

NCOS TELL SMA:

No more uniform changes, please



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GET THRIFTY

Thrift shop offers deals, opportunity to give back



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EXPANSION

PFC to gain functional fitness area



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ARMY FLIER

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HOLIDAY CHEER

Post tree set to brighten season

By Nathan Pfau
Army Flier Staff Writer

Although many stores start selling it right after, and in some case before, Halloween wraps up, Fort Rucker will officially kick off its holiday season Dec. 7 with the traditional lighting of the Christmas tree.

This year's annual Fort Rucker Christmas Tree Lighting ceremony will be held on Howze Field from 5-6 p.m., and promises to get people into the spirit of the season, according to Kristi Fink, Directorate of Family, Morale, Welfare and Recreation special events coordinator.

"This is a great way to bring families together and show them that we appreciate them," said Fink. "It's a great way to kick off the season and pay tribute to our military families."

This year's celebration will start off with the 98th Army "Silver Wings" Band will begin playing some holiday favorites at 4:30 p.m., before the official ceremony begins, followed by songs sung by choirs of the child development center, Girl Scouts and post chaplains.

The event will also feature the announcement of the Christmas tree ornament contest winners, whose ornaments will adorn the tree. The winners will be announced in three age groups: ages 3-5, 6-8 and 9-11, and will be presented a trophy and basket full of gifts.

Another favorite that will return to the ceremony this year is the hot chocolate bar, which will feature complimentary hot chocolate and coffee, with goodies that children can put in their chocolate beverages.

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Children of the CVSS and CDC choirs sing carols during last year's Christmas Tree Lighting Ceremony.



PHOTOS BY NATHAN PFAU

The post Christmas tree lit up at the ceremony last year. This year's lighting ceremony is Dec. 7.

FRPS students prepare gifts for deployed Soldiers

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker Primary School is making sure those who aren't home for the holidays aren't forgotten.

Operation Celebration has become a well-known tradition at the primary school where students get together with family members to craft handmade gifts and treats, and write cards to show their support for Soldiers who are away from their families.

With the help of Corvias Military Housing, the children of FRPS, with their families, were able to create holiday care packages Friday that contained everything from handmade ornaments, candies and even a special hot cocoa mix to be sent to Soldiers of family members stationed throughout the world, such as Iraq, Afghanistan and South Korea.

The celebration kicked off with a briefing for parents to help them understand what the event was about, as well as a special reading for the children by Mrs. Claus of the book, "Operation Celebration," which the event is based on.

"These (care packages) are a way to help the children and families, emotionally, as well as to help them build a bond with their loved ones," said Renee Hammond, FRPS guidance counselor.

Not all children have to deal with deployments, especially throughout the holidays, but the evening is a good opportunity for other children to learn about those deployments and provide the support for their classmates who might have deployed parents, she said.

Staff Sgt. Thomas Capouch, C Company, 1st Battalion, 223rd Aviation Regiment, said receiving a care package can make all the difference on a deployment.

"To receive a care package or anything from home can change the dynamic in a deployment - it's uplifting," said Capouch, who has been deployed twice to Afghanistan. "You get that package, you open it up and you expect basic food items, but then you get candies, trinkets or toys and

SEE STUDENTS, PAGE A5



PHOTO BY NATHAN PFAU

Staff Sgt. Thomas Capouch, C Company, 1st Battalion, 223rd Aviation Regiment, and his wife, Julie, help their children, Brandi and Jason, create ornaments to go into a holiday care package to be sent to deployed Soldiers in Afghanistan, Iraq and South Korea during Operation Celebration at the primary school Friday.

ON SILVER WINGS

98th Army Band readies for holiday season

By Nathan Pfau
Army Flier Staff Writer

The holidays are filled with familiar sights and smells that can help take people back to times that seemed much simpler, and the right music can complete the process and bring on that magical feeling of holiday nostalgia.

That's just what CW2 Dan Parker, 98th Army "Silver Wings" Band commander, is hoping to conjure up with the band's holiday concert series when it brings its versions of holiday cheer to the local community.

"I want this to be memorable, and to be something that makes them feel good and help them forget about the stresses of everyday life," said the band commander. "I want them to forget about even the stresses of the holidays - just to have a good time and relax, and hear some great music."

The band's concert series will cover three days, beginning with the Commanding General's Holiday Concert at the post theater Dec. 9; followed by a performance at the Flowers Center in Ozark, Dec. 10; and finally at the Dothan Opera House, Dec. 11, with each show time starting at 7 p.m.

Each of the shows will be about 1 1/2 hours long and are designed to be an entryway into the holiday season as a gift from the 98th Army "Silver Wings" Band to the community, according to the band's Sgt. William Flitter.

"This is our way to give as much of our holiday spirit and good will to (the people of the Wiregrass)," said Flitter. "We want them to be able to just sit



PHOTOS BY NATHAN PFAU

Members of the 98th Army "Silver Wings" Band get in some rehearsal time at the band's rehearsal hall Friday.

down for a little while and enjoy a bit of holiday music to decompress from all the busyness of the season."

A wide variety of songs will be played throughout the Big-Band style concerts, including holiday favorites, such as, "White Christmas," "Winter Wonderland" and "Santa Claus is Coming to Town," as well as more modern twists on classic songs, which the band has worked tirelessly to arrange.

Flitter, who plays trumpet in the band, said many of the songs will have individual band member's own twists on them, and although they will be recognizable to audience members, they will certainly be unique.

"Many of the songs are arranged by members of the band who are proficient at taking a song and making it their own," said the trumpet player of 35 years. "They're also able to make it

work for our group. It's a lot of custom work and a lot of it is done after hours by those band members who take them on, but it's worth it."

The holidays are a busy season for the band, with the added performances to its already busy schedule, and although Flitter said it can be challenging, the extra hours put in are worth the effort.

In addition to the concerts and the ceremonial functions the band performs, the season is also when it participates in numerous parades in the local communities. The scheduled rehearsals for the holiday concerts alone will account for between 30-45 hours of rehearsal time before the days of the shows, said Flitter.

"As musicians, it's the time of year that we are very busy and you just have to prepare for it. It's very busy, but it's also very rewarding," he said. "The performance is the best part. When you get to do it, and you're actually there on the day and it's time to go, there's a little bit of nerves, but when the show's done you see some smiles and the audience enjoying what you're doing, that's the most rewarding thing."

"This is a chance for us to showcase a lot of the talent that we've got here," added Parker. "Every time we play for the troops or for the community, it's a chance for us to shape the experiences that they have for that particular event, so what we play and how we play it shapes and frames those memories. This is our chance to make that con-



Staff Sgt. Christine Permenter and Spc. Robert Parler, both of the 98th Army "Silver Wings" Band, rehearse holiday favorites with the rest of the band providing musical accompaniment Friday.

PERSPECTIVE

CG issues holiday message

By Maj. Gen. Michael D. Lundy
U.S. Army Aviation Center of Excellence
and Fort Rucker Commanding General

The upcoming holiday season provides us, as Americans, a time to take stock of the blessings of our great nation's bounty and the freedoms secured by her Soldiers, past and present.

Today, each and every one of our Soldiers, leaders, Department of the Army civilians and families is critical to the preservation of these blessings and freedoms.

We can be thankful for our Soldiers, leaders and civilians who humbly serve and sacrifice to carry on the legacy of those who have come before us and of those who gave the ultimate sacrifice for our nation.

Even now, Army Aviation professionals stand guard

around the world – with the character, competence and commitment expected by those that we serve and the true strength of our nation – the American people. We must always remember the manner in which we serve – a life of humility, self-sacrifice, duty and honor. This is what binds us together and ensures that we maintain our sacred trust with the citizens of our nation.

We can also be thankful for our families who sacrifice so much to support their Soldiers. For some of our families, there will be an empty place at the table representing a father, a mother, a son, a daughter, a husband or a wife who is deployed.

And for our Gold Star Families, this empty seat represents an honored place for their loved one who gave the last full measure of devotion, so that we can have all of our tomorrows. Never forget those who have suffered the wounds of war, and please keep our fallen

and their families in your thoughts and prayers.

During this season and every day, I am thankful for the remarkable Aviation professionals who are always on watch for the nation and for our families who provide us the strength to endure. Your hard work and sacrifice represent all that is good about our country.

Paula and I wish you a safe and enjoyable holiday season, and may God bless you and our great nation.

Above the Best!



Lundy

CID warns of extortion, blackmail scams

By Mary Markos
U.S. Army Criminal Investigation Command
Public Affairs

FORT BELVOIR, Va. — For many, the words extortion and blackmail bring forth images of Hollywood movies, celebrities having illicit affairs and corporations trying to hide a wrongdoing.

In today's world of Internet communications, Internet dating, and social networking, extortion and blackmail can happen to anyone who discusses, admits, or posts a lapse in judgment or their personal or financial issues over the Internet.

More alarming, extortion and blackmail can happen to innocent individuals whose personal information has been stolen as part of a data breach.

The U.S. Army Criminal Investigation Command, commonly known as CID, warns the Army community to be aware of Internet extortion and blackmail scams and to report any instance where a Soldier, Army family member or Army civilian is or has been faced with threats involving the payment of money or other valuables.

Extortion and blackmail are crimes that have grave consequences for its victims, to include financial loss. The FBI's Internet Crime Complaint Center 2014 Internet Crime Report stated that more than \$16 million dollars was extorted from victims that

year.

"In many instances, the situation begins when an unknowing victim is befriended by someone on the Internet, often as part of an online dating or social media site," said Daniel Andrews, director of CID's Computer Crime Investigative Unit. "The scammer quickly builds a friendship and trust with the victim, and will begin to ask for or discuss information or photos that could be hurtful to one's personal or professional life if revealed. Because the victim does not realize they are being scammed, they see the requests or discussion as a normal part of the developing friendship and are willing to share the information."

To the victim's surprise, Andrews said, the scammers then threaten to release that information if money is not paid.

Another instance of extortion can occur when scammers obtain an individual's personal information as part of a data breach. Such breaches, according to the Identity Theft Resource Center, occurred 591 times in the first nine months of this year alone, compromising more than 175 million records.

"Following a data breach, these scammers, these criminals, may try to extort money from individuals who have a personal, financial, or medical condition they would not want exposed," Andrews said.

The FBI report gave one example, called

payday loans, deferred-deposit check loans or cash advance loans, as the most abundant type of extortion scam reported.

The scam takes place when an individual's personal information has been revealed to what may appear to be a legitimate business. The scammer calls the individual notifying them that a loan in his or her name is delinquent and must be paid in full to avoid legal consequences. The scammer has accurate information, such as Social Security numbers, birth dates, bank account numbers, etc., and poses as a representative of a legitimate agency collecting debt. The scammer often refuses to provide details of the alleged loan and may become abusive when questioned.

The FBI report further states that victims are often threatened with legal action, arrests and, in some cases, physical violence if they refuse to pay.

"Extortion is a touchy subject," Andrews said, "because it often deals with intimate or very personal information. Army personnel, however, need to be upfront and report it and they should not pay any money if they are being extorted."

CID officials said the best thing Soldiers, civilians, and their family members can do is to try to prevent it from ever taking place. All are encouraged to be cautious with their online presence, and what information they give to people they have met online or via email, and be vigilant when receiving calls

from individuals posing as legitimate businesses.

Whether or not your data has been stolen, officials said, you need to be informed and wary of spam, phishing emails and promises of protection by identity theft and credit repair services from future exposure. Officials further warn individuals to be suspicious of communications regarding data breaches that do not come from credible sources.

If you receive a phone call or email you believe to be an extortion attempt, take the following measures.

- If the safety or wellbeing of someone is in imminent danger, contact local law enforcement immediately.
- Do not reply to the email, click on any links or open any attachments.
- Report the email to the Internet Crime Complaint Center at www.ic3.gov.
- File a complaint with the Federal Trade Commission at www.ftccomplaintassistant.gov.
- Report the email to your email and Internet service provider.
- Move the email to your spam folder.
- If contacted through social media, report the contact to the social media provider.

"The CID will continue to aggressively investigate and work with our global partners to prosecute those who threaten our military forces and attempt to defraud them of their hard-earned money," Andrews said.

Rotor Wash

“Thanksgiving is today and people all over the country will be taking part in their Thanksgiving dinners. What is a great way to counter the calories on Thanksgiving?”



WO1 Scott Reinier,
B Co., 1st Bn.,
145th Avn. Regt.

"As tough as it might seem, try not to eat so much in one sitting."



WO1 Ramon Sarmiento,
B Co., 1st Bn.,
145th Avn. Regt.

"Make plans to stay active throughout the holidays."



Pfc. Parish Roberts,
A Co., 1st Bn.,
11th Avn. Regt.

"One thing a lot of people do is take naps after a big meal. Something you should never do immediately after eating is sleep, so try to do something else like walk instead."



David Harbaugh,
military veteran

"Go for a run before or after so that you're not just completely stagnant after eating all that food."



2nd Lt. Mathew
Kazy-Garey,
D Co., 1st Bn.,
145th Avn. Regt.

"Pace yourself when you eat. The faster you eat, the more you'll take in more than you'll need. Give your food time to digest before taking that extra bite."

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NCOs tell SMA:

No more uniform changes, please

By David Vergun
Army News Service

FORT LEAVENWORTH, Kan. – Dozens of NCOs applauded when one of their own asked Sgt. Maj. of the Army Daniel A. Dailey to try and “hold off making any more uniform changes for a while.”

Dailey replied to the NCOs – half of whom were wearing Operational Camouflage Patterns, the other Army Combat Uniforms – “I don’t want to make any more changes.”

He then qualified the remark: “I’m working hard to minimize changes, but I’d be lying if I promised you there’d be no more changes.” He joked that he’s becoming known as the “black socks and tattoo” sergeant major.

Dailey fielded questions at the end of the chief of staff of the Army-sponsored NCO Solarium II, held at the U.S. Army Command and General Staff College Friday.

When changes are made, the SMA said it’s normally by consensus. As a rule of thumb, a consensus is roughly 60 percent. He said he gets that percentage by surveying Soldiers, a process of informing leadership from the bottom up.

As for examples of consensus in action, Dailey referred to a uniform survey conducted in August.

Soldiers were surveyed about making the blue service cap be the required headgear with the Army Service Uniform for senior NCOs, officers and warrant officers, instead of the beret. Just over half of the respondents favored the change, but the 60-percent threshold wasn’t met.

A female NCO seated nearby then told Dailey that she was passionate about the need for one cap for all.

Dailey said he’d heard from others who agreed with her and some who just as passionately didn’t. For example, one female Soldier he spoke to said she appreciates the two versions because she likes the genders to be differentiated in their apparel.

