 to provide specific protections for active-duty service members and their families in consumer credit transactions.

Among other protections, the law caps

at 36 percent the interest rate on covered loans to active-duty service members, requires disclosures to alert service members of their rights and prohibits creditors from requiring a service member to submit to arbitration in a dispute.

The latest rule allows for industry compliance by Oct. 1, followed by a staggered implementation period, DOD officials said. The rule will help protect all active-duty service members and their families

from committing to loans with excessive fees and charges.

Service members still will have access to no-interest loans, grants, and scholarships from the four military relief societies, and not all credit products will be affected by the regulation — notably residential mortgages and purchase-money loans to buy cars, for example, which are excluded from the MLA’s definition of consumer credit, officials said.

MLA

Military Lending Act

Protecting service members and their dependents from predatory lenders

MLA STANDARDS AFFECT	FINANCIAL PRODUCTS CAPPED	MLA RULE INCLUDES	FINANCIAL READINESS
<ul style="list-style-type: none"> Payday loans Vehicle title Refund anticipation, deposit advance and installment loans Unsecured open-end lines of credit Credit cards 	<h2>36%</h2> <p>Military Annual Percentage Rate (MAPR)</p> <p>All-inclusive rate, capturing fees, charges and the sale of credit-related products</p>	<p>No longer will banks require service members to:</p> <ul style="list-style-type: none"> • Submit to mandatory arbitration and tedious legal requirements • Waive their Servicemembers Civil Relief Act rights • Provide a payroll assignment • Allow continual refinancing of a payday loan • Provide a post-dated check • Access a bank account or a car title 	<p>These new rules are provided to help service members, but it is strongly recommended that all service members become better educated about the types of credit they can receive. Financial readiness is a critical part of overall readiness for America’s soldiers, sailors, airmen, Marines and Coast Guardsmen.</p>

EFFECTIVE OCTOBER 1, 2015

COURTESY GRAPHIC

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COURTESY PHOTO

Pick-of-the-litter

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

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JULY 30, 2015

Summer workouts

Classes help maintain physical fitness, beat heat

By **Jeremy Henderson**
Army Flier Staff Writer

As temperatures continue to soar, working out can become not just difficult, but downright dangerous, but Fort Rucker's physical fitness centers offer a way to beat the heat and still get those summer workouts in.

From the full gym to fitness classes, Anne Sullivan, fitness program coordinator, said the fitness centers offer something for everyone.

"Whether the person is a beginner, someone who has maybe been away from fitness for a while or someone who has never darkened the doorway of a gym, we have options for them," she said. "If their interest is in overall strength and mobility, we offer yoga. If they want to build a sound cardiovascular base, we offer spinning. If they want to have fun while getting physically fit, we offer dance and Zumba classes."

Those who are new to fitness shouldn't be discouraged, Sullivan said. Spinning serves as the perfect introduction to group fitness.

"It is really easy to pick up," she said. "There's not a lot of technical prowess or knowledge you have to gain to obtain a good workout. There is a good group atmosphere. If you haven't worked out in a while and don't feel super fit, you can find your own level of exertion and gain encouragement from a nice group of people."

Sullivan also suggested the Strong Bod-



Megan Oldorf, fitness specialist, times 20-second workout intervals for participants during a recent tabata session. The High Intensity Interval Training is one of many group fitness classes offered at Fort Rucker Physical Fitness Centers.

ies class for beginners in search of a full-body workout to improve overall physical fitness.

"It is a good all-around workout," said the fitness coordinator. "There is a nice mix of body weight workouts and weight training. Each class uses a variety of movements to work out lower body, upper body and core. You don't target any one portion of the body."

Even those who are already in shape can

benefit from the classes, Sullivan said.

"Having a good variety brings larger numbers of patrons to our door," she said. "We also have class options for those who are highly motivated and train on their own, but like the group atmosphere."

"We have Ultimate Conditioning and Strong Bodies Plus, which offer the group fitness element with a very real level of intensity," she added. "We do have our course descriptions that those classes are designed



Oldorf observes and encourages participants during a recent tabata session.

for well-conditioned individuals."

Sullivan said class attendance is evaluated at the end of each month to determine what times work best and adjust scheduling as needed to better accommodate patrons.

"We do our best to offer a wide variety of fitness options with a range of available times, as well," she said. "Maybe you like to work out in the morning, you possibly are a lunchtime warrior or maybe you need something in the evening. We do our best to offer something at every timeframe."

