

GATE CLOSURE

The Faulkner Gate will be closed Monday in observance of the Martin Luther King Jr. Day holiday. The Daleville, Enterprise and Ozark gates will be open during their normal hours.

JROTC

Local cadets compete, get taste of military training

Story on Page C1



GET MOTIVATED

New classes, equipment will help Fort Rucker keep fit in 2016

Story on Page D1



ARMY FLYER

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

VOL. 66 ■ NO. 02

FORT RUCKER ★ ALABAMA

JANUARY 14, 2016

PROMOTING HEALTHIER LIFESTYLES

Clinic moves towards tobacco-free campus

By Jenny Stripling

Lyster Army Health Clinic
Public Affairs Officer

In a move to demonstrate its commitment to promote healthier lifestyles, Lyster Army Health Clinic has begun the implementation process of moving toward becoming a tobacco-free campus.

Per Army Regulation 600-63, no later than May 8, all Army Medical Command entities will achieve full implementation of a tobacco-free campus. This regulation extends the tobacco-free zones from the current 50 feet to encompass the entire clinic campus.

The policy applies to all employees, patients and visitors at LAHC, and prohibits the use of all forms of tobacco products – cigarettes, cigars, pipes, smokeless tobacco, electronic cigarettes, personal vaporizers and electronic nicotine delivery systems – on the LAHC campus, including parking lots and privately owned vehicles.

This policy also includes the dental and veterinary clinics on post. For now, at all other Fort Rucker locations and facilities, smoking and use of nicotine products is allowed only in designated smoking areas that meet post policy.

Although electronic nicotine delivery devices may seem to be a safe alternative

to cigarettes, these devices are not regulated by the U.S. Food and Drug Administration for various reasons, to include the fact that they contain significant variances in the amount of nicotine that is delivered.

“LAHC joins the hundreds of Navy, Air Force and Army hospitals and medical centers around the world which have already implemented tobacco-free campus policies as part of the Department of Defense’s broader strategy to support healthy lifestyles and behaviors,” said Maj. JoAnne Ward, chief of preventive medicine at LAHC.

In 2012, Lt. Gen. Patricia Horoho, former surgeon general and commanding general of the U.S. Army Medical Command, released her strategic plan for the Army Medical Department in the “Army Medicine Strategy 2020.”

One of Horoho’s goals was for Army medicine to be transformed from a health care system to a system for health. As a result, efforts have been made to make all Army Medical Department treatment facilities tobacco free.

Tobacco use remains the single largest preventable cause of death and disease in the U.S., according to the American Lung Association. Cigarette smoking kills more than 480,000 Americans each year, with more than 41,000 of these deaths from



ARMY GRAPHIC

exposure to second-hand smoke. Smoking causes cancer, heart disease, stroke, lung diseases, diabetes and chronic obstructive pulmonary disease. For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.

It can be a difficult endeavor, but each year, more than a million people successfully quit tobacco and there are many resources available to help in the process.

“The support piece is very crucial,” said Ward.

Employees are given the option to enroll into the LAHC Tobacco Cessation Program by contacting Army Public Health Nursing at 255-7930. They may also participate in their Federal Employee Health Benefit Tobacco Cessation Program. For more information, visit www.opm.gov/quitsmoking.

Another helpful resource for those trying to quit can be found at UCanQuit2.org – a Department of Defense-sponsored website providing information about tobacco cessation and live online help 24/7.

TAX TIME

Center set to open soon

By Nathan Pfau

Army Flier Staff Writer

As one of life’s certainties, with every new year comes a new tax season and, for many, added stress, but the Fort Rucker Tax Center will soon be available to help alleviate that stress for many on the installation.

The tax center, located in Bldg. 5700, Rm. 371F, will open its doors during a grand opening Jan. 29 at 10 a.m., and free help and electronic filing will be available to military, family members and retirees Mondays-Fridays from 9 a.m. to 4 p.m. through April 15.

Tod Clayton, volunteer income tax assistant coordinator at the tax center, said the center, which offers its free service by appointment only, is designed to make people’s lives a little easier by saving them a little money, and people can call to start making appointments as early as Jan. 25.

People must have a valid military ID in order to take advantage of the services provided at the tax center, and Soldiers on Reserve status must be on Title-10 orders and bring their call-to-active duty orders in order to use the center.

“This is a free service and people need to take advantage of it,” said Clayton. “The average return typically costs between \$75-150 depending on the forms that they use. It can get costly, and they don’t tell you that it costs extra to do the state return. These days, everybody needs help saving a little money.”

Last year, more than 1,600 returns were filed through the tax center, and both federal and state returns can be handled at the tax center at no charge, added the tax coordinator.

“People should use a professional when filing taxes because they may miss some credits or deductions that they might be entitled to,” said Clayton. “The service here is free and we’re all trained by the (Internal Revenue Service) in certain aspects that deal with military personnel, so that’s another advantage that people will have.”

The tax center also offers a drop-off tax service for single Soldiers. Single Soldiers can come in and drop off their 2015 income tax paperwork and return in 48

SEE CENTER, PAGE A5



PHOTO BY NATHAN PFAU

Gail Evelyn, tax preparer at the Fort Rucker Tax Center, helps CW2 Ralph Hernandez and his wife, Brittany, with their tax return at the Fort Rucker Tax Center in 2014.

FACELIFT



PHOTO BY JIM HUGHES

Nine Soldiers volunteered to provide a facelift for the BV-347 that sits outside the U.S. Army Aviation Museum, preserving the aircraft for future generations, according to the museum’s curator. For more, see Page A3.

Flowers, School of Aviation Medicine partner

By Nathan Pfau

Army Flier Staff Writer

It’s often said that it takes a village to raise a child, and, at times, the concept also applies to training Soldiers.

The U.S. Army School of Aviation Medicine often partners with outside entities to give its Soldiers the training they need to better take care of America’s sons and daughters.

Representatives from USASAM and Flowers Hospital held a press conference in Dothan Friday to celebrate a recent partnership between the two entities, along with south Alabama emergency physicians, that has expanded the Aviation Medicine school’s ability to train Soldiers of the Aerospace and Occupational Medicine Program, according to Lt. Col. Steve Gaydos, USASAM.

“Our aerospace medicine program is new this year. We operated for a number of years with our sister services, the Air Force and the Navy, since the late 50s, and for the first time we’ve brought that home to the home of Army Aviation. That’s very important for us,” said Gaydos. “It’s notable because it’s the only program in the country with a focus on rotary-wing Aviation, so that’s very important to our helicopter brethren in the Army.”

“We obviously do a lot of the military-specific training for those junior physicians at Fort Rucker, and for a lot of the training that we can’t



PHOTO BY NATHAN PFAU

Lt. Col. Steve Gaydos, U.S. Army School of Aviation Medicine, presents a print to Suzanne Woods, Flowers Hospital chief executive officer, and Dr. David Claassen, Flowers Hospital Emergency Department medical director, in honor of the partnership USASAM and the hospital Friday.

do (on post), we will send Soldiers out all over the country,” he continued. “But the one piece that is critical to their education that we cannot provide is a lot of those broad-based clinical exposures that are absolutely critical for those Soldiers.”

Although USASAM is able to provide training in things like the flight paramedic course, the joint en route care course, the flight surgeon course, courses in doctrine and physiology, some clinical exposures, including focuses in emergency medicine, orthopedics, cardiology, pulmonology, and dermatology, are learned off post at places like Flowers Hospital, he added.

“Without local Wiregrass medical

community support, we just couldn’t do those things, so this is a big day for us to establish these types of partnerships,” said Gaydos.

Suzanne Woods, Flowers Hospital chief executive officer, said the partnership is an honor for the hospital, and she is happy to be able to provide such training for Soldiers.

“We are here today and standing on free ground because of you gentlemen who are in uniform, and we are forever grateful,” she said during the press conference. “We are in health care to serve and to help others, and we’re just thrilled that we could do this in this capacity. Our

SEE PARTNER, PAGE A5

PERSPECTIVE

CYBER SAFETY

Tips on maximizing privacy settings on Facebook profiles

By Priscilla Rey
USAG Bavaria Public Affairs

GRAFENWOEHR, Germany — Facebook remains one of the most popular social media sites. For service members and family members, it is as important now as ever to remain vigilant of operational security.

Sharing information on your Facebook timeline may seem harmless, but posting the wrong information can be dangerous to loved ones and fellow Soldiers.

Here are some tips to help you and fellow members of the Army family safe when posting on Facebook.

Never accept a friend request from someone you don't know, even if they know a friend of yours. Don't share information that you don't want to become public. Someone might target you for working in the Department of Defense, so be cautious when listing your job, military organization, education and contact information. Providing too much information in your profile can leave you exposed to people who want to steal your identity or sensitive operational information.

Understanding what you can and cannot post on Facebook goes a long way in protecting yourself online, but more can be done by adjusting your privacy settings.

There are a lot of ways to protect your privacy on Facebook and a lot of people are not aware that most information is available for everyone. We did some research on how to set your settings into the highest security level.

Here to set the highest security settings on your Facebook profile.

Choose who can view your posts

1. Log into Facebook. Go to Settings, Privacy.
2. There you have three subjects: Who can see my stuff?, Who can contact me? and Who can look me up?.
3. To maximize the security on your page, choose Only me or Only friends. This prevents other people seeing stuff that you post.
4. Under Who can look me up?, Facebook will ask, "Do you want other search engines to link to your timeline?" Do not let other search engines link to your timeline.

Maximize timeline privacy, prevent tagging

1. When you post pictures on your timeline, you can change the settings on who can see, comment or add



COURTESY OF FACEBOOK

things to it. You can also determine who is allowed to post stuff on your timeline.