There could be times in the future when changes will be made without survey or convention, irrespective of opinion, he said.



Sgt. Maj. of the Army Daniel A. Dailey speaks at the chief of staff of the Army-sponsored NCO Solarium II, held at the U.S. Army Command and General Staff College on Fort Leavenworth, Kan., Friday.

A good example would be a change to the uniform that results in providing the Soldier a greater level of protection.

Dailey then provided insights into what he and the Army chief of staff’s personal favorites are. He said they both have nostalgia for period uniforms, like those worn during World War II. They both were happy to see the return of the Ike jacket, for instance.

However, he said their own biases would not have much of a bearing on any future changes.

Regarding the change from ACUs to OCPs, Dailey said that, in a way, enlisted Soldiers are fortunate to have a clothing allowance that will completely pay for the new uniforms over the phase-in period. Officers bear that expense from their own pay.

Lastly, Dailey advised having an open mind to changes of any type to avoid stagnating.

Combat in Syria

Another NCO wondered whether or not Soldiers would be battling the Islamic State

in Syria or elsewhere within the next 18 months.

Dailey said that would be hard to predict and he didn’t have any inside knowledge on that. He did, however, offer his personal assessment.

With the recent attacks in Paris and elsewhere, he said there’s a growing concern globally and that the reality of the severity of the threat is just setting in.

He said he believes one of the main reasons another attack hasn’t yet happened on the homeland is because of worldwide involvement of the United States and others, including the some 190,000 Soldiers serving abroad in 90 countries.

He harkened back to the Army chief of staff’s main focus of being deployable, and ready at all times to fight and win the nation’s wars. “The only certainty is uncertainty for the future,” he added.

On leadership

“We own the world’s intellectual capital. We have the most intelligent NCOs, officers and Army civilians,” said Dailey regarding the quality of Army leaders.

But there’s always room for growth, he added.

Lt. Gen. Robert B. Brown, commander, Combined Arms Center, followed Dailey’s closing remarks with his own, regarding leadership.

“A sergeant in the Army does what a colonel or brigadier general does in the Chinese army,” he said, regarding responsibility and taking the initiative. “We have mission command empowering leaders like you. NCOs at the small-unit level are making strategic decisions.

“You are the Army’s ‘trusted professionals,’” he added, recalling a previous solarium where that phrase was suggested and adopted by the Army.

On schools

Brown hailed the new Army University as being the most revolutionary step in education that the Army has taken since 1881, when Army Chief of Staff Gen. William Tecumseh Sherman first established Army school houses at Leavenworth and elsewhere.

He said Army University was created not to compete with, but to collaborate with other excellent American universities. At one time, all of the Army schools were stove-piped, he said, now they’re synchronized and they must, because the Army no longer has the luxury of infusing good ideas across the school houses over a long period of time. The world has changed and good ideas need to flow faster.

Brown provided an example of stove-piping. At one time, there were 100 doctors of philosophy here, helping only students at the Army Command and General Staff College. Now, he said, they’re helping everyone across the force.

The other thing the Army is doing is working to provide Soldiers college credit for the Army education courses and certifying Soldiers for the job-related training. For instance, when a Soldier separates and goes into welding, the difference between having welding certification and not is \$50,000 per year. Certified welders earn an average of \$80,000 annually and those who are not certified average \$30,000.

SMA: Non-deployable Soldiers No.1 problem

By David Vergun
Army News Service

FORT LEAVENWORTH, Kan. – The biggest problem in the Army today is Soldiers who are non-deployable, and that’s having a direct impact on readiness, Sgt. Maj. of the Army Daniel A. Dailey said.

He said this construct is unsustainable in the complex operational environment that exists today.

Dailey spoke at the chief of staff of the Army-sponsored NCO Solarium II held at the U.S. Army Command and General Staff College Nov. 19.

To give a scope of how big the problem is, there are currently about 50,000 Soldiers who are non-deployable. “That’s huge. That’s three out of the 10 divisions” that the Army currently has, he said, putting the numbers in context.

With the Army’s mission being to fight and win the nation’s wars, that’s totally unacceptable, he said. And that mission applies to every

Soldier, no matter what military occupational specialty they’re in.

“If you will not or cannot fight and win, then there’s no place for you in the Army,” Dailey said, “We have to become unemotional about this. We have a job to do.”

Dailey said he’s doing something about it. He’s proposing to the Army’s chief of staff that in the future, there should be a box to check on the Soldier’s evaluation form, indicating if that Soldier is deployable.

Soldiers with long-term medical profiles would be critically evaluated against their ability to recover and be deployable if called, under his proposal.

Dailey said he realizes this will take a big shift in culture. It’s natural to want to keep someone who has a profile, especially if that person is really of good character and skilled. But having so many Soldiers in non-deployable status is not good for the Army or good for the nation, particularly as the

Army draws down from 490,000 to 450,000, and as more deployments loom on the horizon.

Dailey added that he wants to incentivize deployments by increasing deployment pay. He said he’ll do what he can to recommend this, as it would require policy changes.

The other incentive he said he wants for Soldiers who stay and are willing to deploy is more promotion opportunities. He said he’s recommending reducing the retention control points to 20 years for E-6s, 24 for E-7s, 26 for E-8s and 30 for E-9s.

He also said he plans to recommend reducing the time-in-grade requirements for E-7 through E-9 by one year.

These changes would stimulate initiative in young leaders, and offer more opportunities for promotion by moving stagnant leaders into their transition phase, he said.

The second biggest issue facing the Army today, Dailey said, is

leader development.

The Army is still using old standards of multiple-choice testing and rote-memory drills in training, instead of training leaders to be critical thinkers.

Having said that, “we have the best trained Army in the world in leader development,” but other nations, including potential adversaries, are catching up in their own leader-development efforts. A lot more realistic and relevant leader-development training will need to take place in the future.

One big problem in leader development, he acknowledged, is a lot of Soldiers shy away from attending courses. That’s going to change really fast, he said. By next year, if Soldiers are not attending, they risk Qualitative Management Program screenings under the Select-Train-Education-Promote program.

That will create more opportunities for Soldiers who do want to develop their leadership skills and

get promoted, he added.

The No. 3 problem in today’s Army is talent management, Dailey said. “We’re really good at moving people around, but terrible at managing talent.”

A lot of that has to do with the Army being big and bureaucratic in nature, he conceded. “We’re working very hard to change that.”

The Army is in the process of evaluating all of the skills needed in each military occupational specialty and will be matching that to the knowledge, skills and attributes of Soldiers, as well as what’s on their NCO evaluation report.

Speaking of the NCOER, he said “80 percent of the Army thinks they’re in the top 20 percent” of the ratings “because we told them they are.”

The new NCOER promises a fairer assessment and more honest ratings, he added. Simple statistics bear out that “25 percent of the Army is in the top 25 percent of the Army.”

News Briefs

A Night in Bethlehem

The Fort Rucker Chaplaincy will host its A Night in Bethlehem event Dec. 15 from 6-8 p.m., which will re-enact the events leading to Jesus’ birth with a drive-through experience at the main post chapel loop. For more information, call 255-3140.

Scholarships, grants

Corvias Foundation recently announced that applications for the 2016 scholarships and educational grants are now available. Applications for the 2016 scholarships must be submitted by Feb. 11 and will be awarded to high school seniors with plans of attending a four-year university or college. The scholarships are in the amount of up to \$50,000 per person. The scholarship is available to children of active-duty service members stationed at Fort Rucker and a number of other Army and Air Force installations. All scholarship applicants will be notified of their award status by the end of April.

Applications for the 2016 educational grants must be submitted by May 5. Grants are given in the amount of up to \$5,000 to spouses of active-duty service members

stationed at Fort Rucker and the other installation. Corvias Foundation will select 20 recipients and applicants may be in any stage of the educational process. All applicants will be notified of their award status by the end of July.

Applications and all necessary paperwork for both the scholarship and educational grant must be submitted by the due date in order to be considered. Selected recipients may begin using their scholarship or educational grant in the fall of 2016. Families do not have to reside in on-post housing in order to qualify for scholarships or grants.

Applications are available now at <http://corviasfoundation.org>. For more information, send an email to info@corviasfoundation.org or call 401-228-2836.

Military personnel closure

The military personnel division will be closed today and Friday. The closure includes the ID card section, retirement services office, personnel reassignment branch, personnel management branch (in and out processing) and personnel services branch. Normal duty hours will resume Monday at 7:30 a.m.

Clinic closures

The clinic will be closed today and Friday for the Thanksgiving Holiday.

Lyster Army Health Clinic will maintain normal operational hours during the holiday season with the following exceptions: Dec. 16 closing at noon for training; closed Dec. 25 and 26; and closed Jan. 1.

Clinic appointment line

Lyster Army Health Clinic beneficiaries who experience issues, such as a busy signal, when calling the local appointment line at 255-7000 should call the second line at 1-800-261-7193. This will also get people to the right place to make appointments.

Amnesty Day

The Fort Rucker Amnesty Day is scheduled for Dec. 9 from 8 a.m. to 3 p.m. at the ammunition supply point off of Christian Road for people with authorization to access Fort Rucker to anonymously drop off any unused, unwanted, or unauthorized military or commercial ammunition and explosives.

For more information, call 255-4224 or 255-4898.

KEY TO CYBER SUCCESS:

Operators must learn land operations language

By C. Todd Lopez
Army News Service

WASHINGTON — Cyber may ultimately be commander's business. But for commanders to adopt and employ capabilities that the cyber community brings to the table, operators must excel at explaining their abilities in terms commanders can understand.

Maj. Gen. Stephen G. Fogarty, commander of the Cyber Center of Excellence and Fort Gordon, Georgia, said he believes that the nation's defense, and the Army's ability to operate, is almost completely dependent on Department of Defense information network operations.

"I think DODIN operations, from the enterprise level (DISA) all the way down to the rifleman radio, is the most complex, most important operation that DOD conducts," he said, speaking at a conference on cyber operations, sponsored by the Association of the United States Army, Nov. 10. "We are almost completely dependent upon DODIN operations."

Today, he said, mission command, intelligence, surveillance and reconnaissance, precision fires, joint logistics and tele-medicine, among other things, all depend on DODIN operations.

"We are at a point now where the network is not just an enabling or supporting capability, but is a warfighting capability and a warfighting platform," he said. "As we start to move into the offensive realm, with cyber capabilities, it becomes even more important to really recognize that fact."

Ultimately, Fogarty said, cyber is the responsibility of the commander.

"From the defensive to the offensive, he is the one responsible for integrating all these capabilities, like he is for fires, combat aviation or logistics," Fogarty said.

Maj. Gen. Charles Flynn, commander of the 25th Infantry Division at Schofield Barracks, Hawaii,



GRAPHIC BY PEGGY FRIERSON

said the efforts of cyber liaison officers are pivotal in how maneuver commanders accept cyber capabilities into their arsenals and how they employ those capabilities.

"These cyber teams and LNOs — they have to get out to the divisions, the corps, the Army service component commands, into the theater armies, and they need to get out there yesterday," Flynn said. "They are not coming fast enough."

And those who come, Flynn said, need to be the very best the Army has to offer in the way of cyber. They must not just be experts in their own area, in cyber operations, but they must also be extremely knowledgeable in land operations, as well, so that they can articulate to commanders — in language the commanders can understand — what they bring to the table.

"You need to send your very best people, and they need to be reliable and incredible upon arrival," he said. "They need to be able to describe to the commanders what they offer. I cannot express to you

adequately (enough), if you don't send your best people out there to talk to division, corps, and theater commanders, it will set back your efforts more than you can ever imagine."

Flynn said cyber LNOs must understand maneuver warfare and doctrine, so they can convey to those commanders how cyber will fit into the fight. "And they have to convince the commanders that they are value-added to their fight."

Those LNOs must understand how the maneuver commander thinks, he said. And to do that, they must form a relationship with the commander, as do other LNOs. "From that relationship (comes) trust. Then you can build teams. Without a relationship, you will not have the trust, and you will not get to building the teams required to execute this."

Flynn suggested that cyber warriors be able to speak top operational commanders in "doctrinal and simple terms."

"They have to be able to describe what they offer to the commander,

"I talked about a weapons system, class of supply, terrain features, munitions — these are all terms that are understood by company commanders, battalion commanders, brigade commanders, division commanders, corps commanders," Flynn said. "You have to speak in simple terms so they understand what it is you are bringing to the fight. So they understand, in their context, what it is you can apply for them."

Cyber Campus

In September, Fogarty said, the Cyber Center of Excellence published a strategic plan, focusing on five lines of effort. But he instead mentioned three objectives that he called the "three Cs."

First among those was a change in culture across the Army, where cyber is not considered just an issue for the signals or intelligence community, but for the entire Army.

"We have to get the different tribes to work together much more effectively," Fogarty said.

Secondly, he said, there must be a true "cyber campus" on Fort Gordon.

"The facilities down at Fort Gordon, outside the operational facilities, are not up to the task," he said. "The Army is going to have to make a significant investment."

He said already the Cyber Center of Excellence is working with the assistant chief of staff for installation management, U.S. Army Training and Doctrine Command and the Army staff to make that happen.

Finally, he said, "convergence." He said there isn't just one network, but multiple networks.

"The way we operate today is unsustainable and frankly it's indefensible," Fogarty said. "We are going to have to drive not only the convergence of the network, but the convergence of organizations, and convergence of tactics, techniques and procedures to get to the cooperation I talked about."

Army launches innovation challenge on cyber situational awareness

By Claire Heininger
Army News Service

McLEAN, Va. — Situational awareness — knowing precisely what's happening on the battlefield, where and when — can make the difference between mission success and mission failure.

Now, the Army wants to extend commanders' situational awareness into cyberspace.

"It is the Army's No. 1 gap to start to look to fill," said Russ Fenton, of the U.S. Army Training and Doctrine Command's Cyber Center of Excellence. "There is a list of cyber gaps and at the top is situational awareness."

To investigate new technology and solutions that could help tactical commanders visualize the cyber domain and calculate risk from cyber threats, the Army kicked off a Cyber Innovation Challenge with an industry day Nov. 18.

The innovation challenge looks to industry partners, especially non-traditional

defense contractors, to deliver prototype solutions for rapid evaluation using a flexible acquisition model known as Other Transaction Authority.

"Our priority on cyber is to figure out how to make acquisition responsive to the requirements," said Kevin Fahey, executive director for System of Systems Engineering and Integration, Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology. "In this space, the best thing we can do is get it in the hands of users."