The first class is free. Each class afterwards is \$3.50 per class, \$15 for two weeks of unlimited classes or \$30 for one month of the unlimited classes.

Classes are open to military ID card holders, DOD personnel and contactors. Youth under the age of 13 are not allowed to attend fitness classes as a participant or spectator.

For an updated list of classes, including descriptions of each class, and available times, visit <http://www.ftrucker.mwr.com/recreation/physical-fitness-centers/> or call 255-3794.

Lyster encourages adults, children to receive immunizations

By **Jenny Stripling**
*Lyster Army Health Clinic
Public Affairs*

Army Medicine and Lyster Army Health Clinic is committed to ensuring that all Soldiers, family members, Army civilians, health care providers and retirees receive the vaccines they need to stay healthy.

National Immunization Awareness Month in August is the perfect time to promote immunizations and remind your family, friends and fellow Soldiers to ensure they are fully protected against vaccine-preventable diseases.

"Immunizations prevent illness, disability and death from vaccine-preventable diseases, including cervical cancer, diphtheria, hepatitis B, measles, mumps, pertussis, pneumonia, polio, rotavirus diarrhea, rubella and tetanus," said Capt. Pamela Francis, LAHC public health nurse.

It is critical, given the high mobility of military families, to ensure you and your children have a comprehensive, centralized immunization record even if you are seen by multiple military and civilian providers, she added. Incomplete records can lead to unnecessary immunizations and could potentially complicate children's entry to school or day care.

According to the World Health Organization, immunizations currently prevent an estimated 2-3 million deaths every year, yet an estimated 21.8 million infants worldwide are still missing basic vaccines. Immunizations play a major role in the rarity of diseases like polio and diphtheria in the United States and in the protection from diseases that have caused crippling and death in people worldwide.

Centers for Disease Control and Prevention officials said if the protection of vaccinations is eliminated, more people will become infected and spread diseases to others.

The immunization clinic in preventive medicine at LAHC is open to active duty, retirees and their beneficiaries six weeks of age and above with a valid military ID card. Immunizations are provided on a walk-in basis Mondays through Fridays from 7:30 a.m. to 3:30 p.m., except for the third Wednesday of the month when it is open 7:30-11:30 a.m.

Lyster clinicians encourage beneficiaries to visit the immunization clinic during the non-peak hours of 7-10 a.m. There tends to be a longer wait time during peak hours between noon and 1 p.m.

According to Francis, it is recommended that infants receive their well-baby visit prior to any vaccines being given and children must be at least four years of age to receive their kindergarten vaccines. Alabama Blue cards are issued at time of vaccination, but can take up to 72 hours during the summer months leading up to the start of August school session.

Parents are encouraged to bring children in as early as possible with all their immunization records. Active-duty Soldiers scheduled for overseas assignments and those deploying overseas require a DA 4036-R from their unit - vaccinations cannot be given without this form.

The immunization clinic welcomes any questions you may have on immunizations.

For more information, call 255-7754, or visit www.cdc.gov or www.who.gov.

Lyster pharmacy wait times beat MEDCOM standards

By **Jenny Stripling**
*Lyster Army Health Clinic
Public Affairs*

Lyster Army Health Clinic pharmacy serves over 20,000 beneficiaries monthly, making it one of the busiest and most modern pharmacies in the state of Alabama.

With increasing numbers of patients can come increasing wait times; however, continuous improvements in the LAHC Pharmacy service are helping make the process of refilling prescriptions easier for beneficiaries and, in turn, have decreased average patient wait times, according to Lt. Col. Tai Bolaji, Lyster Department of Pharmacy chief.

The Army Medical Command's wait time goal set for LAHC is to serve more than 75 percent of all beneficiaries within 30 minutes and more than 98 percent of all beneficiaries within 60 minutes. LAHC pharmacy has met and exceeded this standard, Bolaji said.

"Lyster's goal is to serve all beneficiaries in 30 minutes," Bolaji said. "As much as we aspire to minimize the wait time, patient safety is our main focus. We are very proud of our safety record of less than 0.005 percent error, which is far lower than the 5 percent medication error national average."

One way wait times are being lowered is through a new check-in method that helps resolve immediate issues prior to being called to the service window.

"Lyster's pharmacy has established a welcome desk where patients are prescreened prior to pulling a ticket," said Bolaji. "This ensures the patients' information is correct and ensures that all prescriptions are signed by the provider."