2. Log into Facebook. Go to Settings, Timeline and Tagging.
3. There you have three subjects: Who can add things to my timeline?, Who can see things on my timeline?, and How can I manage tags people add and tagging suggestions?.
4. The best thing to do is to make this public to just you or your friends only. Don't have friends of friends put stuff or comments on your pictures, and keep this as private as you can.
5. When you're tagged in a post, it means that someone has created a link to your profile. You can turn on Tag Review to review tags friends add to your content before they appear on Facebook. In the How can I manage tags people add and tagging suggestions? section, click edit, and click the disabled button and change its setting to enabled.

Prevent others from commenting on your profile picture

1. Facebook allows you to change the size of your profile picture. It also allows you to make the picture private and unclickable.
2. Through photo editing software, you can change the size to 180x180 pixels. This will make it a square image and smaller. Save this and use this one as your profile picture on Facebook.
3. Then, click on your profile picture. You will see an edit button.

4. Click on the Public dropdown menu and select Only Me.

Stop Facebook from sharing your location

1. Geotagging is the process of adding geographical identification to photographs, videos, websites and SMS messages. It is the equivalent of adding a 10-digit grid coordinate to everything posted on the Internet. You can prevent Facebook from sharing your location.
2. Geotagging is typically done automatically on your tablet or mobile phone. When you first installed Facebook on your tablet or mobile phone, it probably asked for permission to use your phone's location services so that it could provide you with the ability to check-in at different locations and tag photos with location information. Revoke this permission in your phone's location services settings area.
3. There are also apps to strip your geolocation.
4. If you post to Facebook, you may see a light-gray location description in the lower left of the status box. Always check to see if the location is posted. If it is, remove it. Simply hover your cursor or finger over the location and click the X.

The Army's Social Media Handbook provides great information on safe networking and how to register your unit site. It also gives you guidance on Army branding standards and provides Facebook reference guides. It's available at www.us.army.mil/suite/doc/43167236 (AKO login required) or www.slideshare.net/usarmysocialmedia (login blocked on government computers).

Always remember: Think before you post. Stay safe.

Rotor Wash

“Martin Luther King Jr. Day is Monday and is a day of community service. Why is it important to give back to the community?”



Spc. Donald Sanford,
D Company, HHC, 1st
Bn., 10th Avn. Regt.

“He gave so much of himself, it's only fair that people do the same in honor of him.”



Bailie Welk,
military spouse

“There are so many who give more than they can just to make it a better world for people to live, so we should all have that mentality and give back.”



Lisa Rubalcava,
Army Spouse

“There are things bigger in this world than just what you've got going on, so people should always try to help each other out.”



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

“If we lived in a selfish nation, nothing would ever get done.”



Aaron Caldwell,
military family member

“It never hurts to do something for others. It can only make you a better person.”

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

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

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LOOKING UP

New commissary sees foot-traffic increase

By Nathan Pfau
Army Flier Staff Writer

Since opening its doors in July, Fort Rucker's new commissary has served hundreds of thousands of customers, and the pace isn't showing any signs of slowing down.

In the last three months, the new commissary has seen more than 241,000 customers come through its doors to take advantage of the savings offered throughout the store, according to Jess Lira, acting Fort Rucker Commissary officer.

On an average day, the new facility can see upwards of 2,000 patrons, with spikes much higher for days preceding holidays or special events, said the commissary officer.

"People have just really been enjoying the new store," he said. "The wider aisles allow people to easily maneuver around one another, allowing them to get in here and get what they need to get and go."

Lira also said that the efficiency of the cashiers can't be beat when it comes to a busy shopping day.

"Some of the longest lines I've seen in here at the cashier lines



PHOTO BY NATHAN PFAU

Cashiers work to move customers through the lines at the Fort Rucker commissary during a normal shopping day Tuesday.

have been up to 50-foot long, and within seven minutes the line will have already run through," he said. "I'm amazed at the way our cashiers get our customers through, and they treat everybody with so much respect and kindness."

With the increase in foot traffic, sales have also been up in many departments throughout the store, including a 12-percent increase in produce, according to Lira.

"Also, our sushi-to-go and rotisserie chicken sales have been phenomenal," he said. "It's popular with the Soldiers because

it's a quick lunch and people really seem to enjoy it."

Although the new store has seen an increase in patronage, the opening of the new facility hasn't been without its hiccups, the biggest being a power outage that hit the store late last year, forcing it to close for a few days, Lira said.

Aside from the power outage, any issues and challenges have been minor, he added.

"One of the biggest challenges is getting products off the trucks, into the warehouse and getting

them stocked onto the shelves as quick as possible," he said. "With a smaller warehouse space, products can't be stored like they were in the old facility."

With the new store, people are still able to save over shopping at other stores off post. People only have to pay a 5-percent surcharge, which helps to pay for the facilities such as the new store, as opposed to a 9-percent sales tax off post, said the commissary officer.

The new commissary also came with a host of new equipment to maintain, which has presented challenges of their own, as well, he said, but despite having a wrench thrown into an otherwise well-oiled machine every now and then, operations have gone smoothly, Lira said.

The new facility boasts a more modern look, an extra 18,000 square feet of sales floor space, state-of-the-art, energy-efficient amenities and a larger selection of products – more than 12,000 more – to enhance people's shopping experience.

The commissary also features a full-service deli and bakery department, as well as an extensive selection of produce, meat, frozen and chilled grocery departments.

In addition to saving people money, the facility is energy efficient as well, complete with low-maintenance, polished concrete flooring; high-efficiency heating, ventilation and air conditioning systems; enhanced freezer and cooler insulation; non-ozone-depleting refrigerants; water-saving plumbing fixtures; automatic exterior lighting controls; energy-efficient interior lighting fixtures; Energy Star-rated equipment; energy-conserving night curtains on open display cases; refrigeration monitoring and control system; and adhesives, sealants, paints and coatings made with compliant, low-volatile organic compounds.

With the facility in full swing, Lira said he looks forward to providing a better shopping experience for patrons for years to come.

"I always tell people that shopping here, the experience here is so much nicer," he said. "Many of the people who work in this store are affiliated with the military or retired military, so they can relate to the customers and they make them feel welcome. It's just something I really appreciate with my employees."

Soldiers provide facelift for 'winged Chinook'

By Jim Hughes
Command Information Officer

When one of Fort Rucker's long-time residents needed a facelift in the worst way, a high-priced plastic surgeon didn't rush in to save the day, it was nine Soldiers living the Army Value of selfless service through volunteerism.

And the facelift turned out much better than it has for many Hollywood celebrities, but then more than 350 hours under various hammers, scrapers, sprayers, scrub brushes, screwdrivers and Army Strong hands of the CH-47 flight engineers from B Company, 1st Battalion, 223rd Aviation Regiment can do great things for a 45-year-old aircraft parked outside at the mercy of Mother Nature's fury year after year.

The almost three-month effort was a life-saving operation, according to Bob Mitchell, curator for the U.S. Army Aviation Museum, whose exterior grounds the patient, a BV-347, or winged Chinook, as it is also referred to, calls home.

"This aircraft was in pretty bad shape and I had it on the list to be restored," Mitchell said at a small gathering where the Soldiers talked about the work they did to the aircraft and received recognition for their efforts Nov. 30. "Unfortunately, even though I put 'at risk' on it, it was turned down. And I fretted and worried over that. Like serendipity, Sergeant Hoh (Sgt. 1st Class Jin Hoh, restoration team leader) and his crew showed up, and the next thing I know they're out here pressure washing it, asking for paint and materials, and I'm thinking this is manna from heaven – it couldn't have come at a better time.

"They essentially saved this aircraft," he continued. "I just can't say enough about the spirit of volunteers. Without the help



PHOTO BY JIM HUGHES

The Soldiers who restored the aircraft talk about some of the work they did during a small gathering Nov. 30 by the aircraft.

of said volunteers, there are a lot of things in this museum that just wouldn't happen. So, again, kudos to everybody and thank you for a job well done."

The kudos went to Hoh, Sgt. 1st Class Xavier Mayne, Staff Sgts. Christopher Durkovic, Kyle Gregory, Eric Hover, Martin LeTang, David Nuss and John Payne, and Sgt. Robert Simpson, who worked on the project from Aug. 8 to Oct. 31.

Hoh and LeTang were already veterans with the aircraft, as they took part in a similar, though less extensive restoration project on the same aircraft in 2011.

"It looked like a rusty can," Hoh said of when he drove past the aircraft after returning to Fort Rucker. "It was sitting out here all rusty and dirty – it was in bad shape. So, I gathered a team together and we did another restoration. Everyone volunteered – without these guys' dedication, it wouldn't have happened."

What happened was a cleaning with a pressure washer, removing the rust, cleaning the windows, painting inside and out,

and a reworking of the interior, including the cockpit – although the instruments aren't exactly the ones that were in the aircraft during its operational days, LeTang said.

Several team members intimated that the volunteer effort was a labor of love, and the Soldiers needed that love, and another Army Value, personal courage, to even get started, as several colonies of wasps had decided the winged Chinook made a great home.

"You couldn't get within 30 yards without getting stung," Hoh said. But the Soldiers prevailed and now the whole community can enjoy the fruits of their efforts, and Army Aviation might even reap some benefits.

"It looks a 100 times better than it did," Hoh said. "(We try) to keep doing stuff for the aircraft and the museum. Maybe kids will come by some day and look at the aircraft, and maybe they'll want to become Aviation guys some day."

Simpson, as well, was impressed with

the final results.

"We took a lot of time and dedication to get it looking similar to what it was from the pictures," he said. "It took a lot of time, but it was something that we liked to do and wanted to do, it's our love, our passion."

And while they may share a passion for Army aircraft, the team members and co-workers also seem to share a passion for helping out.