The innovation challenge does just that by working through a consortium of industry, academia and government entities, which allows the Army to solicit, evaluate and purchase limited quantity prototypes of equipment from a wide range of non-traditional sources. These prototypes are then placed in the hands of cyber Soldiers for operational evaluation to inform specifications prior to fielding decisions and potential broader procurement.

Thanksgiving Day Holiday Hours (Thurs) 26 Nov 15	
FACILITY	
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MCSS	CLOSED
Mini Mall	0900-1700
Class Six	CLOSED
Burger King	CLOSED
Ft Rucker Food Court:	
Anthony's	CLOSED
Charley's	CLOSED
Popeyes	CLOSED
Subway	CLOSED
Theater	CLOSED
Services 6600/2906:	
Alterations	CLOSED
Barber Shop	CLOSED
Dry Cleaners	CLOSED
Penske/ Hertz	CLOSED
Firestone	CLOSED
US Patriot	CLOSED
Services 9214:	
Flower Shop	CLOSED
Barber Shop	CLOSED
GNC	CLOSED
Beauty Shop	CLOSED

Black Friday Hours (Fri) 27 Nov 15	
FACILITY	
Main Exchange/PX	0400-1900
Triangle Express	0630-2000
MCSS	1000-1600
Mini Mall	0900-1700
Class Six	1000-1600
Burger King	0700-2000
Ft Rucker Food Court:	
Anthony's	1100-1430
Charley's	1000-1800
Popeyes	0300-1900
Subway	0700-1900
Theater	1900
Services 6600/2906:	
Alterations	1000-1600
Barber Shop	CLOSED
Dry Cleaners	CLOSED
Penske/ Hertz	CLOSED
Firestone	0900-1600
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Gate access changes begin Monday

Fort Rucker Public Affairs
Press Release

Fort Rucker officials announce the closure of the Newton Gate, as well as the shutdown of the Enterprise Gate Visitor Control Center, starting Monday.

The VCC shutdown will require those needing a visitor badge go to the Daleville or Ozark gates instead. There will be no change to the 24-hour operation for entering and exiting the post from the Enterprise Gate.

Additionally, Dec. 5, the

Faulkner Gate hours will increase on the weekends. The new hours will be 6 a.m. to 6 p.m. Saturdays and Sundays.

While post leadership understands these changes will require an adjustment to how some employees and others enter the installation, they are being implemented in order to balance mission requirements and available manpower resources. Officials apologize in advance for any inconvenience this may cause those entering Fort Rucker.

The closure of the Newton Gate

will primarily effect those working at Hanchey or Knox airfields who enter post through the Newton Gate. These personnel can use one of the three other main gates or the Faulkner Gate during posted hours. Large commercial traffic making deliveries on post will have to use either the Ozark (24 hour operation) or Faulkner Gate (during posted hours) for entrance, as the Daleville Gate cannot accommodate vehicles of that size.

Closure of the Enterprise VCC should not significantly inconvenience

visitors. It simply means visitors who don't have a pass must obtain one from either the Daleville or Ozark VCCs. After obtaining a visitor badge, which is normally good for six months (un-sponsored) or up to one year (sponsored), visitors can enter through any gate.

Newton and Faulkner gates, as well as the Ozark and Enterprise VCC, are scheduled for closure during the Thanksgiving period Thursday-Sunday. The Daleville VCC will remain open during this holiday period for those needing

visitor badges.

The Fort Rucker Director of Public Safety, Lt. Col. Florentino Santana, said, "I know these changes will impact the daily travel requirements for drivers and the many people who work, live or visit Fort Rucker. I ask drivers to remain patient while we work to mitigate any potential impacts at the other gates once these changes take effect. I recommend drivers adjust their travel plans accordingly in order to arrive at their destinations on time."

Army Press opens on Fort Leavenworth

By Maj. Steven Miller
Army University

FORT LEAVENWORTH, Kan. — As the Army's drawdown continues, promotion rates will likely remain unstable, and separation boards and Qualitative Service Program Boards will continue for the near future.

So, when competing for promotion, Soldiers of all ranks benefit from opportunities to distinguish themselves from their peers. The newly formed Army Press provides one of those opportunities.

The Army Press is one of three directorates of the Army University and operates under the office of the university provost. The press gives Soldiers and civilians several publication options for their writing.

"Most Soldiers who are com-

petitive for promotion shoot expert with their weapon, wear the APFT (Army Physical Fitness Test) badge and perform several additional duties exceptionally well. Writing for an established publication is a great way to stand out on a noncommissioned officer evaluation report and in a promotion board," said Command Sgt. Maj. Micheal Clowser, Army University.

The Army Press is a point of entry to several publication outlets. Article-length submissions can be considered for publication in 'Military Review,' the 'NCO Journal,' the Army Press Online, the 11 centers of excellence journals, Department of Defense journals, and even some commercial magazines. Book-length submissions can be considered for publication under the Combat

Studies Institute Press or Army Press imprints.

"Every submission will be read and considered for publication based on its contribution to topics relevant to the Army and the quality of the writing," said Col. Anna Friederich-Maggard, director of the Army Press. "Writing is one of the most important things we can do across the force to preserve our history and the Army Press is here to facilitate."

Recent changes to the Army's NCO professional development system put a higher priority on writing. Fort Hood and Fort Bragg are two installations, where Soldiers' writing is being evaluated at NCO Education System schools. Soldiers are expected to demonstrate improved writing skills as they move up in rank.

Army Press editors can help

mentor and encourage potential authors, who need assistance with getting started or with publishing an existing work. Press editors also assist writers whose submissions are selected, but still need revisions to ensure they are the best they can be prior to publication.

"One of the goals of the Army Press is to encourage Soldiers and civilians to write or become better writers and published authors," said Amanda Hemmingsen, editor for the Army Press. "We do that by working directly with the authors to improve their work and offer recommendations."

The Army Press editorial board will review all submissions, and those selected will go through another review to determine the best publication platform. However, authors can recommend or request

publication in specific outlets like the 'NCO Journal,' the Army Press Online, or the centers of excellence journals. Submissions chosen for print publications will go through additional editorial reviews in preparation for final publication.

Submissions chosen for the Army Press website and online forum are edited and made available online. Those not selected are returned to the author with recommended revisions, and offered the opportunity to work with an editor and resubmit at another time.

Authors submitting book-size manuscripts are guided through the editorial and publishing processes by a staff comprised of writers, editors, researchers and historians who can assist with almost any request.

Holiday: Event offers food, family fun, festive spirit

Continued from Page A1

After the songs have been sung and hot cocoa drunk, the Salute to Families Photo Contest winner will join Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, in lighting the tree to ring in the holiday season.

Photo contest winners have not been selected yet, so Fink said that people should visit the DFMWR Facebook page to vote through Monday.

Following the lighting of the tree, a special guest from the North Pole will arrive on his antique fire truck with a gaggle of little helpers to meet and greet with chil-

dren and families. Immediately afterwards, Santa and Mrs. Claus will be available for photos at The Landing where people can also fill their bellies at the annual Spaghetti Dinner.

Dinner will include a choice of pasta and sauce, salad bar, garlic bread, assorted cookies, tea and coffee. Cost for the dinner is \$10 for adults 13 and older, \$5 for children 3-12 and free for children under 2. A family special for a family of two adults and two children ages 12 and under is also available for \$25.

For more information on the tree lighting, call 255-1749, and for more information on the spaghetti dinner, call 598-2426.

Students: Gifts help brighten Soldiers' spirit

Continued from Page A1

ornaments, and it just really brightens your day and makes it a little easier to be there and be away from the family."

To brighten the day of those Soldiers who aren't able to be home for the holidays is the main goal of Operation Celebration, but the evening also teaches a lesson in understanding and respect, and gives the children a sense of importance for what deployed Soldiers do, he said.

"I think this is a good opportunity to teach respect of what it is other people do, how they do it and when they do it," said Capouch. "This teaches them the value of when people do things for other people."

All care packages were shipped out Friday in hopes that they reach the Soldiers in time for the holidays.

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702 GEORGE WALLACE: 1-owner home just needs a little TLC but otherwise in move-in condition. Enter through the front door & you have a grandroom with fireplace straight ahead & 2BR off to the left side of house. Dining area off to the right of foyer going straight in to the kitchen with MBR & laundry room on the right side of the home. Covered porch on front & covered patio on back. Side entry 2-car garage. You need to see this before it is gone! **EVELYN HITCH 406-3436**

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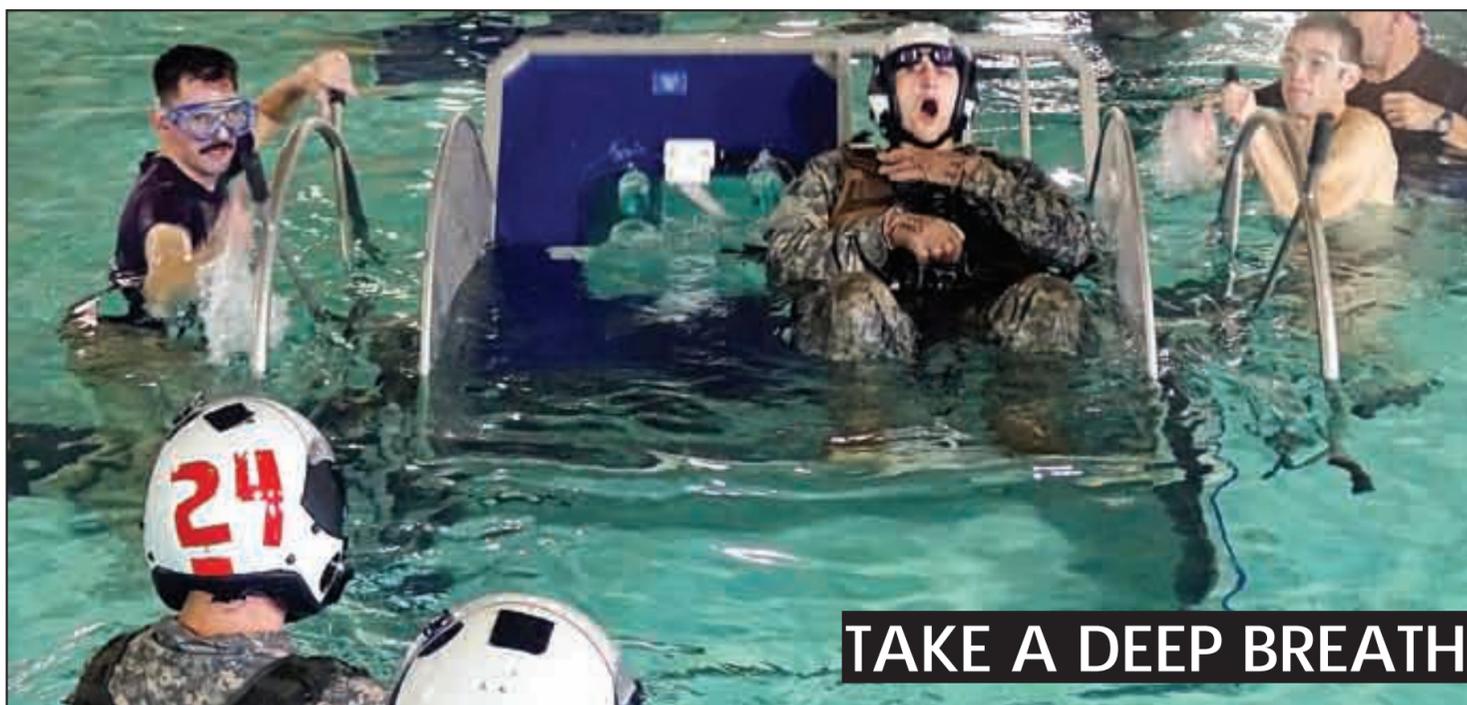
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JUST LISTED
618 JOE BRUER - \$95,500 - Nice 2-story Victorian style cottage home in Level Plains with beautiful pine wood floors, 3BR/3BA. Perfect for a rental also, only 4 miles from Ft Rucker gate. Also features a balcony off master bedroom, metal roof, crown molding, pantry, wide stairwell, cabinets in laundry room. VA foreclosure to be sold "as is". **NANCY CAFIERO 389-1758 & BOB KUYKENDALL 369-8534**

JUST LISTED
206 AARON - \$217,000 - Immaculate 3BR/2.5BA home with formal living & dining room, breakfast room plus den has room for everyone. Situated on a beautifully landscaped, level lot with privacy fence. This home offers the feel of country living within a subdivision. Some of the many improvements include: granite countertops, new kitchen appliances, shower & toilet, 2" Bali blinds in December 2014, exterior & patio doors, interior paint, garage floor stain in 2015, new roof in 2007, new HVAC in 2010, new water heater in 2011. **SAM HELMS 798-3357**

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36 & 38 ST STREET - \$36,000 - Unit 36 is a 3BR/2BA & Unit 38 is 2BR/2BA. Square footage refers to both units together according to court house data. VA foreclosure to be sold "as is". Very close to Ft Rucker, Enterprise & Daleville. Great rental property. **NANCY CAFIERO 389-1758 & BOB KUYKENDALL 369-8534**

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TAKE A DEEP BREATH

PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

Lt. Nick Hall, OH-58 Kiowa Warrior pilot, 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, 82nd Airborne Division, takes a large breath before going underwater in the Modular- Shallow Water Egress Trainer, Cherry Point, N.C., in late October. The troopers conducted helicopter egress training at the Aviation Survival Training Center, operated by the Navy, which allows pilots and other members of the unit to be exposed to a rolled over helicopter in a controlled environment.

GOLDEN PARTNERSHIP

NASA, Army celebrate 50 years of rotorcraft collaboration

By Kathy Barnstorff
NASA Langley Research Center

REDSTONE ARSENAL — U.S. helicopters, military and civilian, are safer and more efficient today in part because of a research partnership established 50 years ago between the Army and NASA.

The joint agreement, signed in 1965, has allowed NASA and Army researchers to work side by side, especially at three NASA aeronautics research centers — Ames at Moffett Field, California; Glenn in Cleveland, Ohio; and Langley in Hampton, Virginia — to improve rotorcraft.

During the 1960s, the Army recognized it needed to do research and development to improve its fleet of rotary wing aircraft, a form of air mobility particularly useful during the Vietnam War era. So, rather than spend millions of dollars to build wind tunnels, and flight test and simulation capabilities — it turned to NASA, which already had many of those facilities.