When establishing or refilling prescriptions at the clinic, patients must obtain tickets from a machine located in front of the pharmacy windows. Customer's push buttons A, B or C to have appropriate paper tickets printed by the machine, and wait until their numbers are called.

The A, B and C categories indicate separate patient groups, and customers should be sure to choose the ones applicable to them, said Bolaji.

Category A is established for active-duty Soldiers, in or out of uniform, said Bolaji. They may pick up medications for themselves and family members, but must have ID cards or copies of cards for any dependents not



FILE PHOTO

Continuous improvements in the Lyster Army Health Clinic Pharmacy help make the process of refilling prescriptions easier for beneficiaries and, in turn, have decreased average patient wait times.

present. Black and white copies should be made of the front and back of each card.

Family members or retirees whose prescriptions were written by LAHC staff should choose Category B tickets. Category C tickets are for individuals who have prescriptions written by off-post referral physicians. C is also for anyone else not falling under categories A or B.

Lyster Pharmacy is also currently working on a two ticket system. This two-ticketing system will allow the beneficiary to take two tickets at the ticket counter. When called to the window, patients will retain one ticket and the second ticket will accompany the prescription in a basket and be processed quickly through the pharmacy processing stations.

Once the prescription is filled, it will be dispensed at any of the pharmacy windows by recalling the ticket number retained by the patient. The goal is that there will not be over a 30 minutes wait for patients' to be called to the window for prescription processing and completion.

Lyster offers several convenient ways for patients to refill prescriptions: Electronic prescription (e-Rx), fax and drop-off.

"The electronic prescribing is the preferred option," said Bolaji. "This option allows the network providers to input patient prescription in their computer and the provider electronically transmits the prescription to Lyster Pharmacy. This process eliminates patients misplacing or losing the hard-

copy prescriptions."

The e-Rx also eliminates legibility issues and minimizes telephone calls to network providers for clarification. The e-Rx are not verified or filled until patients are present at the Lyster Pharmacy.

Faxed prescriptions are still an option for doctors' offices that don't have the e-Rx capability. Similarly, the prescriptions are not processed until patients are present at the pharmacy.

The drop-off option is available at the refill pickup windows for patients that cannot wait. Antibiotic and pain medication cannot be dropped off because of the timeliness with which the patient must take the medications. Patients using this option must allow 24 to 48 hours to process the medications. Patients also have the option to specifically request when they would like to pick up the medications.

Patients can also refill prescriptions by calling 255-7671.

Bolaji said the LAHC pharmacy belongs to the beneficiaries and great pride is taken in providing quality care to beneficiaries.

"Patient satisfaction is very important to us, and we are always striving to improve," Bolaji said. "We welcome comments for further improvements."

Pharmacy hours are 7:30 a.m. to 5 p.m. every weekday except the third Wednesday of each month when the service closes for training. During this third Wednesday, the pharmacy is open from 7:30 a.m. to noon.

For more information regarding pharmacy services, call 255-7178.