"Find something you want to do, something that you can put your heart into," LeTang said, adding that the museum has plenty of other aircraft people can volunteer to help with. "Talk to the curator of the museum and he'll tell you how far can go with it."

Even though museum officials, the team as a whole and the team's company commander, Capt. Lance Garnett, were thrilled with the results of the Soldiers' efforts, that satisfaction would only go so far.

When asked if he'd sign off on the BV-347, LeTang, said "For him to fly it?" pointing at Hover. "Yeah." Hover laughingly responded, "Sure. I'll take it."

The BV-347 was a prototype developed for the Army to test various ideas and components for future heavy lift helicopters, according to museum officials. The BV-347 flew 734 hours from 1970-72. It differed from the CH-47A, most obviously, with the addition of a large set of removable hydraulic wings that could be rotated 90 degrees. It also had a lengthened fuselage, retractable landing gear, longer rotor blades, a higher aft pylon and a retractable gondola within the fuselage equipped with a set of flight controls – allowing a third pilot to fly the aircraft while facing towards the rear.

To find out more about the BV-347, drop by the museum.

News Briefs

AAFES facility inventory

Fort Rucker Army and Air Force Exchange Service facilities will be conducting inventory operations and it will affect the hours of certain of those facilities.

- The main store will change its hours Sunday to 10:30 a.m. to 5 p.m. Additionally, the store will be open from 11 a.m. to 4 p.m. Monday in observance of Martin Luther King Jr. Day.
- The auto pride/mini mall will change its hours Tuesday to 5 a.m. to 9 p.m.
- The Class Six will change its hours Wednesday to 9 a.m. to 6 p.m.

Clinic closures

Lyster Army Health Clinic will be closed Monday in observance of Martin Luther King Day, and Wednesday, beginning at noon, for training.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Jan. 22 at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and honor the latest Fort Rucker retirees for their service.

Spouse club scholarships

The Fort Rucker Community Spouses' Club is accepting applications for scholarships now through March 1. The FRCSA Scholarship Program applications for the 2015-2016 academic school year are available online at <http://FORTRUCKERCSC.com/scholarship.htm>. Last year, the FRCSA awarded \$17,500 to

recipients in the Wiregrass community.

Children and spouses of all military ranks (active duty, National Guard, Reserve, retired or deceased), members of the FRCSA, and dependents of Department of Defense civilians are eligible for the scholarships. Applicants must high school seniors graduating by summer of 2016, or pursuing an undergraduate or graduate degree. Scholarships are also available for students who plan to attend an accredited trade school.

Application information may be obtained through the guidance counselors of the local high schools within the following counties: Coffee, Geneva, Dale, Houston, Pike, Crenshaw, Barbour, Henry and Covington; the Fort Rucker Thrift Shop; the education center; the Center Library; and Army Community Service. A digital version is located online at <http://www.FORTRUCKERCSC.com/scholarship.htm>.

Completed applications must be mailed to the FRCSA, postmarked by March 1 – no extensions will be given. For more information, contact the FRCSA scholarship chair at scholarshipsfrsc@gmail.com with "Scholarships" in the subject line.

African-American Heritage kickoff

Fort Rucker will host its African-American Heritage Month kickoff event Jan. 29 at 11:30 a.m. at the post exchange food court.

Tuesday Tracks

Lyster Army Health Clinic's Physical Therapy Service hosts a Tuesday Tracks walk every Tuesday at noon for anyone on Fort Rucker interested in walking a mile during lunch. Those interested should meet in the Lyster Lifespace Center at 11:45

a.m.

Diabetes basics

Lyster Army Health Clinic offers beneficiaries a four-part Diabetes Basics Program where they will learn about prevention and controlling diabetes. Classes are held Thursdays from 9 a.m. to noon at Lyster. The next class begins Feb. 4.

For more information, call 255-7986.

Resiliency Resources

The Lyster and Fort Rucker Resiliency Resources mobile device app is available for free in Android and iPhone mobile app stores. The app can help people find information for Fort Rucker, including addresses, phone numbers and event information, and also information such as where running trails are located, if there is a 5k race coming up, when Bible studies occur and more.

Surveys make a difference

People who receive Army Provider Level Satisfaction Surveys in the mail after an appointment at Lyster Army Health Clinic should not throw them out – they should fill them out. The surveys help provide feedback on people's clinic experience, and help bring money back to the facility to help provide beneficiaries excellent care and service.

Lyster update

Check out Lyster Army Health Clinic's Facebook page for the healthy tip of the day and clinic information, such as class dates and times. Lyster's Twitter feed is at @LysterAHC.

DOD: Reports show growing trust in system

By Cheryl Pellerin
Department of Defense News

WASHINGTON — More military service academy cadets and midshipmen this year reported instances of sexual assault and harassment, indicating growing trust in the reporting system, a Defense Department official said Jan. 7.

Dr. Nathan W. Galbreath, senior executive advisor for the Defense Department Sexual Assault Prevention and Response Office, said that the increase in reporting suggests growing confidence in the response system.

Speaking on via teleconference and joined by Dr. Elizabeth P. Van Winkle of the Defense Manpower Data Center, Galbreath said the department's assessment teams found "good indicators of progress" in the DOD Annual Report on Sexual Harassment and Violence at the Military Service Academies for academic program year 2014-2015.

The academies received 91 sexual assault reports this year, an increase of 32 reports over last year, Galbreath said.

Reports of sexual assault do not reflect how often the crime actually occurs, he added. Instead, the department and many civilian agencies use scientific surveys to estimate how many people experienced a sexual assault.

Last year's academy survey results indicated that fewer cadets



PHOTO BY NAVY PETTY OFFICER 2ND CLASS SEAN HURT
Defense Secretary Ash Carter tells the Pentagon press corps that the fiscal year 2014 annual report on sexual assault in the military helps the services understand and correct flaws in the program May 1.

and midshipmen experienced a sexual assault over the 12-month period preceding the survey.

Direct supervision

"We've seen a lot of the progress we expected to see when (then-Defense Secretary Chuck Hagel) last year ordered the superintendents to take sexual assault prevention and response programs under their direct supervision," Galbreath said.

Some elements of the report change from year to year, but this one contains the results of on-site assessments by DOD SAPRO officials and the DOD Office of Diversity Management and Equal Opportunity, he said.

It also includes statistical data on sexual harassment complaints

and sexual assault reports, and results of on-site focus groups with academy cadets or midshipmen, faculty and staff, which were conducted by DMDC officials and documented in DMDC's 2015 Service Academy Gender Relations Focus Group Report.

Galbreath said the academies also received 28 complaints of sexual harassment this year.

Preventing sexual harassment

"The service academies have done quite a bit to emphasize sexual assault prevention and response, but sexual harassment prevention and response has not received equal time and attention," he said, adding that SAPRO encourages the academies further to incorporate sexual ha-

arrassment into training, programming and prevention work.

The reason, Galbreath explained, is that sexual harassment is highly correlated with the occurrence of sexual assault in the military, and the Rand Military Workplace Study confirmed this in 2014.

"We believe that by working to prevent sexual harassment we'll also be preventing sexual assault," he said.

The report contains commendations for notable practices, suggested program enhancements and action items for recommended fixes, Galbreath said.

Notable practices

"One of the things we saw at the Naval Academy that all could benefit from was a contract that each sports team member signs with the academy," he said, "basically agreeing to a standard of conduct that ... applies not only to the sports team members but also to the coaches."

Galbreath said the SAPRO office thought that was a great way to set expectations and they're encouraging West Point and the Air Force Academy to take a look at the practice.

In her comments, Van Winkle discussed the focus groups that DMDC conducted across the academies.

One thing the study found is that the emphasis on and engagement by academy leadership has

been effective in getting students to take more responsibility for sexual assault and sexual harassment, she said.

Decreasing tolerance

"It's not just that cadets and midshipmen understand what sexual assault and sexual harassment are or how to report these behaviors," Van Winkle said, "but they're starting to understand how they can play a more active role in prevention and response ... it's not only an increased awareness but a decreased tolerance for these types of behaviors."

Social media also plays a role in students' perspective about the issue, she said.

"We heard a lot about Yik Yak, which seems to be a common platform for posting comments and opinions," Van Winkle explained.

The smartphone app lets users anonymously post comments, she said, so some have engaged in behaviors like sexual harassment, victim blaming or inappropriate sexist comments.

Van Winkle said focus group results show that students are starting to take more accountability on the site by self-policing posts, "often because of the way leadership has (discussed) how inappropriate comments ... impact the reputation of the school, the military and the department as a whole."

Pentagon announces program changes

By Lisa Ferdinando
Department of Defense News

WASHINGTON — The Pentagon has made a number of changes to the military decorations and awards program to ensure service members receive appropriate recognition of their actions, according to a statement released Jan. 7.

The changes come after a long and deliberate review, a defense official told reporters in a Jan. 6 background briefing.

Then-Defense Secretary Chuck Hagel initiated the review in 2014 to improve the military awards program by harnessing lessons learned from conflicts in Iraq and Afghanistan, the official said.

"He wanted to ensure that we're appropriately recognizing our service members for their services, actions and sacrifices," the defense official added.

The Pentagon statement points out key changes to the decorations and awards program:

- Implementation of new goals and processes to improve timeliness of the Medal of Honor and other valor awards;

- Standardization of the meaning and use of the Combat Distinguishing Device, or "V" device, as a valor-only device to ensure unambiguous and distinctive recognition for preeminent acts of combat valor;
- Creation of a new combat device, to be represented by a "C" worn on the relevant decoration, to distinctly recognize those service members performing meritoriously under the most arduous combat conditions;
- Introduction of a "remote impacts" device, signified by an "R" to be worn on the relevant decoration, to recognize service members who use remote technology to directly impact combat operations; and
- Adoption of a common definition of Meritorious Service Under Combat Conditions to determine eligibility for personal combat awards.