“Progress in the Vertical Lift arena, as applicable to Army missions, has been substantial indeed during the past two decades,” wrote Norman Augustine in a 1980 report called “Vertical Lift Technology Review.” “The NASA/Army relationship addressing this area is probably not exceeded



PHOTO BY GUSTAVO BAHENA

Developed and first flight tested in the 1970s by NASA and the Army, the XV-15 was one of the first successful tiltrotors.

anywhere in the realm of interagency cooperation in terms of mutual support and efficiency. The effort to truly integrate the assets of these organizations has been highly successful; should be furthered; and has almost certainly been to the substantial benefit of both the Army and NASA.”

The partnership has also had substantial benefits for the rotorcraft community as a whole. Civilian helicopters now include technology developed by research done to advance Army rotorcraft and vice versa.

“Improving rotary wing technology involves government agencies, industry and academia working closely together,” said Dr. William Warmbrodt, chief of aeromechanics at NASA Ames. “For the past 50 years, the nation has looked to the NASA and Army to set the goals, directions, and lead the way in both civilian and military rotorcraft technology development.”

“Birthed from the late 20th century, the

SEE GOLDEN, PAGE B4



PHOTO BY CAPT. CHRISTOPHER MESNARD

A crew chief with the 1-228th Aviation Regiment signals to Honduran soldiers preparing to disembark for a forward operating location Nov. 4.

Aviators support Honduran troop rotation

By Capt. Christopher Mesnard
Army News Service

PUERTO CASTILLA, Honduras — Joint Task Force-Bravo at Soto Cano Air Base recently supported Operation Caravana, which highlights continued support from U.S. Southern Command to Honduras to help counter the trafficking of illicit drugs, weapons and money through the region.

Flying low through the mountains and over the plains of Honduras, it’s easy for one to get lost in the emerald beauty as it slips by, without a thought as to the conflicts that lay below.

During the 13th iteration of Operation Caravana, a U.S. support operation to the Honduran military, JTF-Bravo members reflected on the scene as they provided airlift support for more than 300 Honduran military members transitioning to and from forward operating posts in the Gracias a Dios department (state) of Honduras.

The operation began in October 2014 as a coordinated effort between the U.S. Embassy and the Honduran air force to provide freedom of movement to the Honduran military in isolated areas in the Gracias a Dios, Colon and Olancho departments. It continues under its original intent of aiding Honduras in its battle against drug trafficking and criminal activity related to those activities.

During the first day of the two-day mission, aircrew and ground support members moved troops in and out of Puerto Castilla, a small Honduran military facility on the northern coast of the country. All around were young Honduran soldiers loaded with bedding, ruck sacks and other supplies for their rotation to the field.

To provide an open line of communication between the JTF-Bravo members and Honduran troops, Lt. Col. Giron, a Honduran liaison officer, oversaw the ground coordination for the troops and stayed in direct contact with the JTF-Bravo tactical officer in charge.

“We have to do the reliefs by aircraft due to how inaccessible the area is and the troops must bring their provisions with them,” Giron said. “So, the success is all in the planning. For example, when the helicopters load their gas, since their tanks are full they can carry less weight, so we have to talk and plan, so during the first trip, the troops carry only a small amount of provisions, and during the second round they will have less weight, less gas and they will be able to carry more.”

As the first waves of troops loaded onto the UH-60s, the excitement on the base builds, and the U.S. and Honduran military members

SEE ROTATION, PAGE B4

HELPING THE WARFIGHTER

Innovative agencies partner to counter UAS threat

By Gary Sheftick
Army News Service

FORT MEADE, Md. — Two Army organizations that have been teaming up to provide warfighters with innovations downrange are now looking to prevent a threat from the proliferation of small unmanned aircraft systems.

The Rapid Equipping Force on Fort Belvoir, Virginia, has been partnering for a while with the Asymmetric Warfare Group on Fort Meade to help units fill capability gaps in Afghanistan, South Korea and elsewhere.

They came up with the man-portable line charge to help Soldiers clear fields of improvised explosive devices in Afghanistan. Together they studied caves, like the tunnels of North Korea and Gaza, to come up with tactics and techniques for subterranean operations.

Now, they’re looking at threats from above.

Thousands of small, low-tech drones are being launched worldwide by a growing number of nations and non-state actors who could challenge U.S. interests, said Col. Steven Sliwa, director of the REF.

UAS threat

“The enemy is using these small systems,” said Lt. Col. Stephen Lee, AWG Concepts Integration Squadron commander.

In Ukraine, Russian separatists are using quad copters and other small UAS primarily for intelligence, surveillance and reconnaissance, Lee said.

He worries though, that in the future



PHOTO BY CPL. ALEX FLYNN

The Asymmetric Warfare Group trains on the Man Portable Line Charge, an REF solution for clearing lanes through IED fields in Afghanistan.

these small unmanned aircraft could be armed and used for more than just reconnaissance. So AWG and REF teamed up to study the threat.

“We don’t want the United States Army ever to be caught by surprise again like we were with the IED,” Lee said last month at a Warriors Corner presentation during the Association of the United States Army’s annual meeting and exposition.

He explained how they first replicated the threat at AWG’s \$90-million training and solution-development facility on Fort A.P. Hill, Virginia. The 300-acre facility has its own mosque, soccer stadium and subway station.

Multiple types of UAS were launched at

the facility to disrupt friendly operations.

“Pretty much, if you could imagine what you could do with it as a bad guy — we did that,” Lee said. It gave them a good idea of UAS capabilities.

Then AWG and REF went to work to figure out how the threat could be stopped.

The partnership between REF and AWG works this way: while REF focuses on new technology and material solutions, AWG looks at non-material solutions like tactics, techniques and procedures.

Lee said he believes old-fashioned training needs to be part of the solution.

“Really going back to pre-9/11 training,”

SEE PARTNER, PAGE B4

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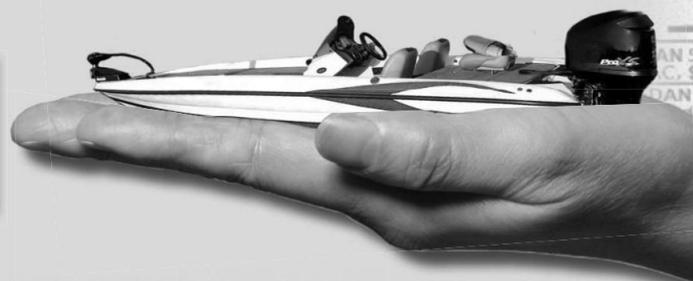


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Golden: Partnership boosts development

Continued from Page B1

historic NASA and Army partnership spans decades of positive and mutually-aligned collaboration toward common research goals both in the aviation and rocket technology aerospace domains," said James Lackey, director of U.S. Army Aviation and Missile Research Development and Engineering Center at Redstone Arsenal. "Regardless of end result mission application, the laws of physics remain constant."

Full-scale crash testing at a NASA gantry has improved restraints, seats and structures. One Army/NASA test also assessed cockpit airbag systems, which are now standard on some military helicopters.

"NASA also helped the Army

validate wire strike protection systems," said Susan Gorton, manager of NASA's Revolutionary Vertical Lift Technology project, based at NASA Langley. "The tests found that the passive system was very effective in protecting helicopters against mishaps caused by hitting a wire close to the ground."

Those systems are now installed on most military helicopters and available for civilian ones.

Research done by NASA to reduce the noise of helicopters has been incorporated into the Army's fleet, and NASA and the Army routinely conduct joint acoustic flight test programs to find new ways to reduce helicopter noise.

Other rotorcraft technologies developed and tested by Army/NASA teams include control systems for fully automatic flight,

improved rotors and blades for better performance, advanced flight controls for improved agility, advanced cockpit displays and communications systems, lightweight composite structures, new transmission and gear designs with higher strength and longer life, and improved engines with better fuel efficiency.

Gorton said one of the most memorable Army/NASA collaborations was the 1970s development and flight testing of a new type of vehicle, the XV-15 Tiltrotor. The XV-15 Tiltrotor proved that it was possible to have an aircraft that could hover like a helicopter and then move the rotors to fly like an airplane.

Because of the success of the XV-15, the Marines developed what is now the V-22 Osprey til-

trotor, and there are commercial tiltrotors ready to start the certification process for civilian use. A tiltrotor concept also is being evaluated by the Army as one possible configuration for the next family of vehicles called Future Vertical Lift.

"The NASA-Army agreement provides great products and benefits to the Aviation warfighter," said Barry Lakinsmith, director of the Aeroflightdynamics Directorate, headquartered at Moffett Field, California. "By partnering, our researchers and facilities deliver far more together than individually."

NASA and the Army continue to work together on technologies that will make helicopters and tiltrotors faster, quieter, safer and more efficient.

"The rotorcraft technology development partnership has stood the test of time for 50 years," Gorton said. "We continue to work together to make the best use of our resources both for civil users and the military."

"The U.S. Army and NASA continually learn from one another, share great ideas and join in value-added partnership research projects," Lackey said. "This is a great example of an aligned federal government that optimizes use of precious taxpayer dollars to push multiple national strategy objectives that keep the United States at the forefront of science and engineering advancement – a paramount and critical effort to ensure both national security and global economic dominance endures well into the 21st Century."

Rotation: Spanish-speaking Soldiers key to integration

Continued from Page B1

hastily but dutifully fell into an order of loading people and cargo. By the time the first helicopters were off the ground, the next group was lining up to depart.

The first round of Hondurans to return to Puerto Castilla brought more than excited faces, they also arrived with valuable experience to help build on the Honduran efforts in the region to disrupt the flow of drugs.

As the troop movement mission progressed into its second day, flow at another Honduran base improved. Though the second base was even more remote than Puerto Castilla, the process for loading and unloading soldiers seemed effortless.

A key contribution to the success of the mission was the integration of U.S. Soldiers who were Spanish speakers. With personnel on hand who could speak their native language, the Honduran soldiers responded well to direction around the helicopters and

quickly lined up for transport.

"We were able to carry out this operation in (Gracias a Dios) with the task force's helicopter support," Giron said. "The operation went well because we had no inconveniences. Weather conditions affected us a bit, but we were able to carry on with the mission."

The Caravana missions started at the request of the Honduran government to the United States, Giron said.

During the operation, he explained

how the Honduran troops supporting the mission recognize the importance of their actions. "(They know the) drug trafficking (organizations) can't operate as freely as they did before due to a stronger military presence in the area, so having the troops in those places is worth it."

The operation highlights a continued support from U.S. Southern Command forces in Honduras to help counter the trafficking of illicit drugs, weapons and money through the region.

Partner: Engineers, scientists gain closer glimpse of battlefield

Continued from Page B1

he said, "air guards, graphical training aids, camouflage tents."

He said Soldiers need training to instill awareness of the aerial threat.

"We've had air dominance so long, Soldiers believe if it's flying, it's ours," Lee said. That may not be the case in the future with UAS proliferation.

Material solutions

With thousands of small drones hovering about, technological solutions were also looked at to identify the UAS and potentially stop them.

REF looked at nine potential technologies to counter the UAS threat. A live-fire exercise was conducted at Yuma Proving Ground, Arizona, Sept. 8-25 to test the technologies.

"We took a lot of these off-the-shelf hobby-shop, low-slow types of devices (and) went against an adversary," Sliwa said. AWG operated as the red team.

Other agencies were invited to participate in the Yuma exercise and some of them demonstrated their technologies, Sliwa said.

"Not all of them worked great, but all of them learned from that," he said.

Results from the Yuma Proving Ground counter-UAS exercise should be available later this month, Sliwa said. "We're still waiting for final results, but we think that we have found some things that under certain circumstances may be able to work."

The REF will look at the most promising technologies and platforms for further assessment, he said, and then equip solutions to the deployed force.

Commanders in the field are concerned about the UAS threat, he said. They could see it coming and so could other federal agencies. Earlier this year, a small drone evaded radars and came down on the White House South Lawn, causing consternation from the Secret Service.

"Even before the one landed on the White House lawn, AWG and REF were already collaborating on this threat," Sliwa said.

REF has been collaborat-

ing with AWG more this year than before, and both are now under the U.S. Army Training and Doctrine Command.

TRADOC partners

REF was officially transferred to TRADOC Oct. 1. AWG moved to TRADOC in 2013. Before that, both agencies reported directly to the Army's G-3/5/7 staff.

When REF went under the operational control of TRADOC, a few positions – acquisition officers and a program manager – were transferred to the Office of the Assistant Secretary of the Army for Acquisition, Logistics and Technology. Those positions were then placed in Program Executive Officer Soldier, located adjacent to REF on Fort Belvoir.

PEO-Soldier, at about the same time, became the milestone decision authority for REF," Sliwa said.

"Now we have acquisition corps officers and a PM who work for the PEO, but focus on the REF mission within our headquarters, but have a line of authority that can be traced all the way up" to Assistant Secretary of the Army Heidi Shyu.

"It's helped us out tremendously," Sliwa said, adding that Shyu has been briefed several times on REF projects.

All REF projects are also shared with other TRADOC centers of excellence, Sliwa said.

Other REF partners

Before this year, the REF's milestone decision authority was the Research, Development and Engineering Command, headquartered at Aberdeen Proving Ground.

"We work with RDECOM closer now than when they were our milestone de-

cision authority," Sliwa said. "We decided to take a very conscious path of partnering with all of the Army labs to get to some of our unique solutions with expeditionary labs that are forward down-range."

This arrangement has brought engineers and scientists closer to the warfighters on the battlefield, he explained.

This summer, the REF

began operating a lab in Kuwait and it's partnering with the Joint Improvised-Threat Defeat Agency to provide training aids forward to help U.S. Soldiers train Iraqis who are battling Islamic State insurgents.

"We've been doing a lot of fabricating forward also for organizations that still have an off-the-FOB (forward operating base) mission," in Afghanistan and elsewhere,

he said, "ensuring that their MRAPs (mine-resistant, ambush-protected vehicles) can have the proper mounts for different types of non-lethal aids or devices that are going to facilitate their recovery."

The REF is all about inserting solutions forward to help warfighters any way it can, Sliwa said, and more collaboration usually results in better solutions.

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GET THRIFTY

Thrift shop offers deals, opportunity to give back

By Nathan Pfau
Army Flier Staff Writer

As people hit the stores to get their holiday shopping done, there's one hidden gem on the installation where people might find the perfect gift at the perfect price.

The Fort Rucker Thrift Shop, located on the corner of Red Cloud Road and Ruf Avenue, offers a wide selection of items from clothing to appliances, and it's just one way that people can save money during the holidays, according to Meghann Terry, Fort Rucker Thrift Shop publicity chair.

"The Fort Rucker Thrift Shop is very well organized and we want our customers to have a boutique experience without having to pay boutique prices," she said. "We receive a lot of quality and name-brand items though donations made and through customers consigning items."