DOWN TIME



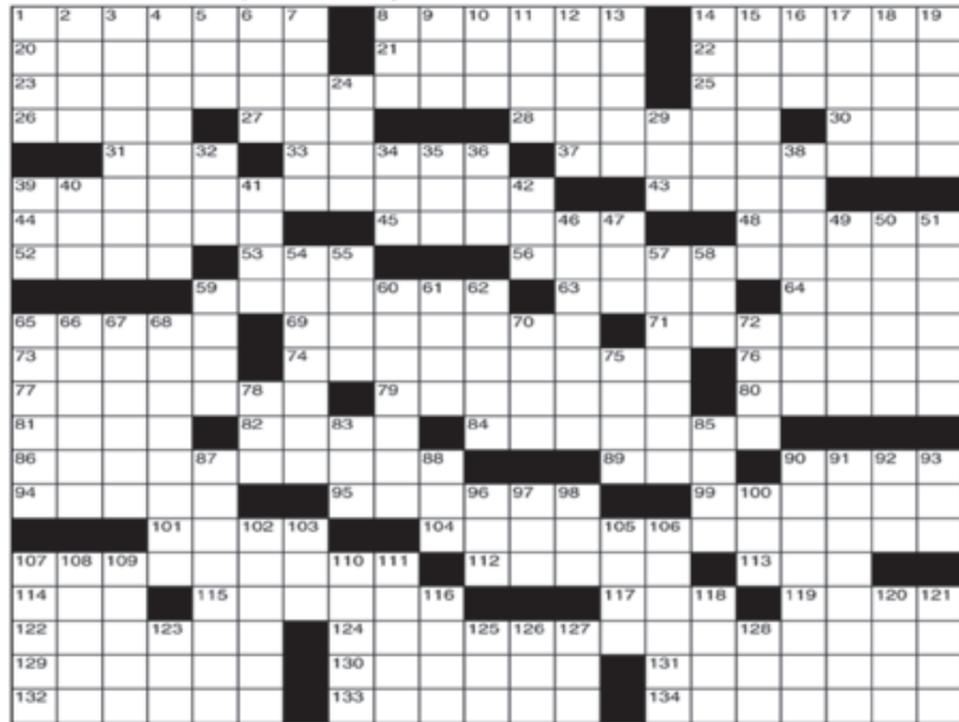
TRIVIA

1. GEOGRAPHY: Drake Passage is directly south of which continent?
2. U.S. CITIES: Independence Hall is located in which city?
3. LANGUAGE: What is a shaggy dog story?
4. LITERATURE: Who wrote the novel "Lady Chatterley's Lover"?
5. MUSIC: Who composed "Chair de Lune"?
6. U.S. PRESIDENTS: When did Franklin Roosevelt contract polio?
7. PSYCHOLOGY: What fear is represented in the condition called "iophobia"?
8. TELEVISION: Who voices the character of Mr. Burns on "The Simpsons"?
9. HISTORY: When did the Warsaw Ghetto Uprising begin?
10. ENTERTAINMENT: Which entertainer's nickname was "Satchmo," short for "Satchel Mouth"?

See Page D4 for this week's answers.

Super Crossword "AM I BLUE?"

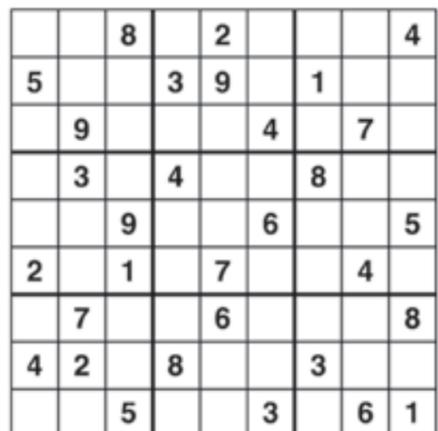
- ACROSS**
- 1 Freeway exit structure
 - 8 Seasoned veteran
 - 14 Spirits
 - 20 More vicious
 - 21 Meryl of film
 - 22 Lapse, as a subscription
 - 23 Thesaurus on one's desk, say
 - 25 Underwrite
 - 26 "Lean —" (1989 hit)
 - 27 Jeff Lynne's band, briefly
 - 28 Skirt relative
 - 30 Filmmaker Burton
 - 31 "Birds — feather —"
 - 33 Acquire a winter coat?
 - 37 Pizza Hut alternative
 - 39 Item on many a dressing table
 - 43 Daze
 - 44 Tito of mambo
 - 45 Hotel Bible name
 - 48 Jamaican sectarian
 - 52 Actress Ione
 - 53 They spin in PCs
 - 56 Rapacious man
 - 59 For little cost
 - 63 Have the gumption
 - 64 Greek consonants
 - 65 Irritate
 - 69 American hwy. number lead-in
 - 71 Pacify
 - 73 Worked over
 - 74 Eight of their names are featured in this puzzle
 - 76 Pub pastime
 - 77 Wage makers
 - 79 Abstract sculpture with no moving parts
 - 80 "Amo, amas, I love —"
 - 81 Ovid's 107
 - 82 Ovid's "Lol"
 - 84 Madames of Madrid
 - 86 Pretty large portion
 - 89 Letters on a PC key
 - 90 Be beside
 - 94 Lauder of perfumery
 - 95 Volcano WSW of Tokyo
 - 99 Put in a box
 - 101 Not punctual
 - 104 Pasta-can man
 - 107 Revolver in a pantry
 - 112 Made into an alloy
 - 113 Yokohama drama
 - 114 "Cantorial" writer Levin
 - 115 Counterpart to digital
 - 117 Rx writers
 - 119 Rocket org.
 - 122 Kind of tuna
 - 124 Eric Carle kids' book, with "The"
 - 129 One skilled with a sickle
 - 130 Actress Bynes
 - 131 5,280 feet
 - 132 "I do" locales
 - 133 Hold high
 - 134 Old West sheriff's badge
- DOWN**
- 1 Eight, to Juan
 - 2 Comical Drescher
 - 3 Extra cash to play with
 - 4 Give a new meaning to
 - 5 Khan who married Rita Hayworth
 - 6 Nothing more than
 - 7 Toumey
 - 8 Sugar suffix
 - 9 Bit of mail: Abbr.
 - 10 "Dr." who raps
 - 11 Composes the boards
 - 12 Summary
 - 13 "Orfeo," e.g.
 - 14 Give a smile
 - 15 Cause for a mistrial
 - 16 Clip — (some ties)
 - 17 WSW part
 - 18 City of Italy
 - 19 Blossom supporters
 - 24 Converging points
 - 29 Covert —
 - 32 J.D. holder
 - 34 Work unit
 - 35 Spoon-bending Geller
 - 36 Like two peas in a —
 - 38 How some court cases are won
 - 39 #2 execs
 - 40 Razor-billed bird
 - 41 "So gross!"
 - 42 Rule: Abbr.
 - 46 Have meals delivered
 - 47 Teacher's gp.
 - 49 Large desert
 - 50 Coils
 - 51 Weigh
 - 54 "Sprechen Sie —?"
 - 55 Merit badge holder
 - 57 They clear the boards
 - 58 Opp. of withdrawal
 - 59 Surrender
 - 60 Gift
 - 61 All at sea
 - 62 Native Arizonans
 - 65 Nativity scene
 - 66 Throws with force
 - 67 Not moored
 - 68 So as to be countable
 - 70 Pipette, e.g.
 - 72 Hi-tech apt. books
 - 75 Arctic mass
 - 78 — room (play area)
 - 83 Summa — laude
 - 85 — -deucy
 - 87 Always-agreeing sort
 - 88 "Original or crispy" chain
 - 90 "MoMA" and "OPEC," e.g.
 - 91 Vice
 - 92 Profit from
 - 93 Driving peg
 - 96 300-3,000 MHz range
 - 97 — d'esprit (witty bit)
 - 98 Stipulations
 - 100 Bread eaten with vindaloo
 - 102 Some piano fixers
 - 103 That, in Peru
 - 105 "— guest!"
 - 106 Nonstandard stock buy
 - 107 Fall zodiac sign
 - 108 Sprite in "The Tempest"
 - 109 Big name in restaurant guides
 - 110 Pond slime
 - 111 Averages
 - 116 Faun, in part
 - 118 — -Flush (bathroom brand)
 - 120 1973 Toni Morrison novel
 - 121 Ripening agent
 - 123 Ecol. monitor
 - 125 "A," in Arles
 - 126 B-F link
 - 127 Easter fare
 - 128 Vixen's lair