Service Cross, Silver Star review

To "ensure that those service members who performed valorously were recognized at the appropriate level," the defense official said that Defense Secretary Ash Carter has directed the military departments to review Distinguished

Service Cross, Navy Cross, Air Force Cross, and Silver Star Medal recommendations since Sept. 11, 2001, for actions in Iraq and Afghanistan.

There are about 1,000 Silver Star and 100 service cross recommendations under review, the official said. While there is a possibility a medal could get upgraded, no service member will have the award downgraded.

The defense official noted "unusual Medal of Honor awards trends," as one reason for the review.

The first seven Medal of Honor awards for actions in Iraq and Afghanistan were posthumous, he said. There may have been a perception that only a fallen service member could receive the nation's highest military award for valor, he said.

After the Defense Department clarified the "risk of life" portion for the Medal of Honor's criteria in 2010, all 10 recipients have been living, he noted. The review is to ensure that no one deserving of a higher honor has been overlooked, the defense official said.

The results of the reviews are due to the secretary of defense on Sept. 30, 2017, he said.

Army Emergency Relief accepting scholarship applications

Army Emergency Relief
Press Release

ALEXANDRIA, Va. — Army Emergency Relief has announced the opening of its scholarship application period with applications being accepted until May 1.

AER supports the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Scholarship specifics and applications are available on AER's website.

The Spouse Scholarship can be used for full- or part-time students while the Ursano Scholarship is only for full-time students.

Last year AER awarded 4,245 scholarships, totaling more than \$9 million for spouses and children of Soldiers.

"The entire scholarship process is on-

line," said Tammy LaCroix, manager for AER's scholarship programs. "Applicants are able to create their own profile, submit their documentation online, and check their status, which is a huge time saver for both the applicants and the scholarship staff."

"This is a valuable opportunity for the children and spouses of Soldiers," LaCroix said. "We saw an increase in the number of applications last year and hope this trend continues this year."

The entire application package for the 2016-2017 school year must be submitted online by May 1. This includes the application, as well as the supporting documents.

Most applicants will need to provide transcripts (through the fall semester), according to LaCroix, along with a Student Aid Report from the Free Application

for Federal Student Aid. The sponsoring Soldier's Leave and Earnings Statement should also be submitted for active-duty Soldiers.

AER awards are needs-based scholarships based on the FAFSA and transcripts, LaCroix said. The amount of the award varies based on the number of qualified applicants and scholarship funds

available, she said. Last year, the award amounts ranged from \$500 to \$3,300.

AER is a private nonprofit organization dedicated to providing financial assistance to active-duty and retired Soldiers and their families. Since its incorporation in 1942, AER has provided more than \$1.6 billion to more than 3.6 million Soldiers, families and retirees.



FILE PHOTO

Shown are Army Emergency Relief 2013 scholarship recipients from the Fort Rucker area.

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Astronaut application deadline approaching

By Carrie David

U.S. Army Space and Missile Defense Command and Army Forces Strategic Command

REDSTONE ARSENAL — For those Soldiers whose dreams include reaching for the stars, it is possible and the deadline for applications is approaching.

Soldiers who want to be considered for the Army Astronaut Candidate Screening Board must complete the two-part application process by Feb. 18.

According to MILPER Message 15-364, the application consists of an electronic submission directly to NASA through the www.usajobs.gov website and a paper application mailed to the Army Astronaut Candidate Screening Board.

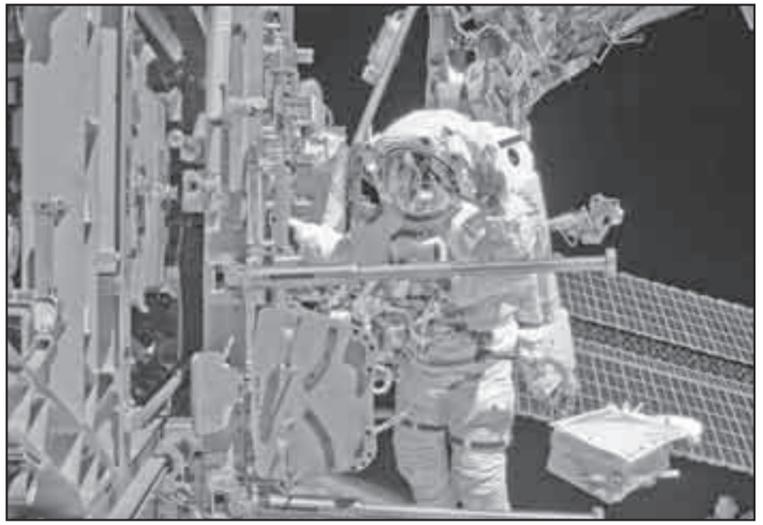
Applicants must be a U.S. citizen between 62 inches and 75 inches tall. They must hold a bachelor's degree from an accredited institution in engineering, biolog-

ical science, physical science, computer science or mathematics. Degrees must be followed by at least three years of related, progressively responsible professional experience, or at least 1,000 hours of pilot-in-command time in jet aircraft. An advanced degree is desirable and may be substituted for part of the experience requirement.

The following degrees are not considered qualifying: degrees in technology; degrees in psychology, except for clinical, physiological or experimental; degrees in nursing; degrees in exercise physiology or similar field; degrees in social science; and degrees in Aviation, Aviation management or similar fields.

Full application details are included in the MILPER Message 5-364.

The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command provides support to NASA with an Army astronaut detachment assigned to the Johnson Space Center in Houston.



Soldiers who want to be considered for the Army Astronaut Candidate Screening Board must complete the two-part application process by Feb. 18.

Center: Service offers individual tax preparation

Continued from Page A1

hours to go over their complete return with a tax representative, said Clayton. Soldiers must return between the hours of 9-11 a.m. Mondays-Fridays for their returns.

"We don't need a full one-hour appointment to do most single Soldiers' tax returns, so this frees up a lot of time for us to serve as many people as we can," he said.

Single Soldiers who wish to

utilize the drop-off service must have a simple return with no more than two W-2 forms. For more information on drop-off services, call 255-2937 or 255-2938.

When visiting the tax center, people should remember to bring all tax forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous

year's return if available; power of attorney papers if available; 1099-G forms for gambling winnings, unemployment compensations, etc.; and 1099-MISC for payments received for non-employment compensation.

"Some people have gambling winnings or unemployment (compensation) that they've received throughout the year and those are things that need to be filed, and sometimes people don't realize that," said the tax coordinator. "If they're in doubt about

something, just bring it to us and ask questions."

People should also bring their bank routing numbers as well as their account numbers if they wish to have their returns deposited directly into their bank accounts, which can be found on a check tied to the specific account they wish to use.

Although the tax center is an invaluable resource to people on the installation, the facility is limited in the services it can provide. The center can't provide services

for businesses or for those with more than one rental property, but most simple tax returns shouldn't be a problem, said Clayton.

"Every tax situation is different and we look at each individual tax situation separately," he said. "If people feel they can do it themselves, that's fine, but there is no harm in coming by and having us take a look, especially since it's free."

For more information or to schedule an appointment, call 255-2937 or 255-2938.

Partner: Program offers dual-specialty certification

Continued from Page A1

ability to give back and serve you in some small way in this manner is our high privilege."

Before the partnerships with Flowers Hospital, training for the Aerospace and Occupational Medicine Program had taken place in Pensacola, Florida, with the

Navy since 2000. With the program's move to the school on Fort Rucker last year, Soldiers are able to get a better grasp on how they will be serving their brethren in the skies, said Gaydos.

"We're kind of the crossroads, or the rally point, for things that are both medicine and Aviation," he said. "Our program is unique in that we offer dual-specialty

certification in both aerospace and occupational medicine — two related fields with broad, overlapping cross pollination, and both are very important to the Army."

A print of a MedEvac helicopter, complete with flight surgeon wings and a USASAM unit coin, were presented to Flowers Hospital and south Alabama emergency physicians in honor of the partnership.

- Have a family disaster plan and supply kit
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108 Red Cliff
\$299,000: Great family home! This 4BR/BA all brick home has the most beautiful details. Dental molding, skylights in many rooms, tall foyer & formal living room ceilings, dramatic landscaping with views of trees & nature. There are 2 master suites. The rooms are very large & 1BR has a special window seat. The kitchen has stainless steel appliances & large tile floor. New roof 04/2012. **TERRI AVERETT 406-2072** MLS #20152125

new LISTING



36 Brecken Ridge
\$132,000: Great location, one level, 2BR/2BA. **JACKIE THOMPSON 406-1231** MLS #20152186

new LISTING



244 County Road 683
\$162,000: Enjoy a neighborhood feel in the country. Just outside the city limits, this 3BR/2BA, 2-car garage, a huge yard with an above-ground pool, a shed & a covered back patio. Laminate flooring, spacious laundry room, built-in bookshelves & separate dining room in this ranch will impress. **MAGGIE HAAS 389-0011** MLS #20152208

new LISTING OPEN HOUSE 1-3PM SATURDAY, JAN 16



203 Squirrel Hollow
\$212,000: Lake clubhouse with salt water pool, walking trails, sidewalks, energy star certified home with stainless steel appliances, granite countertops, custom cabinets, coffered ceilings, custom trim, gas tankless Rinnai hot water heater, timer for outside lighting, lots of closets for storage all on a large, flat lot with side entry garage! **TERRI AVERETT 406-2072** MLS #20152211