For more than 40 years the thrift shop has not only been saving people money, but has been putting money back into the community on Fort Rucker.

The Fort Rucker Thrift Shop is a non-profit 501(c)-3 organization established to generate funds, and those funds are disbursed throughout the community in the form of grants to charitable organizations for the betterment of Soldier and their families, said Terry.

"Through our receipt of donations and sales we are able to distribute community grants (that) benefit many children and



FILE PHOTO

Heather Savage, Priscilla Thurman and Amanda Collins, thrift shop employees, showcase different items for sale at the Fort Rucker Thrift Shop last year.

spouses of our Soldiers, as well as organizations, schools, businesses and programs in the Fort Rucker area," she said. "When people shop with us, all profits made by the thrift shop are given back to the com-

munity," adding that more than \$150,000 in scholarships and more than \$300,000 in grants have been issued over the years.

"In May, through our Teacher Grant Program, the Fort Rucker Thrift Shop awarded \$16,700 in grants to local teachers to assist with various projects and updates to curriculum directly benefiting their students," said Terry. "We are also putting the finishing touches on a new grant program entitled the Honoring Wiregrass Veterans Program, which will allow local veterans the opportunity to apply for a grant intended to help cover their expenses."

Just some of the organizations that the thrift shop contributes to include wounded warriors, disabled American veterans, Veterans Affairs hospitals, Relay for Life, animal shelters and many others, and all of this is done through volunteer efforts.

"Volunteers sort the donations, tag them and place them on the sales floor, and other volunteers work in the consignment

area pricing the consignments," said Tracy Landa, Fort Rucker Thrift Shop volunteer. "Donations arrive daily, so there is always work to be done, and if people aren't able to volunteer their time, they can consider donating items or just stopping by and shopping at the thrift shop."

The thrift shop's store hours are normally Wednesdays-Fridays from 10 a.m. to 2 p.m., with consignment hours Wednesdays and Thursdays from 10 a.m. to 1 p.m., and, although the store will be closed for the Thanksgiving holiday, the thrift shop will have a special opening Dec. 5 from 10 a.m. to 2 p.m. to help people get their shopping done in time for Christmas.

Shopping at the thrift shop is open to the public, but guests on Fort Rucker are reminded that they will need a gate access pass in order to drive onto the installation.

For more information, visit www.fortruckerthriftshop.org, or call 255-9595.



PHOTO BY NATHAN PFAU

Ann Smith, retired military family member, and Anita Taylor, civilian, shop the deals during the Fort Rucker Thrift Shop's early Black Friday sale Friday.

GAME ON

ACS hosts night for single parent families

By Jeremy Henderson
Army Flier Staff Writer

Time can be in short supply during the holiday season, and the Fort Rucker Directorate of Family, and Morale, Welfare and Recreation seeks to help single parents make the most of it during single parent family game night Dec. 10.

The free event, which takes place from 5-7 p.m. at The Commons, Bldg. 8950, is open to single parents – who are military or Department of Defense civilians – and their children.

"We want single parents to relax and have fun playing board games with their children," Leticia Trimble-Smith, Army Community Service Family Advocacy Program manager, said. "A free, light meal will also be available, so there is no need to worry

about what to cook for dinner.

"It is often difficult for single parents to find the time or financial resources to participate in social activities with their children," she added. "This is a stress-free event that is free and fun."

Registration is open to the first 15 families and parents are encouraged to sign up early to secure their spot and their free board game to take home after the event. Deadline to register is Dec. 7.

"Each family will receive free board games and will be encouraged to make family game night a part of their weekly routine," Smith said. "It is a time to turn off electronic devices and have fun. Family game night facilitates bonding. Children learn important social skills, such as learning to play within the rules and taking

turns.

"Children love to spend time with their parents," she added. "Something as simple as playing a board game for 10-15 minutes can make a child feel special."

MWR Central will also be on hand to provide recreation ideas for single parents.

"MWR Central is attempting to do at least two trips a month for (fiscal year) 16, and many of the trips that we offer are family-friendly and very cost effective," Heather Brown, MWR Central event programmer, said. "This will be an opportunity for families to see what we have planned and to let us know what kinds of trips they are interested in going on. They will be able to join our email club, and be the first to know when we have a trip and what trips are coming up."

"Taking a trip with MWR Central takes the stress of planning and driving off their shoulders," she added. "We take care of everything. All they have to do is show up and have a good time."

According Smith, additional resources will also be available for single parents at the event.

"The family advocacy program will offer opportunities for single parents to meet to receive valuable information, while make meaningful connections with other single parents, share resources, information and gain mutual support," she said. "There is also a resource library available at ACS with books, video and audio CDs on single parenting."

For more information on FAP, call 255-3898.

For more information on the event, call 255-3817 or 255-3815.



PHOTO BY NATHAN PFAU

Friends Thia, Emma and Mari Ramirez, and Tyson Armstrong, Army family members, play a game during a family game night last year. This year, the family advocacy program hosts a single parent family game night Dec. 10.

VOLUNTEER OPPORTUNITIES

Position: Installation BOSS Secretary

Duties: Record and prepare the minutes of Better Opportunities for Single Soldiers committee meetings. Become a subject matter expert on the BOSS program. Assume the duties of the president in the absence of the president, vice president and treasurer. If interested, call 255-9180.

Position: Installation BOSS Treasurer

Duties: Prepare and render financial reports at meetings, as needed. Serve as chairperson for the finance committee. Responsible for cash controls at all events where monies are allowed. If interested, call 255-9810.

Position: Installation BOSS Vice President

Duties: Serve as chairperson of the BOSS volunteer committee. Assume the duties of the president in his or her absence. If interested, call 255-9180.

Position: Intramural Sports Assistant with Sports, Fitness and Aquatics

Duties: Light duty setup and breakdown of sports, fitness and aquatics branch fields and courts to include sporting equipment, lights, etc. If interested, call 255-2393.

Position: Activities Support

Duties: Provide assistance to key volunteers in BOSS programs and other programs supported by the BOSS program. If interested, call 255-9180.

ON POST

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

Thanksgiving Feast

The Landing will host its annual Thanksgiving Feast today from 11 a.m. to 2 p.m. The feast will feature Thanksgiving entrees, sides and desserts, so people can relax while The Landing takes care of the cooking. Cost is \$17.95 for ages 13 and older; \$6.95 for ages 6-12; \$3.95 for ages 3-5; and ages 2 and under eat for free. There is also a \$39.50 Military Family Special for two adults and up to two children, ages 12 and under. Pricing includes a soft drink or tea. Reservations are highly recommended. When making a reservation, people should include how many adults and children will be in their party.

For more information, call 598-2426.

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11 a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

For more information, call 255-9647 or 255-3359.

International Spouses Get Together

Army Community Service Relocation Readiness Program will host an International Spouses Get Together Dec. 4 at 9 a.m. at the Allen Heights Community Center. Spouses are welcome to attend and meet spouses from other countries, along with gaining the support and knowledge in finding the resources for obtaining U.S. citizenship, education, getting a drivers license and more. Multilingual volunteers will be available.

For more information, call 255-3735.

Riverboat dinner cruise

MWR Central will host a Riverboat Dinner Cruise with Santa Day trip to Montgomery Dec. 12. The trip will depart from Bldg. 5700 at 4 p.m., the boat boards in Montgomery at 7 p.m. and cruises until 9 p.m. Return time to Bldg. 5700 will be 11:30 p.m. Price is \$65 for adults and \$45 for children, and includes transportation to and from Montgomery, full holiday meal, live entertainment, and a meet and greet with Santa. The trip can seat a maximum of 29 passengers. People need to register by Dec. 4 through MWR Central at 255-2997 or 255-9517.

Jingle Bell Skate Night!

The Fort Rucker School Age Center will host its Jingle Bell Skate Night Dec. 4 for current child, youth and school services members. Safety skate will be from 6:15-7:15 p.m. for \$2, and parents must be present. Regular skate is from 7:30-9:30 p.m. for ages 6 and older for \$5. Christmas giveaways will be given out every half hour and a photo booth will be set up. There will also be competitions for the ugliest Christmas sweater, the craziest Christmas hats and to see who can bring the most guests. Guests must be registered members with CYSS.

For more information, call 255-9108. For membership information, call 255-9638.

Christmas tree lighting

Fort Rucker will host its Christmas tree lighting ceremony Dec. 7 from 5-6 p.m. at Howze Field. The event will feature music from the 98th Army "Silver Wings" Band and local choirs, hot chocolate, the lighting of the post Christmas tree and a special visitor from the North Pole. Afterward, there will be complimentary photos with Santa and Mrs. Claus at The Landing. The event is free, open to the public and exceptional family member friendly. In case of inclement weather, the event will take place in The Landing. For more information, call 255-1749.

Annual spaghetti dinner

The Landing will host its annual spaghetti dinner Dec. 7 from 6-7:30 p.m. For more information, call 598-2426.

Giving giveaway at library

The Center Library will help celebrate the holidays by holding a 12 Days of Giving Giveaway from Dec. 7-19. Patrons who check out any holiday-themed book will receive a gift during that timeframe. The giveaway will be open to all authorized patrons.



PHOTO BY NATHAN PFAU

Breakfast with Santa

Children visit with Santa at last year's Breakfast with Santa. The Landing will host this year's annual event Dec. 12 from 9 a.m. to noon. The breakfast will feature a buffet style menu with children-friendly favorites, including pancakes, eggs, bacon, fruits and assorted pastries. Cost is \$10.95 for ages 13 and older, \$5.95 for ages 3-12, and ages 2 and younger eat for free. Also, the Military Family Special is \$25 for two adults and up to two children, ages 12 and under. Reservations are highly recommended. When people make their reservations, they should include how many adults and children will be in their party. Children will have the opportunity to meet Santa and get their photos taken. For more information or to make a reservation, call 598-2426.

For more information, call 255-3885.

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 Dec. 10. 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.

Single parent family game night

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation offers a single parent family game night Dec. 10 from 5-7 p.m. at The Commons, Bldg. 8950. The event is open to single parents – who are military and Department of Defense civilians – and their children. Registration is limited to the first 15 families. People are urged to sign up early to secure their space and free board game to take home after the event. Registration deadline is Dec. 7. Light refreshments will be served.

For more information, call 255-3817 or 255-3815.

Christmas Craft

The Center Library will host a Christmas craft session Dec. 15 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. The event is open to all authorized patrons. Space is limited to the first 65 children to register. For more information or to register, visit the Center Library or call 255-3885.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Dec. 11 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.

Parents day out

Dec. 12, parents can bring their children

DFMWR

Spotlight

**Fort Rucker Family & MWR
Upcoming Events & Activities**

Christmas Tree Lighting

Music by 98th Army Silver Wings Band & Local Choirs

Lighting of the Post Christmas Tree

Complimentary Hot Cocoa

Special Visitor from the North Pole

Complimentary Photos with Santa starting at 6 pm at The Landing. Santa will have gifts for all the Boys and Girls (while supplies last)

OPEN TO THE PUBLIC

MONDAY, DEC 7

5-6 pm
Howze Field

Special Events, (334) 255-1749

In case of inclement weather, event will take place at The Landing. Not a pet friendly event.

Annual Spaghetti Dinner

Dec 7 | The Landing | 6-7:30 pm

Dinner includes: choice of pasta & sauce, salad, garlic bread, assorted cookies, tea and coffee.

\$10 ages 13+, \$5 ages 3-12, FREE ages 2 & under

\$25 Family Special (2 adults and up to 2 children 12 and under)

For details call The Landing, (334) 598-2426.

www.ftruckerfmr.com

to the school age center while they enjoy some time out and about, free of children, to shop for the holidays, decorate, go to a matinee movie or just have some "me" time, according to organizers. The parents day out is open to parents of child, youth and school services members ages 6-10 in first-fifth grades. The center will provide breakfast, lunch and a snack. Children will

skate, make Christmas crafts, have hot chocolate and tell Christmas stories. Cost is \$4 per hour from 8 a.m. to 1 p.m. and free from 1-6 p.m. Parents can drop their children off at whatever time best suits them.

For more information, call 255-9108. For CYSS membership information, call 255-9638.

FORT RUCKER MOVIE SCHEDULE FOR NOVEMBER 26-29

Thursday, November 26

The Good Dinosaur (PG)7 p.m.

Friday, November 27

The Good Dinosaur (PG)7 p.m.

Saturday, November 28

The Good Dinosaur (PG)4 & 7 p.m.

Sunday, November 29

The Good Dinosaur (PG)4 p.m.

Closed November 30 - December 2

Soldiers find African forces motivated

National Fire Protection Association
Press Release

WASHINGTON — Soldiers who serve in the militaries of African nations are not interested in having Americans provide security for them or their countries — they want to get better at doing it for themselves, said U.S. Army Soldiers who recently returned from there.

Soldiers assigned to the 3rd Brigade, 1st Armored Division out of Fort Bliss, Texas, recently concluded a nine-month period, January through September, where they were regionally aligned with U.S. Army Africa. As part of the regionally-aligned forces concept, Soldiers with 3/1st AD deployed to and re-deployed from Africa, some of them more than once, to provide military-to-military support on an as-needed basis to USARAF-sponsored missions there.

“We planned missions in Africa to support our brigade, which was regionally aligned under U.S. Army Africa,” said Maj. Thomas E. Lamb, squadron executive officer for 2nd Squadron, 13th Cavalry. “We visited multiple countries, did security cooperation, participated in joint exercise lifecycle events and combined exercises with multi-national partners, such as our NATO allies and African allies on the continent, and built partner capacity within units who were actually training and prepping to go into harm’s way in support of United Nations missions and other types of activities.”

Lamb said his unit prepared for their RAF on-call period with Africa-specific training in culture and history, with individual training for Soldiers, and by brushing up on collective tasks such as team live-fire and squad live-fire.

“We re-blued ourselves on activities such as IED (improvised explosive device) training, medical training, and some of the other activities that we knew we’d be training indigenous forces in Africa,” Lamb said.

Overall, Soldiers from the brigade ended up going to 26 different countries throughout the nine-month mission, said Col. Barry “Chip” Daniels, commander of the 3/1st AD, who personally visited 12 different African nations during his involvement in the RAF period.



PHOTO BY CAPT. JASON WELCH

U.S. and Zambian Defense Force Soldiers prepare to conduct a live mortar fire during Exercise Southern Accord in Lusaka, Zambia, Aug 7.

Take care of their own

“Probably my first significant observation in the whole mission, shared by many of the Soldiers, as well, was the level of motivation of a lot of the African partners,” Daniels said. “These are people who have a vision for the future. They know what they want to be. They want — as do most people in the world — for their children to grow up with a better life than they had.”