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER

Junior Whirl by Hal Kaufman

A FRAME: Each of six six-letter words in the diagram at right takes the letter A in opposite sequence. See if you can fill in the words according to the following definitions:

1. A "train" some but 2. A beach conversation, 3. Flynn's instrument, 4. Cartographer's squint, 5. Tropical fruit pusher, 6. Sleep-over party word.

How quickly can you name all six?

PRIME CUT: There is a two-digit prime number under 50 that will evenly divide 111, 222, 333, 444, 555, 666, 777, 888, 999. What is the number?

PILLAR DIGS TO POWDER: Digger Digger, on foot in a remote desertland, tappers upon a stone column that is more than 5 feet tall, topped by an intriguing signifier. Digger would like to get a closer look at the signifier, but has no one able to tie on a way to ascend that.

He has at hand an ax, a pick, a shovel and a small sifting screen.

Question: How can Digger reach the signifier, without outside aid, using just one of the four tools at hand?

NET GAIN: Which player — 1, 2, 3 or 4 — hits the ball over the net? Take a guess. Then trace through line of shots.

Wishing Well

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

UNDERTOW

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

Try to score at least 30 more.

Wishing Well

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

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

HOCUS-FOCUS BY HENRY BOLTSMOFF

Find at least six differences in details between panels.

Soldier earns Olympic berth

By Tim Hipps
Installation Management
Command
Public Affairs

TORONTO — Spc. Nathan Schrimsher earned an automatic berth into the 2016 Rio Olympic Games with a third-place finish in men's Modern Pentathlon on a stormy July 19 at the 2015 Pan American Games.

Schrimsher, 23, a Soldier in the U.S. Army World Class Athlete Program from Roswell, New Mexico, took the bronze medal in the five-sports-in-one-day event with 1,421 points.