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108 Liveoak
\$139,900: This 3BR/2.5BA, modern home with a large outdoor deck is located on a peaceful wooded lot. Must see features include: the many windows letting in lots of natural light, an open-style floor plan, window seats in 2 bedrooms, access to the outdoor deck from the master bedroom, even a front door entry coat closet. This beautiful home has lots to offer, come see today! **SOMMER RAKES 406-1286** MLS #20152221

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917 Pinecrest Circle ~ Geneva
\$59,000: This well maintained 3BR home in Geneva is move-in ready with fresh interior paint, new flooring & new kitchen countertops. The bonus room will make a great office, craft room or play room for the kids. The covered patio looks out over the large, fenced in backyard. The laundry room is large with plenty of storage space. Priced well below the assessed value. They just don't come along like this one very often so see it soon! **JAN SAWYER 406-2393** MLS #20152271

new LISTING



47 Wells ~ Daleville
\$122,900: Check out this affordable 4BR/2BA home within minutes of Ft Rucker! Set on a large fenced lot, this spacious home is close to all Daleville city amenities. It has a great open floor plan including an updated kitchen with island; plus the living area has wood laminate flooring. The generous 4th BR could be used as a great family/media room. There is also a new roof & HVAC system. **THERESA HERNANDEZ 379-5937** MLS #20152241

new LISTING



146 South Springview
\$67,000: Very nice townhouse with community pool & lots more. **FRAN & DON KALTENBAUGH 790-5973** MLS #20152246

new LISTING



835 North Claxton
\$215,000: One-of-a-kind home sitting on about an acre with a small pond & it features 6BR/6BA, formal living/dining room combination, large den with doors out to patio for entertaining, eat-in kitchen & large laundry/mud room with lots of cabinets & sink. Carport separates the house from a bonus room that would be great for entertaining or exercising. Floors are hardwood, ceramic tile & carpet. You have to make your appointment to see this house because it is bigger than it looks. **EVELYN HITCH 406-3436 & MARGE SIMMONS 477-1962** MLS #20152248

new LISTING



10916 County Road 1
\$105,000: Enjoy the country feel but be convenient to Enterprise & Ft Rucker. This 4BR/2.5BA, 2-car garage home is a retreat including a fenced backyard & wood burning fireplace. The laminate wood floor creates a rich & warm atmosphere. **MAGGIE HAAS 389-0011** MLS #20152256

new LISTING



34 Cotton Creek
\$226,900: Situated on a corner lot in the Cotton Creek Subdivision, this 4BR/2.5BA features master suite on one side & the other 3BR with bath on the other. Formal dining room is on the front of the house & the kitchen is located between it & the breakfast area. The breakfast area also has a built-in desk unit, & the 1/2 bath with laundry is off this area. Covered patio & in-ground vinyl liner pool. Call for your appointment to see before it is gone. **EVELYN HITCH 406-3436** MLS #20152268

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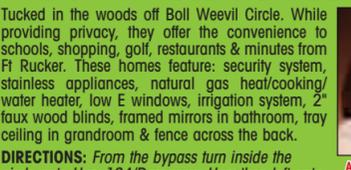


HOSTED BY: AGNES KARVONEN 406-9752

After a hard day, relax in comfort under the covered patio overlooking the salt water pool. Split floor plan includes 4 spacious bedrooms. Extra-large lot extends behind the privacy fence.
DIRECTIONS: Legacy Farms Subdivision: Rucker Blvd to Legacy Farms, left on first street, house in the curve on the left.

OPEN SUNDAY, JAN 17TH 2:00PM-4:00PM

THE COTTAGES AT WOODLAND PARK



Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. These homes feature: security system, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom, tray ceiling in grandroom & fence across the back.
DIRECTIONS: From the bypass turn inside the circle onto Hwy 134/Damascus Hwy then left onto Jasmine Circle. Come visit me at The Cottages.

ALL 3 HOSTED BY: JAN SAWYER 406-2393

OPEN SATURDAY, JAN 16TH 1:00PM-3:00PM

203 SQUIRREL HOLLOW \$212,000



HOSTED BY: MARLA BELLARD 464-1149

Lake, clubhouse with salt water pool, walking trails, sidewalks, energy star certified home with stainless steel appliances, granite countertops, custom cabinets, coffered ceilings, custom trim, gas tankless Rinnai hot water heater, timer for outside lighting, lots of closets for storage all on a large, flat lot with side entry garage!
DIRECTIONS: 84 North approx. 2 miles, turn right on Salem Road, first right into subdivision. First left onto Squirrel Hollow, home is on the left.

301 JASMINE CIRCLE \$154,000



A beautiful cottage. Enjoy morning coffee on the screened porch overlooking a fenced, landscaped backyard. House is equipped with beautiful wood floors in living area, open floor plan & 1-car garage.

OPEN SUN., JAN 17TH 2:00PM-4:00PM

221 JASMINE CIRCLE \$155,000



HOSTED BY: JAN SAWYER 406-2393

Located at the end of a cul-de-sac, this 3BR/2BA home offers peace & quiet. Features include: stainless steel appliances, 2 walk-in pantries, recessed lighting throughout except family room. Unbelievable value for the money! Includes a shed, 2-car carport w/storage room. Drip irrigation around 3 sides of the house & there's a front covered porch w/swing.

244 JASMINE CIRCLE \$154,000



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15.50± ACRES ~ \$179,900



320 COUNTY ROAD 101: Horse lovers dream, property is completely fenced with hog wire, with chain link fence in yard front & back with 5 gates, separate fenced paddock in front yard with hog wire fence, circular drive, 22x32 barn with 2 stalls, lean to extension with Dutch doors, electric & water with inside & outside lights. 10x20 shed with shelves & ramp. Open floor plan with split bedrooms & den w/fireplace as well as formal living room. Great screened porch with stairs leading to pool. A MUST SEE! **EVELYN HITCH 406-3436**

\$329,000



1504 EAST PARK: Heart of busy commercial area. Ready to build on. Next to Ashley Furniture. Possibility of purchasing additional land. **PAT LEGGETT 406-7653**

6BA/6BA ~ \$215,000



835 NORTH CLAXTON: One-of-a-kind home sitting on about an acre with a small pond. Features 6BR/6BA, formal living/dining room combination, large den with doors out to patio for entertaining, eat-in kitchen & large laundry/mud room with lots of cabinets & sink. Carport separates the house from a bonus room that would be great for entertaining or exercising. Floors are hardwood, ceramic tile & carpet. You have to make your appointment to see this house because it is bigger than it looks. **MARGE SIMMONS 477-1962**

GATEWAY ESTATES



121 DEER RUN STRUT ~ \$359,900: This home has so much to offer with Jack & Jill bathroom between the 2 upstairs bedrooms with antique vanities & porcelain washbowls. 2 1/2-car back entry carport with extra storage above, workshop situated among the gardens with electricity (15 outlets) & 220 service. Ramp & side cover for storage as well as in the attic area. Kitchen has built-ins with doors to hide appliances & still have the convenience. Lot 167' lakfront across the street comes with this property. Make your move NOW! **EVELYN HITCH 406-3436**



ARMY PHOTOS



YEAR IN PHOTOS

The Army has put out its annual 'Year in Photos' for 2015 and Army Aviation is well represented throughout, including these two photos taken from the September entry. To see the best of Army photos, visit <http://www.army.mil/yearinphotos/2015/index.html>.

TRAILBLAZER

1st female West Point commandant of cadets assumes new role

By C. Todd Lopez
Army News Service

WASHINGTON — For the first time in its history, the Army has installed a female officer as the commandant of cadets at the U.S. Military Academy at West Point, New York.

Brig. Gen. Diana M. Holland, herself a 1990 graduate of the school, assumed the role of commandant of cadets during a ceremony there Jan. 5. She is the 76th officer to hold the position.

Last year, when the announcement was made that Holland would assume the role, acting Army Secretary Eric K. Fanning said the officer was well-suited for the position.

"Diana's operational and command experiences will bring a new and diverse perspective to West Point's leadership team," Fanning said. "She is absolutely the right person for this critical position."

Lt. Gen. Robert L. Caslen Jr., the academy's superintendent, said Holland is "immensely qualified" for the position, which has a tremendous impact on the development of future Army officers.

"The commandant of cadets has such a significant role in our mission to train, educate and inspire leaders of character for service to the nation as Army officers, as they prepare to fight in America's wars," Caslen said. "The commandant is the 'M' in military in the United States Military Academy."

He said the job carries with it the burden of responsibility for the military, physical, character and social development of more than 4,400 cadets.

Caslen said he felt that Holland's past performance in the Army demonstrates her suitability for leading so many young Americans in their training and development as Army officers.

"(She) has a phenomenal reputation throughout the Army," he



PHOTO BY STAFF SGT. VITO T. BRYANT

Brig. Gen. Diana Holland receives the colors from Lt. Gen. Robert L. Caslen, U.S. Military Academy superintendent, as she assumes command of the U.S. Corps of Cadets Jan. 5.

said. "The Corps of Cadets is getting a great commander and an outstanding leader."

In the 1990 "Howitzer," the USMA yearbook, an entry for Holland, written by one of her peers, came near to predicting her assumption of the role of commandant. Caslen read that entry to show just how close to true the prediction came.

"We knew Diana was destined for greatness when she won the drill off in Beast," Caslen read. "And now she is charge of the regimental drill. Look for her 5'1" frame in her pickup truck back at West Point in a few years as a history (professor) and many years

SEE TRAILBLAZER, PAGE B4



PHOTO BY SPC. TRACY MCKITHERN

Sgt. Felicia Hillis, 122nd Aviation Support Battalion, 82nd Airborne Division, participates in a field training exercise at Fort Bragg, N.C., Dec. 9.