Daniels said when he talked with the leaders and soldiers from the militaries of the different nations in Africa that he visited, he learned that they were adamant about getting better at taking care of their own business rather than having somebody else do it for them.

“They are interested in securing their own part of the world — their backyard, so to speak,” Daniels said. “And their militaries understand they may have some capability gaps that we can help them close, and provide them some assistance in everything from tactical-level training to headquarters exercises, operational concepts, staff planning and execution. They want to do that so they can counter extremists in their own backyard and provide for this future that they want.”

Command Sgt. Maj. Michael

C. Williams, 2-13th Cav., traveled multiple times to Africa during the nine-month RAF period. He worked with militaries in Malawi, Ethiopia and Zambia, and said he was impressed with their willingness to be independent — to learn from, but not lean on, the U.S. military to do for them what they can and should do for themselves.

“I was immediately impressed by their level of discipline. They are very motivated, very energized, and they very much want to be successful in what they do,” he said. “These nations want to be distributors of security rather than consumers of security from the United States. They want us to be able to come over there, and help build their capacity for security stabilization within their own region, versus having us do it for them. That is not their goal.”

Williams said the RAF concept is a “phenomenal” idea for the U.S. Army to be involved in.

“It’s a great way to allow these partner nations to facilitate their own security, and to prevent instability in their own regions,” Williams said. “This is the first part of ‘prevent, shape and win.’ This is how we get ‘left of the boom’ and prevent having to go over and solve things kinetically for other people.”

Better soldiers, leaders

The Army’s RAF concept links U.S. Army units to combatant commands, such as U.S. Africa Command, to provide on-demand support to them when needed. But it’s not just combatant commanders that benefit from RAF. The Soldiers and the units that participate in RAF benefit, as well.

For 1st Lt. Ashley Meadows, 123rd Brigade Support Battalion, the recent RAF rotation put her in Burkina Faso for a total of four months. It was her first time in Africa and she said it was the highlight of her Army career.

“It was the best experience I’ve had in the Army and also in my life — to experience the different culture,” she said. “You see certain things about Africa on the news, but I was pleasantly surprised to see a welcoming community, and I would go back.”

During the brigade’s nine-month RAF rotation, Meadows actually deployed to Burkina Faso two times. The first time she went for a month to participate in leadership training with the 1st Logistics Company in Burkina Faso. The second time, for three months, was to provide medical, resupply operations, and maintenance operations training to the same unit.

“It was myself and a team of six,” she said. “We interacted with 193 soldiers, day in and day out. It wasn’t just training medical and resupply. We also shared stories of the difference between Burkina Faso and the United States, so it was a marriage of culture during this training.”

Williams said that, as a senior NCO, he felt his involvement in Africa as part of the RAF rotations there expanded his understanding of what kind of impact the United States has around the world.

“I think it has certainly brought awareness to me personally of the fact that it is entirely possible and plausible for us, as a nation, to have a real geopolitical impact on our partners and to facilitate things before they become problematic, or to solve problems before they become real problems,” Williams said. “I think that it has also shown me how other nations envy what we do as a non-commissioned officer corps, and it has allowed me to appreciate what we do here that much more.”

Measuring impact

Daniels said he thought it will be some time, perhaps years, before the long-term impact of his unit’s RAF rotation in Africa can be accurately measured.

“We are trying to prevent conflict by shaping the security environment and working with our partners in Africa at their request to secure their own region,” he said. “Measuring the impact of that, and the effectiveness of that, is going to take time. I think we need to look at this in three- to five-year, and ten-year increments, and assess whether this investment we are making is actually shaping the security of the security environment and preventing the outbreak of large-scale hostilities.”

What he knows now about their RAF rotations in Africa is that it has impacted his own unit, helping young leaders to grow and develop.

“There is no doubt this improved our leaders. We would send junior NCOs and junior officers over to run small teams in Africa for up to four months at a time,” he said. “They are learning how to integrate with cultures that are very different from where they come from, their own background. Those cross-cultural skills are important.”

The colonel said his Soldiers were exposed not just to the culture of the African militaries they worked with, but also the culture of other NATO partner nations and other agencies within the U.S. government, including the Department of Defense and Department of State.

“They get an appreciation for embassy operations, and what that means — what a country team does in each of these countries,” he said. “They are learning that at a relatively junior level, and should we be committed to having to win decisively in a large-scale operation somewhere, they are going to already have a lot of this cultural expertise. So the leadership development aspect of it is fantastic.”

Strategically, he said, the partnerships that his brigade has built with African militaries, and the partnerships other Army units will build, will be useful and valuable in the future.

USAFRICOM builds capacity, helps African nations work together

By Jim Garamone
Department of Defense News

WASHINGTON — Extremism is a problem in Africa, but the people and nations of the continent are working together to defeat it, the commander of U.S. Africa Command told the Defense Writers’ Group here Friday.

Army Gen. David M. Rodriguez said he came to his command wanting to build local capabilities on the continent and to encourage nations to band together to confront the scourge of groups like Boko Haram in Nigeria, al-Shabab in Somalia, a growing Islamic State of Iraq and the Levant presence in Libya and al-Qaida in the Maghreb and its offshoots on the continent.

He is starting to see a payoff, he said.

U.S. Africa Command’s main effort is helping African nations build the capabilities and capacity needed to handle their own problems, the general said. This is being accomplished through small teams of U.S. forces who are working with nations at the request of their governments.

“The major thing they need and want is training and understanding how to operate in the environments they are working in,” Rodriguez said. “They usually need help in the same type of areas — command and control and communications, (and) intelligence — we do a tremendous amount of intelligence training throughout the African continent. They need help in logistics and mobility. They need help in specialty skills anti-mine or IEDs.

“For their militaries and institutions, the

most important thing for them is to grow leaders and select the right people and build the systems that sustain their efforts for the long run,” he continued.

Regional cooperation

The nations are working very hard together to protect the region — something that wasn’t always the case, the general said.

For example, countries in west Africa considered Boko Haram a Nigerian problem and weren’t very worried about it. The group operated in the northeast part of Nigeria, leaving a trail of blood and tears. The Nigerian army and police were ineffective in stopping the group. Now Boko Haram has declared allegiance to ISIL and the group is spreading. Neighboring countries took note and they are cooperating against the terrorists in a way they hadn’t before, Rodriguez said.

It’s having an effect on the terrorists, he said, but much more needs to be done.

The same is true in Somalia, where Kenya, Uganda and Ethiopia are cooperating in the African Union mission in Somalia to bring stability to that nation. This cooperation is working there, too, as Rodriguez noted wryly that Yemenis are now escaping their country for the security of Somalia.

The cooperation among nations is growing as their capabilities are increasing, the general said. In fact, “some of the African nations that have the capacity are also helping to train some of their partners in addition to operating together,” he said. “Some of the countries in Africa train African military

leaders — that’s a good news story. That’s the next step as they build their ability to generate their own forces and train their own forces that they will train each other.”

Even the Ebola crisis helped countries work together, Rodriguez said. They had to cooperate to halt the spread of the dread disease. Eleven countries have received training in combating Ebola and they are sharing lessons learned.

When DOD established U.S. Africa Command in 2007, many nations on the continent evinced distrust. That seems to be a thing of the past. “I think Africa Command has been able to first, listen to the Africans, and then help them where they really need the help,” Rodriguez said. “I don’t detect too many places now where there is a negative perception of what we are doing in Africa.”



ARMY PHOTO

Rodriguez

Bringing People Together Thru Faith

ARMY FLIER
Church Directory

First United Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall.....8:45AM
The Gathering (Youth) 6:00PM
Sunday School9:55AM
Nursery CareEvery Service

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

VINEYARD CHURCH
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Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

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

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

Elba hosts family holiday fun

From Staff Reports

Amy Flier

What do you get when you bring together the fiddle, mandolin, banjo, guitar, upright slap bass, rhinestone costumes, comedy, bluegrass, rockabilly and gospel music? Branson on the Road – Christmas style.

Elba High School hosts a night of music, comedy and family fun Dec. 8 beginning at 7 p.m.

Audience members will hear holiday favorites including *Blue Christmas*, *Holly Jolly Christmas*, *Beautiful Star of Bethlehem*, *Let It Snow* and *Jingle Bells*. Old country favorites featured are *Orange Blossom Special* and *A White Sport Coat*. Debbie Horton, the only woman to play lead guitar for Johnny Cash, will play a medley of his songs.

Performances are made possible by support from corporate and individual memberships, by the Alabama State Council on the Arts and the National Endowment

for the Arts.

Adult tickets are \$25 in advance and \$30 the day of the event. Student tickets are \$20 in advance and \$23 the day of the event.

For information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

Tickets are available at these locations:

- David's Westgate Beauty Salon in Enterprise, 406-1617;
- Redbrick Pizza (next to Publix) in Enterprise, 475-2156;
- The Framery in Enterprise, 347-7800
- Hair Haven in New Brockton, 347-6113;
- Bradley's Florist and Gifts in Elba, 897-3422;
- Wildflowers Florist & Gifts in Elba, 897-3010;
- The Printing Press, Inc. in Troy, 566-4060;
- MaFoosky's Deli in Daleville, 598-3030;
- Harbin Jewelers in Ozark, 774-4427



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

DECEMBER – Court Square will host Christmas in Candyland Fridays, Saturdays and Sundays in December. For more information, visit <http://www.christmasincandyland.com>.

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

DEC. 1 — The Dothan Civic Center will host the city's Christmas tree lighting at 6 p.m. Mayor Mike Schmitz and members of the Dothan City Commission along with other special guests will be on-hand to welcome the beginning of this holiday season. The Montana Magnet School Fifth Grade Chorus, under the direction of Kim Price, will entertain with Christmas carols. Santa Claus will also be on-hand for photos and to spread holiday cheer.

For more information, call 615-3700

or visit <http://www.dothan.org/calendar.aspx?EID=961>.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

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

DEC. 1 — The Enterprise Christmas Parade will begin at 6 p.m. on Main Street, starting at Grocery Outlet and continuing on down to Rail Road Street. For more information, call 347-0581.

ONGOING — The Boll Weevil Dance Club meets every Friday from 7-10 p.m. at the Enterprise "Jug" Brown Recreation Center. Cost is \$5 per person. Groups of five or more receive a 20-percent discount. Event is described as providing exercise and fellowship opportunities. Free refreshments are served and every fourth Friday night of the month is covered dish night. For more information, call 347-3381.

ONGOING — Every Monday and Tuesday of each month at 7 p.m. the city of Enterprise hosts line dancing. Fee is \$3 per class. For more information, call 348-2684 or visit www.cityofenterprise.net.

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.

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

OZARK

NOV. 30 — The Flowers Center for Performing Arts will host a Daughters of Hope and Promise mother and daughter event at 6 p.m. featuring Miss Alabama Meg McGuffin and Miss Alabama's Outstanding Teen Kaitlyn Campbell. For more information, call 618-1180 or visit Daughters of Hope and Promise on Facebook.

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

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

Beyond Briefs

Panama City Christmas concert

Panama City POPS Orchestra will host its free Christmas concert, "Beach Home for the Holidays" Nov. 28 from 7-9 p.m. at Aaron Bessant Park in Panama City Beach. The evening of holiday cheer features s'mores, hot chocolate and the festive sounds of the Panama City POPS Orchestra.

Old Alabama Town Holiday Revue

Old Alabama Town in Montgomery welcomes everyone to celebrate the holidays in early-Alabama style Dec. 3 from 7-10 p.m. with a holiday show filled with original and traditional music, poems, monologs, fun and laughter. The event features Karren Pell and the OAT Revue Crue.

For more information, call 334-240-4617.

'A Christmas Carol'

The Alabama Shakespeare Festival in Montgomery hosts its production of "A Christmas Carol" now through Dec. 24. ASF officials said, "Charles Dickens himself, who, with sleight of hand and sense of humor, brings his magical story to life. When miserly Ebenezer Scrooge receives an unwanted visit from the ghost of his former business partner, an overnight journey of epic proportions begins. With a gorgeous set, period costumes, carols and a spectacular new ending, you and your family will be left totally enthralled!"

For more information, show times and tickets call 334-

271-5353 or visit www.asf.net. Ticket prices vary based on play, date and availability of seating.

Capitol Christmas Tree Lighting

Montgomery invites everyone to the 2015 Capitol Christmas Tree Lighting Dec. 4 at 5:30 p.m. at the Alabama State Capitol. Following the tree lighting, there will be a Capitol open house from 6-7 p.m., refreshments, an art show and gift collection for foster children, and Santa Claus will be available for pictures. Admission is free.

For more information, call 334-242-3935.

Christmas lights festival

The Montgomery Zoo will transform into a Winter Wonderland sparkling with thousands of lights and festive decorations during its annual Christmas lights festival Dec. 3-31. People are welcome to take a leisurely stroll, a brisk train ride or view the lights from atop the Zoofari SkyLift Ride. The festival will also include Santa, nightly entertainment, and hot chocolate and fresh-baked cookies. Regular night time admission is \$15 for ages 3 and older. Ticket includes entry and one Christmas Lights Festival train ride.

For more information, call 334-240-4900 or visit montgomeryzoo.com/announcements/christmas-lights-festival-week-1.

Panama City Beach Marathon

The Panama City Beach Chamber of Commerce will host the inaugural Panama City Beach Marathon Dec. 5. The 26.2-mile race's start and finish line is located just a few yards north of Margaritaville on Pier Park Drive in front of As Seen On TV. There is no race day registration.

For more information and to register, visit <http://www.pcbmarathon.com/>. Online registration will close Dec. 3 at 11 p.m.

Eufaula Christmas Tour of Homes

Eufala will host its Christmas Tour of Homes Dec. 5 from 1-6 p.m. The tours begin at 340 N. Eufala Ave. For more information, visit <http://www.eufaulapilgrimage.com>.

Governor's Mansion Christmas tours

Governor's Mansion Candlelight Tours are scheduled for Mondays, Dec. 7, 14 and 21, from 5-7:30 p.m. to allow people to see the mansion decorated for Christmas. Admission is free and tickets are available at the Governor's Mansion Gift Shop. No reservations are required.

For more information, visit <http://governor.alabama.gov/governors-mansion/mansion-tours/>.

Christmas boat parade

Gulf Shores will host its annual Christmas Lighted Boat Parade Dec. 12 from 5:30-8:30 p.m. along the Intracoastal Waterway Canal.

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

Montgomery Symphony Orchestra

People are welcome to join Thomas Hinds and the Montgomery Symphony for an evening of holiday music Dec. 14 at 7:30 p.m. at the Montgomery Performing Arts Center.