"I'm ecstatic," Schrimsher said. "Yes, sir, it's awesome!"

WCAP Sgt. Dennis Bowsher, 32, a 2012 Olympian from Dallas, finished 10th with 1,348 points in the event, which includes fencing, swimming, equestrian show jumping and combines cross-country running and laser pistol shooting — all in one day.

"I think my day was OK," Bowsher said. "I'm definitely feeling my age. The whole goal today was for one of us to get an Olympic quota spot, so mission accomplished. Half the team is now Army, so next is for either myself or Logan Storie to get it another spot basically off world-ranking points over the next year."

"All three of us definitely are going to push each other, that way we can get one more, along with Schrimsher, on the (U.S. Olympic) team."

Charles Fernandez of Guatemala won the gold with 1,444 points, followed by silver medalist Ismael Hernandez Uscanga of Mexico with 1,439 points.

Fourth and fifth-place finishers Jose Figueroa (1,415) of Cuba and Emmanuel Zapata (1,413) of



PHOTO BY TIM HIPPS

Spc. Nathan Schrimsher of the U.S. Army World Class Athlete Program rides a horse, named Taboo, en route to earning a berth for the 2016 Olympic Games with a third-place finish in men's Modern Pentathlon at the 2015 Pan American Games in Toronto July 19.

Argentina also punched tickets to Rio de Janeiro by virtue of by-name Olympic berths awarded to the Top 5.

The 800-meter cross-country running course consisted of rain-soaked turf atop loose sod, which offered little stability for the runners, who stopped four times to hit a target five times from 10 meters with laser pistols. The competitor, who amassed the most points in the first three events — fencing, swimming and horseback riding — started first, followed by the rest of the field that faced a one-second handicap for each pentathlon point by which they trailed the leader. Therefore, the first com-

petitor to cross the finish line was the gold medalist, followed in order by the remainder of the field.

"I was very, very happy about Nathan, especially because he had a lot of pressure from the best (combined run-and-shooters) in the world, Esteban Bustos (of Chile, who finished sixth) and Jose Figueroa (who finished fourth) from Cuba, I was worried that they could pass him," said Janusz Peciak, head coach of the U.S. Modern Pentathlon squad. "But he really ran very smart."

"This running course was not designed for him because he is big, and it was raining and soaked, very wet," Peciak said.

"The Mexicans and the Chileans are very light on their feet, so it was much easier for them to run. But he did a fantastic job and he shot very well. His shooting was the key."

Schrimsher knew what was required to accomplish the mission.

"Running is probably where I struggle in the pentathlon, and the ground was wet," he said. "I was sinking to up over my ankles in a few spots. I knew I really had to focus on shooting and I shot well. The shooting was what got it. Running, I just ran my race. If somebody got past me — I knew (Hernandez Uscanga) would — I didn't let it bother me. I just ran

my race."

The first thunderstorm came shortly before Bowsher was scheduled to enter the riding course aboard a horse named Donaghan.

"It just started pouring, so they pulled me off," Bowsher said. "Then I got to be the first one to experiment with that muddy field."

Bowsher experienced firsthand how the waiting can be the hardest part.

"You just don't know when you're going," he said. "You're warming up. You're getting your adrenaline up and getting ready to ride, then have to come down, but then you don't know when to bring it back up again because you don't know when you're going. But it was fun."

Bowsher outperformed Canadian Josh Riker-Fox to the line for a Top-10 finish.

"I could hear the crowd, and I thought: 'Oh, great, he must be right behind me.' Then I glanced, and sure enough, he was like two feet right behind me. I just put my head down and was able to hold him off — a small bit of satisfaction not hearing the roar as the Canadian passes me. I was able to quiet them a little bit."

Bowsher, a three-time Pan American Games competitor, who is scheduled next month to attend the Army's Advanced Leadership Course on Fort Lee, Virginia, is proud of Schrimsher's accomplishment.

"He's been in the Army for a couple of years and I've been showing him the ropes, both within the military and I think in pentathlon, as well," Bowsher said. "I'm glad I've been able to help and see him improve. It's just a wonderful thing for him."

Soldiers finish 2nd, 4th in Pan Am Games 10K race



PHOTO BY TIM HIPPS

Spc. Aron Rono, of the U.S. Army World Class Athlete Program and Team USA/WCAP teammate Spc. Shadrack Kipchirchir bookend the lead pack of runners in the final laps of the men's 10,000-meter race at the 2015 Pan American Games in Toronto July 21.