122nd ASB trains for the fight

By Staff Sgt. Christopher Freeman
82nd Combat Aviation Brigade
Public Affairs

FORT BRAGG, N.C. — In a secluded training area outside Fort Bragg, a unit establishes its battalion-sized forward operating base away from their hangars and aircraft with a defensive position fortified with razor wire and heavy machine guns.

From the outside looking in, it reminds senior Soldiers of what deployments used to be like — no established infrastructure, no running water and a constant state of readiness in the event of an attack.

The 122nd Aviation Support Battalion, 82nd Combat Aviation Brigade, conducted a battalion field training exercise to assess current tactics, techniques and procedures Dec. 7-11. The FTX gave Soldiers some insight to what conditions may be like in the event they are deployed in support of the Global Response Force to a potentially austere environment.

Training for a potential threats required Soldiers at all levels to hone their tactical abilities to respond to different events.

"We started with a permissive environment with low threats," said Command. Sgt. Maj. Jonnathan Logan, the senior enlisted member for the ASB. "As the days went on, we ramped up the scenarios to where everyone is in their full combat gear, to include a gas mask."

With the bulky gas mask hanging at their hip, the Soldiers would quickly learn of the real-world application in utilizing this life-saving piece of gear.

"Once the chemical attack occurred, we quickly donned our mask and continued to guard the ECP," said Pfc. Daveon Jones,

SEE 122ND, PAGE B4

Fort Campbell retires CH-47D flight simulator

By Heather Clark
Fort Campbell Public Affairs

FORT CAMPBELL, Ky. — For nearly 30 years, Chinook pilots at Fort Campbell have honed their skills at the Flight Simulations Branch on 58th Street, using the CH-47D flight simulator, Model 2B31.

Many have logged hours on the large, motion-based machine, refining capabilities, such as flying qualities, flight paths and radio communication. The machine is well-maintained and fully-operational.

However, as the Army moves along the path of technological advances, mobility and cost effectiveness have become bigger parts of the equation in simulation-based training, said Steve Zuercher, chief of the training support



PHOTO BY HEATHER CLARK

This CH-47D flight simulator that trained Chinook pilots at Fort Campbell, Ky., for nearly 30 years was officially retired at the end of December.

center.

The CH-47D simulator, one of only three still remaining Armywide, was officially retired at the end of December. To commemorate the occasion, instructors, maintenance crews and aviators, past and present, gathered Dec. 16 for

a small ceremony to bid farewell to the machine.

"It's been here almost 30 years and it's trained a lot of people," Zuercher said. "When this is gone, there will be only two left. And they'll all be gone by (the end of this year)."

Zuercher said that Fort Campbell already has the simulator that will take its place — a mobile unit that was moved to Joint Base Lewis-McChord, Washington, but will make its way back to the installation this month.

Mobility, according to Zuercher, is the name of the game in today's simulation program.

"This one here is a permanently-installed simulator — you can't move it," he said. "You would have to dismantle the entire thing to move it. The other simulators they have now are mobile and they can be kept outside. There's a big difference."

Marking the importance of the Chinook helicopter and the subsequent training afforded

SEE FLIGHT, PAGE B4

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Trailblazer: Holland becomes 76th commandant

Continued from Page B1

later as the (superintendent).”
Caslen pointed out that Holland does still drive a pickup truck, that she had returned to the school in 1999 to serve as a history instructor and that she was now assuming the role as commandant.

“There is still some time for that Howitzer prophecy of one day becoming a superintendent, so it may just come true,” he said.

“Returning to West Point this time has been quite surreal for a number of reasons, not the least of which that’s it’s eerily close to fulfilling my Howitzer entry,” Holland said. “That entry was written by Beth Richards, my roommate of 3 1/2 years, and very close friend. She couldn’t be here today, but I can hear her right now, shouting from afar, ‘I told you so.’”

Holland said accepting the po-

sition is humbling. She said she was only able to achieve what was needed for the appointment because of the support and mentorship of those she has worked with and for over the last quarter of a century. She started off by citing her classmates at the academy – many of whom attended the ceremony – as having had great influence on her.

“I so appreciate your demonstration of support. That sense of teamwork really started the day we came together in 1986. ‘The Proud and the Mighty,’ proved to be an appropriate motto,” she said. “I distinctly remember challenging myself to work harder, to be as fast or as strong or as skilled or as smart as many of you. It was a healthy competition that inspired me to be better every single day. But when I wasn’t as strong or skilled or smart, I could always

turn to one of you for help or advice. I am grateful to have served with you and most importantly, to be counted as one of you.”

Holland also cited a litany of Army leaders, both officer and enlisted, who influenced and mentored her throughout her career. She also named her own father, who she said had been instrumental early on in steering her toward West Point and an Army career.

“It was my dad who first suggested to me that I consider attending one of the service academies, back when they began admitting women. I was only 8 at the time,” she said. “But remarkably, I had already expressed the desire to serve in the military. His suggestion immediately took hold. And it was he who dropped me off here almost 30 years ago to become a West Point cadet. I appreciate your love and support for convincing

me early on that I could achieve anything – I just had to work hard and treat people right.”

The new commandant also thanked her husband, Jim, for his continued support. “I love you very much,” she said.

As the 76th commandant of cadets, Holland is responsible for the development into Army officers of more than 4,400 cadets. It’s a mission she said she is ready for, and excited to take part in for several reasons.

“First, to be part of a winning team that demonstrates continuous excellence and contributes to our nation in such significant ways in times of peace and conflict,” she said. “Second, the opportunity to work with incredible, talented young men and women such that you find here – they are an inspiration, and serve as a constant reminder that the future of our Army

will be in good hands. And finally, to contribute to a purpose that is so consequential for our Soldiers. Our Soldiers, who achieve amazing things, overcome incredible obstacles around the world and make great sacrifices every single day. They ask for very little in return, really only that they be well-liked. It is particularly gratifying to support a mission that answers that call. For those reasons, and then some, I appreciate this portent and look forward to working with this team.”

Holland was commissioned in 1990. She has served as a company, battalion and brigade commander. In her most recent assignment, she served as deputy commanding general (Support), for 10th Mountain Division (Light), Fort Drum, New York, and in Afghanistan. She served twice in Iraq, and three times in Afghanistan.

122nd: Training simulates deploying support Aviation element

Continued from Page B1

CH-47 helicopter repairer, 122 ASB. “Even with the mask on, we have to stay positive. Everyone around me is in the same uniform, training for future missions. Once the tear gas canisters went off, we realized how important all of our gear is. If we didn’t have this mask, we would become unable to help our battle buddies in the fight.”

For the Soldiers manning the entry control points, which control access to the FOB, there was a large focus on how to

improve their base defenses with multiple battle positions.

“On the second day, we dug foxholes to improve our fighting position,” said Jones. “It was fun and everyone was pretty pumped up to do it. It was a great way to improve the camaraderie in our unit because we were all out there, working together to improve our area.”

For the senior enlisted leader of the unit, this FTX reminded him of previous deployments he had been on and something not familiar to the younger generations of Soldiers in his formation.

“In late 2001, I was deployed to Bagram, Afghanistan,” said Logan. “It wasn’t like it is today. There were no armored vehicles or hard buildings everywhere. This training helps them prepare to deploy to an environment without established infrastructures.”

With austere environments in mind, Logan took the chance to reinforce essential Soldier skills many combat support enablers may take for granted such as ammunition, water and food.

“There are little things that we can overlook nowadays,” said Logan. “A great example of that is water. Before we left, our

leaders down to the lowest level ensured that every canteen and camelback was topped off. If we deploy to an unimproved area, you never know when you will come across clean drinking water.”

The training was to simulate deploying a support aviation element anywhere in the world, and for Jones, it hit home.

“This training helps me prepare to take the fight to the enemy,” said Jones. “I want to protect not only what I believe in, but what my family believes in. This training makes me feel more confident about doing just that.”

Flight: Possible Chinook could reach 100 years of Army service

Continued from Page B1

by the flight simulator, training instructor Matt Page shared a bit of history with the gathering at the Flight Simulations Branch. Most notably, he cited the evolution of the Chinook from 1962 to 1979, with models ranging from A to D. The D model became the Army standard in 1979, and

stayed the standard until the first F model was issued in 2007 – an impressive feat in the constantly evolving world of military machinery.

“Anybody that knows the future of Army helicopters knows that the future vertical lift program is set to start removing all of the helicopters we’re familiar with in the year 2030,” Page said.

“It’s estimated that the Chinook will probably stay in service and could actually make 100 years of service to the United States Army with the way it’s going now.”

As flight technology evolved, so did the technology with which to train the Aviators. It began in 1968, when the Army determined that it was technologically fea-

sible to build a Synthetic Flight Training System. With this technology, new pilots could practice difficult maneuvers safely and effectively.

“In 1972, the UH-1 simulators were put in here at Fort Campbell,” Page said.

Following the success of flight simulation training, plans were drawn up for the Flight Simula-

tions Branch building in 1979, assisted by Richard Houde, who would become the first branch chief. In 1982, the first simulator was installed with a CH-47 C cockpit, which paid for itself in saved Army spending within two years’ time. In 1987, the C Model was retired after 11,434 hours of flight time and the simulator was converted to a CH-47 D.

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JANUARY 14, 2016

NCOA REACHES OUT

Local JROTC cadets compete, get taste of military training

By Nathan Pfau
Army Flier Staff Writer

From crawling through sand to climbing ropes and pushing 7,000 pound trucks, cadets from local Junior Reserve Officers Training Corps units got a taste of Army training in a competition that pitted three local schools against each other.

The Fort Rucker NCO Academy hosted its first JROTC competition Friday where cadets from Daleville, Enterprise and Carroll High Schools took on the NCOA obstacle course and competed for top honors, said 1st Sgt. Carl Miller, NCOA deputy commandant.