For tickets, call the MPAC box office at 334-481-5100. For more information, visit www.montgomerysymphony.org/subscription/.

Natick aims for zero food waste

USAG Natick Public Affairs
Press Release

NATICK, Mass. — Realizing that food makes up 21 percent of all the waste dropped into this nation's landfills, three ambitious folks at the Natick Soldier Systems Center seek to put the installation on a diet, of sorts.

Jo Ann Ratto, Danielle Froio and Rich Valcourt want to curb NSSC's appetite for the styrofoam containers and conventional plastic dinnerware available in the cafeteria, Combat Feeding Directorate sensory laboratory and pilot plant, and the dining facility, diverting those items and food scraps from the solid waste stream into a compost pile at a local farm.

"It's called 'Zero Waste Cafeteria,'" said Ratto of the Combat Feeding Directorate, Natick Soldier Research, Development and Engineering Center. "So, we're replacing all of the styrofoam in the cafeteria with compostable items, whether they're made out of a biodegradable plastic or they're going to be made out of a natural fiber material, or paper."

The Commonwealth of Massachusetts recently announced a ban on food waste in commercial operations if it exceeds one ton per week. Valcourt said, as a U.S. Army Garrison Natick environmental engineer, NSSC currently produces three-quarters of a ton per week.

"So we're under the threshold, but we want to be the stewards of the environment," Valcourt said. "That (maximum) could be lowered in the near future. So we went forward."

Through a Bootstrap Initiative sponsored by the NSRDEC chief scientists, Ratto was able to obtain \$17,000 in funding for the project earlier this year. Such initiatives are submitted by NSRDEC employees in hopes of streamlining processes and minimizing bureau-



PHOTO BY TAZANYIA MOUTON

Styrofoam containers, like this one, will be eliminated as the Natick Soldier Systems Center turns to compostable dinnerware.

cracy. A large portion of that money was used to buy biodegradable tableware that will be available in the cafeteria and individual bins that the workforce can use to dispose of food waste in their work areas.

The program kicked off Nov. 23, with Ratto, Froio and Valcourt standing by in the dining areas to answer questions.

"Given that the success of this initiative is largely dependent on the workforce's participation, a significant part of this effort will focus on educating the workforce about the switch over to compostable food service products in the cafeteria, and how this affects the way in which they dispose of their food waste and dinnerware," Froio said. "Visual cues will help guide employees through the sort-

ing process, in an effort to minimize contamination of the compostable bins with non-compostable items, like condiment packets, potato chip bags and other commercial packaging that is either purchased in the cafeteria and PX or brought in from home, and consumed in the dining area."

"We're going to be collecting all the food waste and those compostable items all in one bin," Valcourt said.

"You can take your plate that has leftover food on it and throw it right in the same bin," Ratto added.

Conventional trash bins will also still be available for the collection of all non-compostable items.

Waste from food preparation will also make its way to the compost pile, but what happens when

employees take meals back to their offices?

"People in the work area (will) have little bins – they're two-gallon bins – and we're going to have a biodegradable bag in there," said Ratto, noting that the bins are well vented. "They're odorless. They won't smell."

"That's important that people know where to put stuff," Valcourt said, "because there's going to be multiple places to put your trash."

The waste will be picked up and transported weekly to the farm. The program will run three to four months, when data will be collected to assess how much waste has been diverted from landfills and, instead, converted into compost, a valuable product that can be used by the community.

Data collection will also include

surveys, which collect employee feedback about the new compostable products and the initiative as a whole. This combination of data will help determine if the cafeteria can be a zero-waste facility.

"We want to collect at least three months of data," Ratto said. "I think it's going to be exciting for the base, and it's going to be educational and environmental."

Valcourt said the garrison will pick up where the program leaves off.

"We're going to move forward with it," said Valcourt, adding that he hopes it will help Natick reach a solid waste diversion rate of 60 percent this fiscal year. "Going to this program will help out greatly. This is a great program. It's long overdue."



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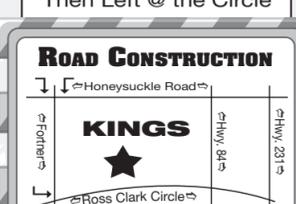
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Headquarters Chapel, Building 109

8 a.m. Traditional Protestant Service

Main Post Chapel, Building 8940

9 a.m. Catholic Mass Sunday

11 a.m. Liturgical Protestant Service

12:05 p.m. Catholic Mass (Tuesday - Friday)

4 p.m. Catholic Confessions Saturday

5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036

8 a.m. Latter-Day Saints Worship Service

9:30 a.m. Protestant Sunday School

10:45 a.m. Wings Crossroads

(Contemporary Worship Protestant Service)

12 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939

9:30 a.m. Protestant Sunday School

10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesdays

9 a.m. Protestant Women of the Chapel, Wings Chapel

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

6 p.m. Protestant Women of the Chapel, Wings Chapel

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

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

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

Wednesdays

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

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

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

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

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

Thursdays

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

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

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



COURTESY PHOTO

Pick-of-the-litter

Meet Ivy, a 6-month-old female long-hair orange tabby cat available for adoption at the Fort Rucker stray facility. She is approximately the size of a 10-12-week old kitten. She is good-natured and loves to be snuggled. 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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NOVEMBER 26, 2015

FIT FOR LIFE

Center opens space for functional fitness

By Jeremy Henderson
Army Flier Staff Writer

A new year often offers opportunities for change and work is currently under way to offer more support for future fitness resolutions.

Fort Rucker Physical Fitness Center, located at Andrews Avenue, is gradually transitioning its basketball and volleyball courts into a functional fitness area. The space will provide a dedicated space for functional fitness activities, said Lori Ciranni, Fort Rucker sports, fitness and aquatics manager.

"Functional Fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports," Ciranni said. "It focuses on training muscles in the upper and lower body at the same time. Functional fitness exercises also emphasize core stability.

"Functional exercises tend to be multi-joint, multi-muscle exercises," she added. "This type of training, if done correctly, will help to improve your everyday activities and reduce the risk of injury."

According to Ciranni, the functional fitness area will provide adequate space for

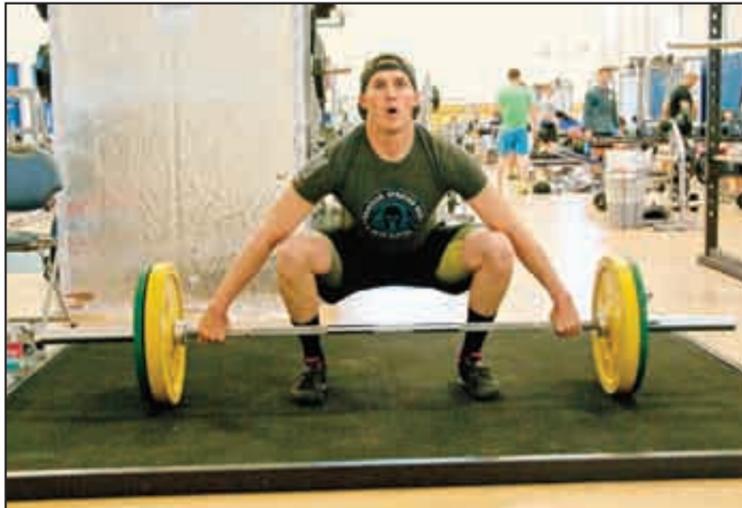


PHOTO BY JEREMY HENDERSON

WOC Cody Elzey performs a functional fitness power clean lift using bumper plates. The plates and lifting platform will soon become a part of the functional fitness area at the Fort Rucker Physical Fitness Center on Andrews Avenue.

an increasingly common form of time-saving exercise.

"Functional fitness has always been a part of exercise," she said. "Over the years, the desire to accomplish more in a lesser amount of time has become priority. By completing multi-joint and multi-muscle

exercises, you reduce the time necessary to work your total body."

Some existing equipment will slowly migrate into the newly-cordoned functional fitness area. Patrons can also expect additional equipment to arrive over the course of the next several months, accord-

ing to Ciranni.

"The kettlebells, bumper plates, Concept 2 rowers, plyometric boxes, battle ropes, some other smaller equipment, two lifting platforms and the power racks will move over to the functional fitness area," she said. "In the near future, we will add more equipment to include, but not limited to, more power racks, four lifting platforms, Concept 2 rowers, bumper plates, Olympic bars and plates, TRX bands, agility ladders, climbing ropes and pull up bars.

"Space will be available, on the court closest to the stage, for full body movements including sprints, lunges, battle ropes and more," she added.

Functional fitness training can be beneficial, but Ciranni said proper training should be obtained before adopting a routine to prevent injury.

"Start slow and learn from a trained individual," she said. "It's better to start slow and learn the correct training techniques than to hurry into it, get hurt and have to take time to heal."

According to Ciranni, intramural basketball and volleyball games will move to the Fortenberry-Colton PFC gymnasium, beginning with basketball in December.

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

Lyster encourages healthy holiday eating choices

By Jenny Stripling
Lyster Army Health Clinic Public Affairs

The holiday season is full of wonderful foods and treats, and many of holiday traditions revolve around food.

This emphasis on food can make doing the right thing and making healthy choices very difficult. However, by simply making

a few changes and focusing on what's truly important during this time of year, you can make it through without packing on the inches.

The Lyster Army Health Clinic Nutrition Care Clinic has helpful tips on how to keep those extra pounds off during the holiday season.

Having a good time and making healthy

eating choices is not hard with a little pre-planning, said Andrea Jones, chief of the nutrition care clinic.

Making sure to eat a small snack before attending holiday parties can help cut down on how much you eat at the snack table. Offering to bring a healthy dish is also a good way to keep you on track.

"Don't hang out around the food and drink table, or you may be tempted to keep snacking," Jones said, adding portion control is essential during the holidays.

Increasing your intake of fruits and vegetables, and drinking plenty of water, is a good habit to form not only during the holidays but year round, she said.

"If you are going to drink alcoholic beverages, make sure to drink on a full stomach because the calories from the alcohol are absorbed much quicker," Jones said.

Those looking to make weight loss New Year's resolutions should be ready to change their daily eating and exercise habits.

"The best way to lose weight is to set a realistic goal and add in exercise during the week," she said.

A healthy weight loss is one to two pounds per week, and can be achieved by reducing calorie intake, eating healthier and more often, and exercising.

The nutrition clinic staff is happy to assist patients with achieving their goals by analyzing their body fat percentage and giving them a breakdown of where they stand.

The clinic also offers classes to help patients achieve their goals of maintaining a healthy lifestyle.

- The Army Move! Program is available to adults 18 and older for weight loss and weight management. The class will begin Dec. 15 from 9-11 a.m. and Jan. 5 from 1-3 p.m. at Lyster.
- The Healthy Heart Management and Prevention class is offered to those with abnormal cholesterol, and is Dec. 4 from 9-11 a.m. and Jan. 13 from 9-11 a.m.
- LAHC also offers a Diabetes Basic Program, teaching about preventing and controlling diabetes. The program consists of four lessons taken over a two- to four-month period. The classes are held Thursdays from 9 a.m. to noon, with the next series beginning Jan. 7.
- Those wishing to learn new, healthy recipes can attend the Lyster Cooking Demonstrations. These demonstrations are available to all and are held in the Lifespace Center area at the front of the clinic, usually on a monthly basis.

"Participants learn how to cook a healthy, family-friendly meal and taste the end result," Jones said.

The most up to date information on these classes and other health events can be found on LAHC's Facebook page @ LysterArmyHealthClinic.

For more information on these classes or how to take control of your health, call 255-7986.



PHOTO BY JENNY STRIPLING

Andrea Jones, chief of nutrition at Lyster Army Health Clinic, whips up a healthy meal during one of Lyster's healthy cooking demonstrations earlier this year.

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 Col. Tom von Eschenbach CDID (50-27)							
 Capt. Louis Hill 6th MP (46-31)							
 Jim Hughes PAO (53-24)							
 Capt. Mike Simmons DPS (56-21)							
 Sharon Storti NEC (52-25)							

Wheelchair rugby makes debut

By J.D. Leipold
Army News Service

WASHINGTON — Fifty-pound wheeled chariots made of steel, aluminum and over-sized wheels were the modes of battle Nov. 16 as teams of joint-service wounded, ill or injured kicked off a demonstration of wheelchair rugby.

It was the kickoff — as it were — of Warrior Care Month and of the Joint Service Wheelchair Rugby Exhibition at the West Fitness Center on Joint Base Andrews, Maryland. Since the sport is on the schedule for the 2016 Invictus Games slated for May 8-12 in Orlando, Florida, a major objective of the exhibition was to give players the opportunity to showcase their talents in hopes of being one of the 11 players, who will represent the American team.

The players, who mostly suffer from spinal cord injuries, didn't exactly tackle their foes, but they jammed into each other grappling for the ball. There was plenty of bone-jarring clangs of metal on metal echoing around the gym as the medically retired and active-duty warriors made jolting blocks, reached out to steal the ball from the laps of their opponents, then passed or fast-wheeled it down-court where a teammate could cross the goal line for a hard-earned point.

Rugby made its Paralympic debut as a demonstration event in Atlanta in 1996, then became a medal sport in the 2000 Sydney games, where the U.S. team won the gold medal. The game was first developed in Canada as a team sport for quadriplegic athletes, and was originally known as "murderball" because of its intense physical nature. Once introduced in the United States, the name was changed to "quad rugby," but it became more common-



PHOTO BY MARVIN LYNCHARD

A player representing Special Operations Command hustles for possession against an Air Force player during tournament play.

ly known as wheelchair rugby.

The rules are straightforward — two teams of four play four eight-minute quarters on a basketball court. They must pass or bounce the ball every 10 seconds as they make their way to the goal line.

The exhibition started with a demonstration match between two teams from the U.S. Quad Rugby Association out of the Atlantic North Region — the Maryland Mayhem and the Medstar NRH (National Rehabilitation Hospital) Punishers.

After a lunch break, ad hoc teams from the services were formed — Big Red Bruisers, Cherry Pickas and the Spartans. By vote of the onlookers who came to see what all the noise was about and to share in Warrior Care Month — the Cherry Pickas were deemed the winners.

For one retired Army staff sergeant, who lost his left leg to a roadside bomb, wheelchair rugby was something to get psyched

over. Even though it was his first time playing rugby, he's a regular on the Army wheelchair hoops team.

"Wheelchair basketball is what got me started in adaptive sports. It was the first I ever played since I got injured," Alexander Shaw said. "Today, I got introduced to a new one in rugby and there's more contact — I like rugby better — it's a very stress-relieving sport.