By Robert Timmons
Fort Jackson Public Affairs

TORONTO — Spc. Aron Rono claimed the silver medal and Spc. Shadrack Kipchirchir battled a cramping calf muscle to take fourth place in the men's 10,000-meter run July 21 at the 2015 Pan American Games.

Both runners are Soldiers in the U.S. Army World Class Athlete Program.

Canada's Mohammed Ahmed won the race with a time of 28 minutes, 49.96 seconds, followed by Rono (28:50.83), bronze medalist Juan Luis Barrios (28:51.57) of Mexico and Kipchirchir (29:01.55).

Dos Santos led the field through 5,000 meters in 14:27.71. Rono then moved to the front for a few laps, taking the lead pack through 6,000 meters in 17:26.06.

"I was trying to be up front, but at the same time, trying to save some energy for the finish," Rono said. "It was on and off, but I felt strong the entire time, so it was good."

"When I went up front, we were planning to stretch it — have the line (of runners) more spread out, but then everyone kept coming back, so I was like, 'OK, it looks like everyone is feeling strong. So I'm going to go back and wait.'"

Bronze medalist Barrios set the pace through 7,000 meters before Dos Santos surged back to the front. Throughout all of the jostling up front, Kipchirchir maintained contact with the lead pack of about six runners.

Ahmed pulled away from the pack and hit the 9,000-meter mark in 23:14.39, but Rono and Barrios caught back up. They battled back and forth over the last 800 meters.

"I knew he was strong and I was trying to run away because I know he's a 5K runner and he's got more speed than I do," Rono said. "So I tried to go faster and get a little bit

ahead, but I felt him just coming on my shoulder."

The capacity crowd at the CIBC Athletics Stadium roared their approval throughout the final lap of the dramatic race.

With about 200 meters remaining, Ahmed passed Rono for the final time and it was an all-out sprint to the finish.

"I thought I would pass him back," Rono said. "But in the last 100, I was going all-out and I could see the gap opening. If I had more, I needed another gear."

Ahmed's final surge of speed prevailed in the home stretch.

Kipchirchir dropped off the pace in the final 200 meters as his hamstring continued to tighten.

"My left calf was just bothering me," said Kipchirchir, 26, a native of Kenya, who attended Oklahoma State University. "It didn't allow me to sprint with those guys in the last straightaway, but it was a pretty nice race anyway. I love being able to represent the Army and the USA, and this is just the beginning."

Rono seconded that sentiment.

"I feel really blessed," said Rono, 32. Since entering WCAP nearly three years ago, Rono finished fourth and fifth in the past two Army 10-Milers and competed despite injury at the Armed Forces Cross Country Championships. "I'm back, healthy now and just training for the marathon trials."

The 2016 Olympic Men's Marathon Team Trials are scheduled for Feb. 13 in Los Angeles. Rono also plans to compete in the 2016 Military World Games in South Korea, where he will run the 10,000 meters.

"It's amazing," Rono said. "I exceeded my expectations here today. I thought I was going to be in the mix, but I kind of surprised myself, given that I trained through it. I didn't really taper that much."

"Army strong — just keep pushing," Rono said.

PUZZLE ANSWERS

Super Crossword

Answers

OFFRAMP	OLDPRO	GHOSTS
CRUELER	STREEP	RUNOUT
HANDY	REFERENCE	INSURE
ONME	ELO	SARONG
OFA	ICEUP	PAPAJ
VANITY	MIRROR	STUN
PUNTE	GIDEON	RASTA
SKYE	CDS	GREEDY
CHEAPLY	DARE	PHIS
CHAFE	USROUTE	APPEASE
REDID	THEMURFS	DARTS
EARNERS	STABILE	ALASS
CVII	ECCE	SENORAS
HEFTY	CHUNK	ESC
ESTEE	MTFUJI	ENCASE
LATE	CHEF	BOYARDEE
LAZYSUSAN	FUSED	NOH
IRA	ANALOG	MDS
BIGEYE	GROUCHY	LADYBUG
REAPER	AMANDA	ONEMILE
ALTARS	ESTEEM	TINSTAR

Weekly SUDOKU

Answer

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

TRIVIA

- Answers
- South America
 - Philadelphia
 - A long-stemmed and often pointed wooden
 - John Lawrence
 - 1921
 - A pair of pants
 - Harry Shearer
 - 1943
 - Transport and repair

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Aviator gets All-Army Women's Softball Team trial

By Army Sgt. Jesse Smith
2nd Combat Aviation Brigade

CAMP HUMPHREYS, South Korea – It was getting dark as misty clouds rolled across the athletic field. The AstroTurf was soft, stiff underfoot and the smell of leather gloves was distinct.