"We wanted to do some sort of outreach to the local JROTC groups because we want to be a bigger part of the community, and what better way to do it than going to the local high schools, reaching out to those organizations and bringing them here for this competition," Miller said. "We want to invest into those people who have already shown the propensity to want to serve, and not only invest into those programs, but those programs can get to know each other a little bit better."

Cadets from each school had to take on the obstacle course, complete with sand crawl, reverse climb, tire run, wall climb and rope climb. Following the course, cadets had to work as a team to perform tasks such as group pushups, Skedco pull and finally a 7,000-pound truck push.

Of the three schools, Enterprise High School came out on top, but the school's cadets knew that it was no single effort to pull out a win.

"It's nice to come out on top – we really weren't expecting to win, but we pulled together as a team and we pulled it off," said Tristan Skala, Enterprise

JROTC.

For fellow cadet Lynn Donaldson, the competition wasn't just about cheering on your own team, but about helping everyone involved to stay motivated.

"I think we all worked well together and we just encouraged each other throughout the competition," she said. "We also encouraged the other teams. When you encourage other teams, as well as yourselves, it gives you a lot of a confidence boost knowing that you're there for each other."

Also, going into the competition, Donaldson said it was less about brawn and more about brain.

It's more than just . . . knowing you have muscles and you can do this. It's a lot about mental preparedness."

— LYNN DONALDSON,
ENTERPRISE HIGH SCHOOL
JROTC CADET

"It's more than just about getting out here and knowing that you have the muscles and you can do this," she said. "It's a lot about mental preparedness. I came out here thinking I'm just going to do what I have to do, and I came out and pushed what I needed to push, and it just showed me that I have to go in mentally prepared, not just for this competition, but for everything in life."

In the end, Miller said the competition was less about who was able to come out on top, and more about how well the cadets



PHOTOS BY NATHAN PFAU

Cadets from the Enterprise High School JROTC program work together to perform group pushups during the NCO Academy's first JROTC competition at the NCOA obstacle course Friday.



Enterprise High School JROTC cadets pose after earning top honors.

were able to work together and support one another, something he said he was proud to see occurring throughout the competition.

"I just want these students to take away the camaraderie and the teamwork that they had to put into this," said the deputy commandant. "They really have to lean on each other for support because a lot of these events require that. Just because you have one superstar doesn't mean you're going to win, because if

your other four aren't in it, then you won't do well, and life is like that.

"There is a support base that you need throughout life, and it's great to see them organize with each other and cheer each other on," he said. "They were very supportive of each other and that's what you should do. We need to support our fellow man and woman, and this is just a small way that they can do that. I hope that's what they can take away from this."



Nicholas Pennington, Daleville High School JROTC cadet, makes his way through the tire run of the NCO Academy obstacle course during the NCOA's first JROTC competition.



Cadets from the Daleville High School JROTC program work together to push a 7,000 pound truck during NCO Academy's first JROTC competition.

RESILIENCY

Workshops teach skills to help conquer everyday stress

By Jeremy Henderson
Army Flier Staff Writer

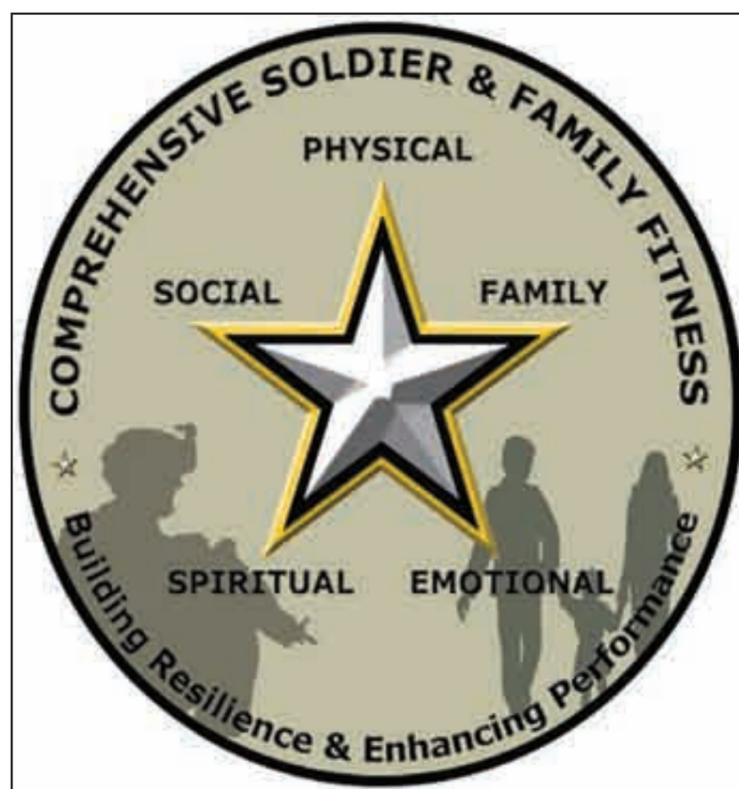
A transient lifestyle presents unique challenges for military families, but Fort Rucker Army Community Service offers sessions and workshops to teach skills Soldiers and their families can use to tackle everyday stress.

"Resiliency training provides developmental tools and skills that can be used in our everyday lives," Ruth Gonzalez, relocation readiness program manager, said. "Everyone has had a moment when they've overreacted to a situation or dealt with people in their lives who knew how to 'push their buttons.' We've also encountered family members or friends with whom we want to build stronger relationships, but can't seem to do so. The family resilience workshops and training sessions focus on different skill sets to address our everyday issues. These skills will help you strengthen relationships and develop concepts which are important to development."

The first session takes place Jan. 25 from 9-11:30 a.m. To attend, people must sign up by Jan. 22.

Additional sessions take place Feb. 8 from 9-11:30 a.m., March 7 and 14 from 8:30 a.m. to 3 p.m., April 7 from 9-11:30 a.m., May 9 from 9-11:30 a.m., June 6 and 13 from 8:30 a.m. to 3 p.m., July 11 from 9-11:30 a.m., Aug. 11 from 9-11:30 a.m., Sept. 12 and 15 from 8:30 a.m. to 3 p.m., Oct. 10 from 9-11:30 a.m., Nov. 14 from 9-11:30 a.m., and Dec. 7 and 8 from 8:30 a.m. to 3 p.m.

According to Gonzalez, each session will offer different workshops to help



ARMY GRAPHIC

Soldiers and families develop a variety of stress-coping skill sets.

"Participants learn to focus on what makes them respond and how others respond, as well," she said. "You will learn valuable lessons on why certain people 'push your buttons' and others you disregard. It teaches you how to communicate more effectively to those around

you and how to improve the relationship that you may have with those who are special in your life.

"Participants learn to focus on their thoughts before reacting to a situation and to use certain skills to help face the situations that may arise in their lives," she added. "Basically, participants learn that we do not react to a situation, but we

react to the thoughts that go through our mind when a situation occurs. Learning to 'slow down' and study the thoughts that he or she has when a situation occurs, the participant can apply the skills learned to have a more productive and less destructive reaction."

According to Gonzalez, the monthly sessions are offered as an alternative to accommodate the busy schedule of military families.

"We offer workshops monthly for those participants who cannot attend the two-day training," she said. "Each workshop builds on the previous one. It is preferable for participants to take all the workshops, since each focuses on a different skill, but we are flexible. For strengthening the family unit, it is highly encouraged that couples attend."

Gonzalez said Soldiers and their families should be prepared to be open and honest while attending the workshops.

"The training in these workshops is really a discussion-oriented training," she said. "Some of the skills require participants to recall situations or occasions that may be uncomfortable. The family resilience trainers are not counselors, but will refer them to military family life counselors, chaplains and behavioral medicine counselors at Lyster Army Health Clinic who are able to assist anyone who wants additional support for any situation that they may be facing."

Childcare is provided for the monthly workshops and quarterly two-day training sessions.

For more information or to register for an upcoming workshop or two-day training session, call 255-3817.

ON POST

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

Newcomers welcome

Army Community Service will host a newcomers welcome Friday from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

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

English as a Second Language

English as a Second Language will be offered to spouses on the installation Wednesdays in January from 9-11 a.m. at the Allen Heights Community Center. Participants will practice their communication and written skills, and hopefully have some fun, as well, according to Army Community Service officials.

For more information, call 255-3161.

Mother Rucker's anniversary

Mother Rucker's will host its anniversary party Friday from 5-7 p.m. The event will be open to the public for ages 18 and older. The event will include a complimentary gift and complimentary coupon for a free appetizer at the next visit, while supplies last, and discounts on select menu items. For more information, call 503-0396.

Home Buying Seminar

Army Community Service will host a home buying seminar Tuesday from 6:30-8:30 p.m. at the Commons. The deadline to register is Friday.

For more information and to register, call 255-9631.

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.

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 Jan. 21. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 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.

Right Arm Night

The Landing Zone will host Right Arm Night Jan. 21 from 4-6 p.m., hosted by garrison command, Defense Commissary Agency, and Army and Air Force Exchange Service. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 598-8025.

Quarterly sponsor training

Army Community Service will host quarterly sponsor refresher training Jan. 22. Sponsor training is also provided on an as-needed basis. To reserve a slot, or get more information, such as time and location of the training, call 255-3161 or 255-2887

Youth biking activity

The Fort Rucker School Age Center invites youth, ages 8-10, to join its SAC'S Young Bikers bike riding activities Jan. 23. The bikers head outdoors to explore their environment from 2-3:30 p.m. Parents and guardians are welcome to join in the fun. SAC will conduct a safety briefing, provide the bikes, safety gear and a map of routes. Children must know how to ride a bike. The number of bikers is limited, so people are encouraged to sign up early at the SAC. To sign up, youth must be a child, youth and



PHOTO BY NATHAN PFAU

Disc Golf Tournament

The Winter Fling Disc Golf Tournament is scheduled for Jan. 23. The tournament will be 18 holes with people paired up randomly, followed by another 18 holes paired by age groups and scores. People can sign up at the Fort Rucker Physical Fitness Center or MWR Central for \$20 before Saturday and \$25 afterwards. All pre-registered competitors will receive a T-shirt. Competitors registering after Saturday will receive T-shirts while supplies last.