"Basketball is more of a team-oriented game, but this is more individual and involves pushing skills, so I don't have to face a person in front of me. For me, it's more exciting because basketball has more rules," he said. "This really keeps me in shape — some people call me 'Pops' because I'm 47, but I don't look 47 because I keep active in my life and being a positive person keeps me going forward."

Army Staff Sgt. Robert Green, who suffered spinal cord, shoul-

der and arm injuries when unloading equipment from a truck he fell off while deployed to Kuwait, has been with the adaptive sports program for about 18 months. He's expected to be medically retired in the next five months or so.

"There are certain things that I'm going to miss, but at the same time, doing adaptive sports still gives you that sense of pride," he said, adding that he also participates in seated shot-put, seated discus, archery and air rifle. "You may be off the battlefield, per se, but you're on the field in a different way with adaptive sports.

"Adaptive sports has made me a better person, I think, because I've seen people who have worse injuries than I do, and seeing the positive attitude they have is helpful in allowing me to offer help to others because whether it's injury, depression, PTSD (post-traumatic stress disorder), we can share the different ways in which we're worked through

issues," he said.

Medically-retired Marine Cpl. Jorge Salazar lost his legs in Afghanistan when he stepped on an improvised explosive device in 2012. Within three months he started playing wheelchair basketball. Being the tallest on the team has been a huge benefit, he said.

He jokes that while everyone is limited to a wheelchair seat height of 21 inches, he has a "wingspan of 6-feet, 3-inches, which gives him a great advantage at keeping the ball away from the opponent. With wheelchair rugby, the ball rests in the player's lap unless it's being passed or dribbled every 10 seconds.

"I can't run anymore, but I can push really hard in a wheelchair now," he said laughing. "It's been confidence building and allowed me to network over the last three years. The biggest impact is the friends from all the services that I've made — it's a whole other family.

"It's important to remember that some wounded, ill or injured have problems during recovery and feel forgotten," he said. "People just need to remember that they're still here, still alive and they're still fighting. Just because their active-duty service time is over, that doesn't mean they're done serving the country. For me, it's about supporting each other and helping each other to move on."

"Life is a series of events, one on top of the other, so it's important to have that support structure, whatever it is. Any time you get in that dark place, find that one little light and grab hold of it and don't let go, because the next thing you know, there will be another rung to that ladder and you're just steadily climbing all over the top," Air Force Tech. Sgt. Jason Caswell said.

Army wins bronze at volleyball tourney

By J.D. Leipold and
Gary Sheftick
Army News Service

WASHINGTON — The Army battled back to win bronze at the Pentagon's sitting volleyball tournament Nov. 19 after an undefeated Air Force squad swept gold and Marine Corps veterans settled for silver.

In morning round-robin play of the fifth annual Warrior Care Month Joint Services Sitting Volleyball Tournament, the Army had a bye in the first round. Then the Army beat Special Operations Command in round two and the Marine Corps in the third round, before losing to the Air Force in round four.

Army was ranked No. 2 going into the semifinals to face the Marines. The black and gold team won the first game 25-19, but dropped the second 19-25 and lost the third 15-11.

In the bronze-medal match, Army faced SOCOM, which had lost to the Air Force in the semifinals. Army dropped the first game to SOCOM, 25-20. But the Soldiers came

back from behind to win the second game.

Almost everyone in the Pentagon Athletic Center gathered to watch the hard-fought final game to determine who would take home the bronze. Army was down 12-13 when Nicholas Titman blocked a SOCOM serve to tie the score. Then Sean Hook pushed a spike from the net to take Army to 14-13 and a final ace served by Army's Blake Johnson wrapped it up.

Army Chief of Staff Gen. Mark A. Milley congratulated Army team members on their bronze-medal victory and gave them each coins.

"We are so proud of you," Defense Secretary Ash Carter told all the sitting volleyball athletes. "To those who are wounded warriors, we have a special reverence and a special debt and a special respect, and it grows even greater when we see the sports proficiency you're able to show."

Communication and spirit were the strong points of the Army team, said Army Staff Sgt. Ashley Anderson, Warrior Transition Battalion on Fort Riley, Kansas.

"Our team is really close," she said. "Per-



PHOTO BY GARY SHEFTICK

Army's Nicholas Titman sets the ball up at the net in their semifinal match against the Marine Corps.

sonally, I've never played with a team that's as close as this one. I love playing adaptive sports. It makes me feel back to normal."

Another member of the Army team, medically retired Sgt. Stefan LeRoy, related how he came to take up the game of sitting volleyball. He was injured in Afghanistan helping carry his wounded buddy on a stretcher to the MedEvac helicopter. His buddy had been injured by an improvised explosive device and while carrying the stretcher, LeRoy was injured by an IED that took his legs.

Even before he received prosthetic legs, LeRoy became active to pull through the dark days by trying out wheelchair basketball, but admits he's not near as good shooting from a chair as he was from a standing position.

"I think Warrior Care Month is a great thing to show people how sports and the Warrior Training Command has been helping us continue our recovery -- these events really showcase what we're all capable of doing in adaptive sports," the 24-year-old said. "We have great sportsmanship, camaraderie and great spirit, because while the injuries may be a different, we still know the struggles and mindset of each other."

Injured cyclist helps transitioning Soldiers

By Lori Newman
Brooke Army Medical Center
Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Soldiers assigned to Brooke Army Medical Center's Warrior Transition Battalion often deal with more than just the business of soldiering. Many deal with chronic pain and medical appointments, along with their daily routine.

Sgt. 1st Class Samantha Goldenstein, reception NCO at the WTB, understands this better than most people do because she, too, suffers from chronic pain.

"I've been a warrior in transition, so I understand the frustration Soldiers experience when they are trying to heal and all the other stuff they have to deal with on a daily basis," Goldenstein said.

Goldenstein suffers from femoroacetabular impingement, a condition that affects her hip joints.

According to the American



PHOTO BY LORI NEWMAN

Sgt. 1st Class Samantha Goldenstein practice rides at the Brooke Army Medical Center Warrior Transition Battalion in San Antonio Nov. 17.

Academy of Orthopaedic Surgeons, femoroacetabular impingement is a condition where the bones of the hip are abnormally shaped. Because they do not fit together perfectly, the hipbones rub against each other and cause damage to the joint.

"My hips are pretty much destroyed at this point," Goldenstein said. "I've had two surgeries already and the doctors told me I will need total hip replacement in the future."

Once an avid long distance runner, Goldenstein could not run as much as she did before. Adaptive cycling helped fill a void and helped reduce her pain.

"I did a couple of trips with Ride to Recovery and really got into cycling," she said. "That was my jumpstart into the adaptive sports realm."

Goldenstein became an adaptive sports site coordinator on Fort Leonard Wood, Missouri.

"It was a good fit because of my fitness background," she explained. She has a bachelor's degree in exercise physiology and nutrition from the University of Missouri-Columbia.

Goldenstein and Army veteran Dave Smith currently run the adaptive cycling program here.

One Soldier, Capt. Michael Rash, appreciates Goldenstein's dedication and guidance.

"She's focused on the cycling performance, teaching us how to stay in our lines or how to do certain things while we are cycling," Rash said. "She inspires you, keeps you going and keeps pushing you."

Rash received internal injuries from a bomb blast in 2007, but since then he hasn't been able to do the things he did before his injury.

"I couldn't run, do push-ups or sit-ups after the injury," he said. "Riding (a) bike has changed my life. I was able to get back out and get physically active doing something besides sitting and gaining weight from not being able to be active."

He said other wounded service members inspire him. He gave an example of a recent ride he was on where the weather conditions were very poor and he was hurting

badly.

"A quad amputee riding an upright bike rode past me. I told myself, 'If that guy can do this, I've got to do this,' it's seeing people like that who inspire me to keep going," he said.

Rash has participated in multiple training events with Goldenstein as part of the WTB here. He said he also enjoys the social aspect of cycling — being able to interact with other injured service members.

"I may not always understand their injuries," Goldenstein said, "but they know I'm not just this random person asking them to jump on a bike and ride."

The Soldiers cycle for about two hours Tuesdays and Thursdays. Most trips are about 20 miles, but a couple of days a month the group goes on longer rides of 40 miles or more.

Cycling is one of many adaptive sports activities Soldiers can participate in while recovering at the WTB.

Beware the blister: A minor injury that can slow you down

By Veronique Hauschild
Army Public Health Center

Most of us have experienced the pain of having a friction blister. Friction blisters form when an object – such as a sock, shoe or strap – is repeatedly moved across the skin with enough force to cause the layers of skin to release heat.

The heat causes redness and a separation, or cleft, between the outermost layer of the skin and rest of the skin layers. The cleft fills with fluid causing a raised area on the skin. They typically form on the toes, feet and ankles, but can also occur on the hands or other places where there is repeated rubbing, such as on the torso from the straps of a heavy backpack.

Because these injuries often only cause discomfort and don't require medical treatment, they are sometimes described as "just a blister." However, some blisters become serious and temporarily debilitating for Soldiers and athletes.

Blisters can force you to restrict your activity and limit physical training. In some cases, friction blisters develop into infec-

tions that require antibiotics and medical treatment. As one of the most common injuries among active duty military, friction blisters can have a notable adverse impact to military readiness.

Activities such as marching and running are the most common causes of blisters in the military. A recent review of injuries associated with marching or hiking showed that heavy load carriage increases your risk of foot blisters.

You may not be able to avoid activities that put you at risk of developing blisters. However, there are things you can do to minimize the likelihood of developing a blister and reduce the severity of any blisters you develop.

You may already be aware that some individuals are more prone to develop blisters than others who perform the same activities. While the science is not substantial, studies do provide evidence that some people may have a higher risk of developing blisters.

For example, having no foot arch or flat feet, or being of an ethnicity other than African American, can increase your risk of getting a blister. While these factors cannot be

changed, other factors that increase risk of blister can be modified. For instance, wearing cotton socks, especially if socks or feet are moist, and using tobacco – including smokeless tobacco – can increase chances you develop blisters.

While there is limited scientific evidence validating the effectiveness of most tactics among large populations, try some of the tips below to determine what works best for you in avoiding the pesky, but painful blister.

Adaptation

Start slowly, and build up to activity and equipment. To help your skin become more resistant:

- Increase duration and intensity of blister-causing activities slowly over time; and
- Use the same shoes, gloves or load weight and shape as you increase activity.

Socks

Use synthetic moisture wicking blends –no cotton. Keep skin dry:

- Synthetic socks made from acrylic, nylon or polyester that ventilate and wick

moisture away from the feet are recommended over cotton socks, to prevent blisters, especially during long distance marching or running; and

- Some people advocate wearing a double layer of socks – non-cotton – since a second layer stops the first from rubbing against the skin. However, others prefer a single layer loop-stitched sock, as less heat is generated than with two layers. Scientific evidence does not clearly indicate which is best – this may vary with individual risk factors.

Shoes

Ensure proper fit and maintenance. Minimize contact between your foot and shoe:

- Make sure toes do not touch end of shoe while walking and consider a wide toe box with room for toes to wiggle;
- Purchase shoes later in the day since foot size may swell half a size throughout the day or after activity; and
- Do not leave shoes or boots on radiators or near heaters, since this can cause them to shrink and seams to protrude.

PIGSKIN PICKS



Baylor vs. TCU

Ohio State vs. Michigan

Alabama vs. Auburn

Ole Miss vs. Mississippi State

Notre Dame vs. Stanford

Florida State vs. Florida

Oklahoma vs. Oklahoma State

SPORTS BRIEFS

Turkey Burn

Fortenberry-Colton Physical Fitness Center will host its Turkey Burn with two four-hour fitness marathons Tuesday from 10 a.m. to 2 p.m. and 4-8 p.m. Door prizes awarded, and fruit and water will be available to all participants. Classes include: Tabata, spin, bodyweight strength and cardio, yoga and more. Regularly scheduled fitness classes will be cancelled for the day. The cost is \$3.50 per 4-hour session, although patrons can use their monthly class cards. Turkey Burn is open to authorized patrons.

For more information, call 255-3794.

Basketball Coaches Meeting

People interested in coaching an intramural basketball team should attend one of the meetings Dec. 8 at either 9:30 a.m. or 5:30 p.m. at the Fort Rucker Physical Fitness Center Conference Room. The meetings are open to anyone interested in coaching a team. All games will be played at Fortenberry-Colton Physical Fitness Center.

For more information, call 255-2296.

Mistletoe 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Mistletoe 5K and 1-Mile Fun Run Dec. 12. Race Day registration will take place from 7:30-8:40 a.m., with the 5K starting at 9 a.m. The fun run will begin after the 5K race is complete. The fun run is open to all children, free of charge. Each fun run participant will receive a medal. The cost for the 5K is \$20 per individual with a T-shirt through Dec. 6, or \$25 with a T-shirt while supplies last from Dec. 7 to race day. There is also a \$12 no shirt option. Teams cost \$120 for eight participants – each additional teammate pays the normal registration fee – through Dec. 6 with T-shirts, or \$160 from Dec. 7 to race day with T-shirts while supplies last. Trophies and medals will be awarded in various categories. Refreshments will be provided. The event is open to the public. Participants are encouraged to pre-register at either physical fitness center.

For more information, call 255-3794.

PUZZLE ANSWERS

Super Crossword

Answers

PARA	MELBA	GOP	ASHARP
OMEN	ANALIS	IFS	STARER
WENT	WITH	THE	FOE
ERASE	EASEL	LUCIA	ARD
RIM	SARI	BUDDY	SUNDAY
UKES	WINE	SAP	SILENCE
PASTOR	CAST	SPOT	TEED
ANY	SEPTUM	EEL	
CHARO	ADO	HANGON	SOUPY
RAT	RACE	FORT	BRASHER
ALLI	HAVENT	ACCO	SURE
IVANHOE	ALIS	VENA	ROK
GASHALF	FULL	ASS	PLATA
UNI	CLOYED	ASI	
MAAM	SCTV	MIND	BOEING
ENMASSE	ESSAYER	USER	
GO	INTHE	DARK	CPAS
ADA	RAKED	IGOTO	ATTIC
HYBRID	RHYTHM	AND	BOOZE
INLOVE	MOE	WAXED	APER
TEETER	ACT	BRIDE	DENY

Weekly SUDOKU

Answer

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

TRIVIA

- Answers
1. 1963
 2. "Laramie & Shirley"
 3. Lake Michigan
 4. "Eternity," by Eric Clapton
 5. Hands (one hand equals four nails)
 6. Racism
 7. Apple
 8. Yoda, in "The Empire Strikes Back"
 9. "Silver Ball"
 10. Cardiac arrest

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