A Soldier stepped onto the field. A blurred sphere zipped through the air, and then a loud smack could be heard as the Soldier caught the softball with her glove.

The Soldier, Army 1st Lt. Courtney Clausi, who hails from Ashland, Virginia, and is the assistant personnel officer for the Headquarters and Headquarters Company, 2nd Combat Aviation Brigade, isn't a typical softball player. She has been selected to compete at a trial to be a part of the All-Army Women's Softball Team.

Clausi said she grew up in a military family. She began play-

ing baseball around 20 years ago and fell in love with the sport.

"Both of my parents played softball and they really pushed me to play hard," Clausi said.

As she got older, she transitioned to play softball.

"Softball grows on you," she said. "My competitive attitude made me want to be the best and I love working with a team."

Clausi played softball during high school and afterward at the Mary Baldwin College in Stanton, Virginia.

After earning a bachelor's degree in political science, she was commissioned into the Army as a UH-60 Black Hawk pilot. Clausi arrived in South Korea in 2014 and immediately linked up with a member of the Camp Humphrey's woman's softball team, which she has now been a part of for two seasons.

Some of the players on the post team had previously played for the All-Army team and they told

Clausi she would have a great chance of making the team. She said she decided that it would be a great opportunity and sent in her application packet.

Clausi is now waiting until the end of August when she will compete in a field of around 30 other women who will be narrowed down to 16 players.

She said she is very excited for the chance to represent the Army and feels confident that she can make the team.

Clausi said she wants to make a career out of the Army and that she'll play softball for as long as she can.

"I love being a pilot and being with Soldiers," she said. "The Army and softball go hand-in-hand for me because I want to leave a legacy as both a Soldier and player."

Clausi said she also wants to become a softball coach so she can pass on all of her knowledge of the sport to the next generation.



PHOTO BY SGT. JESSE SMITH

UH-60 Black Hawk pilot 1st Lt. Courtney Clausi, 2nd Combat Aviation Brigade, throws a softball on an athletic field on Camp Humphreys, South Korea, July 21.

SPORTS BRIEFS

Youth sports registration

Registration dates for upcoming youth sports — football, cheerleading, tennis and fall soccer — continue through Friday. All interested participants must have a valid child, youth and school services registration and a current sports physical to participate. Fall soccer practices will begin on Aug. 10. Football and cheerleading practices will begin Aug. 17. Tennis practices will begin Sept. 9.

For more information, including available age groups, call 255-0950.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, Aug. 22. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 3 a.m. from the West Beach, Lake Tholocco parking lot and return at 8 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is

not included in the price. The cost is \$65 per person, plus a tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's fish cut and cleaned at the end of the trip. The trip is open to the public, but limited to 36 participants.

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

Volleyball coaches meeting

People who would like to coach an intramural volleyball team need to attend to attend one of the coaches meetings scheduled for Aug. 11 — 9:30 a.m. or 5:30 p.m. — in the Fort Rucker Physical Fitness Center conference room.

For more information, call 255-2296.

Pro Am golf tournament

Silver Wings Golf Course has teamed up with the National Women's Golf Association and their Professional Golf Tour members for this year's Pro Am scheduled for Aug. 14-16. Amateurs who have a current, verifiable U.S. Golf Association Handicap Index are eligible to apply

and play. This is a 36-Hole event. Teams will be comprised of one professional and three amateurs. The teams will play Team Stableford. Professionals from the NWGA will also simultaneously participate in an individual competition. The entry fee is \$125 for SWGC members and \$150 for non-members. Entry fee includes tournament course fees, range balls, tee gifts and tournament meals. People must register by 5 p.m. Aug. 7.

Flag football coaches meeting

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

For more information, call 255-2296.

Spin challenge

Fortenberry-Colton Physical Fitness Center fitness instructors hold a two-hour spinning challenge each month, with the next taking place Aug. 20 at 5:30 p.m. at the center. The challenge is open to

all authorized PFC patrons. Each class is \$3.50, or people can use their fitness card. Each session features door prizes and refreshments.

For more information, call 255-3794.

Enterprise baseball

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

Adult swim lessons

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

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

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