For more information, including times, call 255-2296.

school services registered member.

For more information, call 255-9108.

Family member resilience training

Army Community Service will host family member resilience training Jan. 25 from 9-11:30 a.m. The training gives family members the tools they need to become more resilient when facing the challenges life throws at them, according to ACS officials.

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

Comedy Live

The Landing will host the latest round of Comedy Live Jan. 29 from 8-9:30 p.m. in its ballroom. Comedy Live will feature Rocky Dale Davis and Lucas Bohn performing. The event is open to the public for ages 18 and up. Tickets are \$12 through Jan. 28. Tickets on the day of the show will be \$16. VIP tables are available for \$150 and seat 10 patrons. Tickets may be purchased at The Landing, MWR Central, or the Coffee Zones at Lyster and Bldg. 5700. VIP tickets are only available at The Landing.

For more information, call 598-2426.

Art class at library

The Center Library is offering an art class for older children Jan. 30 from 1-3 p.m. The project is entitled "Let's Learn About the Australian Aborigines." The cost is free and all materials will be provided. The activity is designed for ages 8 and up, and space is limited to the first 25 registrants.

For more information or to register, call 255-3885.

Parent Advisory Council meeting

Child, youth and school services will host its Parent Advisory Council meeting Feb. 2 from 5-6 p.m. at the school age center in Bldg. 2806. The meeting is open to all Fort Rucker parents. PAC Meetings give parents the opportunity to provide input about administrative policies and developmental programming for CYSS services, and also establish volunteer opportunities. PAC meetings are held quarterly on the first Tuesday of the month from 5-6 p.m. PAC members will earn two parent participation points per meeting, and when they accumulate 10 points they will receive 10 percent off monthly child care fees.

For more information, call 255-2958.

Heart 2 Heart Skate Night

The Child, youth and school services school age center will host its Heart 2 Heart Skate Night Feb. 5. There will be a contest for the best dressed boy and girl. Safety skate is from 6:15-7:15 p.m. and costs \$2, and regular skate is from 7:30-9:30 p.m. and costs \$5. Exact change is appreciated.

For more information, call 255-9108

Black History Month story time

The Center Library will host a children's story time to help celebrate Black

DFMWR Spotlight

Right
Arm
Night



Next Right Arm Night
held on February 25th

January 21

4-6 pm at The Landing Zone

Join us for a night of camaraderie & esprit de corps. Featuring special complimentary appetizers! (Quantities limited)



The Landing Zone, (334) 598-8025
Bldg. 113, Novosel St.




History Month Feb. 5 from 10:15-11 a.m. The event will be open to authorized patrons and will be exceptional family member friendly.

For more information, call 255-3885.

Mardi Gras in Mobile trip

MWR Central will host a day trip to Mobile Feb. 6 to take in the city's Mardi Gras festivities. Participants will spend the afternoon along the parade route. The cost

of this trip is \$25 per person, and includes transportation to and from Mobile, and a set of beads. There are a total of five parades along the route. The parade route and schedule will be provided to registered participants. The trip will depart Fort Rucker at 8 a.m. and arrive in Mobile around 11:30 a.m. Departure time from Mobile will be 8 p.m. with an anticipated return to Fort Rucker at about 11 p.m.

For more information, call 255-2997.

FORT RUCKER MOVIE SCHEDULE FOR JANUARY 14-17

Thursday, January 14

Dr. Martin Luther King Jr. Commemorative Program10 a.m.
Krampus (PG-13)7 p.m.

Friday, January 15

In The Heart Of The Sea (PG-13)7 p.m.

Saturday, January 16

Alvin and The Chipmunks: The Road Chip (PG)4 p.m.
Sisters (R)7 p.m.

Sunday, January 17

Alvin and The Chipmunks: The Road Chip (PG)1 p.m.
In The Heart Of The Sea (PG-13)4 p.m.

MILESTONES

2015 marks significant advances for women

Compiled by David Vergun
Army News Service

(Editor's note: Contributors included David Vergun, Cheryl Pel-lerin, David Ruderman, Gary Sheft-ick and J.D. Leipold)

WASHINGTON — Women's strides made big news throughout 2015, with graduating from Ranger School, to the appointment of the first black female Army surgeon general to Defense Secretary Ash Carter opening up all military occupational specialties to women.

The following are some of the highlights.

All occupations open to women

On Dec. 3, Carter announced that beginning in January all Defense Department positions will be open to women, without exception.

For the first time in U.S. military history, as long as they qualify and meet specific standards, the secretary said women will be able to contribute to the mission with no barriers at all in their way.

"They'll be allowed to drive tanks, fire mortars and lead infantry Soldiers into combat," Carter added. "They'll be able to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers, and everything else that was previously open only to men."

Even more importantly, he said, the military services will be better able to harness the skills and perspectives that talented women have to offer.

In a memorandum to the secretaries of all military departments and others, Carter directed the military services to open all MOSs to women 30 days from Dec. 3 — a waiting period required by law — and by that date to provide updated implementation plans for integrating women into the positions now open to them.

Carter's announcement came after the Army had been opening many new positions for women in recent years.

For example, on Feb. 25, then-Army Secretary John M. McHugh signed Directive 2015-08, opening more than 4,100 positions to women in the U.S. Army Special Operations Command.

About 1,000 positions were opened to women following the



Army Chief of Staff Mark A. Milley shakes hands with Capt. Kristen M. Griest, one of the latest Soldiers to earn the Ranger tab on Fort Benning, Ga., Aug. 21.



Brig. Gen. Diana Holland becomes the first woman to hold the title of deputy commanding general for support in a light infantry division during her promotion ceremony to brigadier general on Fort Drum, N.Y., July 29. Her husband, James Holland Jr., right, and Army Maj. Gen. Jeffrey L. Bannister, 10th Mountain Division and Fort Drum commander, pin on her stars.

2013 rescinding of the Direct Ground Combat Rule by the defense secretary. This paved the way for women to serve in direct combat roles and in MOSs that were previously open only to males.

Women earn Ranger tab

For the first time in Army history, two women were among the Soldiers who received the coveted Ranger tab Aug. 21.

The two female Ranger School graduates were 1st Lt. Shaye L. Haver and Capt. Kristen M. Griest, both also graduates of the U.S. Military Academy at West Point, New York.

Army Chief of Staff Gen. Mark

A. Milley, who attended the graduation, said Ranger School is the Army's "most grueling" leadership course, in a statement. The course no doubt stretched all 96 graduates "to and beyond their physical and emotional limits," he said.

"I'm proud of everything each of these Rangers has endured and I am confident they will go on to serve our Army and our nation. For those who have made it through this arduous course, you know that there is only one standard: The Ranger standard."

And then there was another.

When Maj. Lisa Jaster graduated from the Ranger course, Oct. 16, she became the third female Soldier

to earn the Ranger tab.

A lesser known distinction setting Jaster apart was the fact that she is one of several thousand Soldiers who serve their country under the auspices of a specialized component of the Army's Select Reserve — the Individual Mobilization Augmentee program.

Jaster is a U.S. Military Academy at West Point, New York, graduate and mother of two, married to a Marine Corps Reserve officer. In her civilian career, she is a project manager with Shell Oil Co. — specializing in oilfield issues. As a Soldier with MOS 12A, engineer, she transferred from active duty to IMA status in May 2012.

A surgeon general first

Lt. Gen. Nadja West became the Army's first black surgeon general.

West became the Army's first female black lieutenant general and the highest-ranking woman to graduate from the U.S. Military Academy at West Point, New York.

The Senate confirmed West Dec. 9 for the position and Acting Army Secretary Eric Fanning administered the oath of office to her Dec. 11, making her the Army's 44th surgeon general and commanding general of U.S. Army Medical Command.

West most recently served as the Joint Staff surgeon at the Pentagon.

The Army surgeon general provides advice and assistance to the

Army secretary and chief of staff on all health care matters pertaining to the U.S. Army and its military health care system.

Woman with two firsts

Also in December, Brig. Gen. Diana Holland was named the first female commandant of cadets at the U.S. Military Academy at West Point, New York. She assumed command as the 76th commandant of cadets during a ceremony at West Point Jan. 5.

Holland previously served as the deputy commanding general (support), 10th Mountain Division (Light) on Fort Drum, New York. She replaced Maj. Gen. John C. Thomson III, who relinquished command of the Corps of Cadets during a ceremony at West Point. He has been named commanding general, 1st Cavalry Division on Fort Hood, Texas.

Acting Army Secretary Eric Fanning praised the selection of Holland. "Diana's operational and command experiences will bring a new and diverse perspective to West Point's leadership team," Fanning said. "She is absolutely the right person for this critical position."

"I am very honored to be named the next commandant of the U.S. Corps of Cadets," Holland said. "It's a privilege to be part of the team that trains and develops leaders of character for our Army. I look forward to continuing the legacy set by Major General Thomson and all previous commandants."

Holland's other first was her previous assignment to 10th Mountain Division, which had never had a female general.

First for Maryland

Maj. Gen. Linda Singh, the first black and first woman to serve as adjutant general of the Maryland National Guard, took command of the Maryland National Guard Feb. 28.

"This is huge — just for the progress of women in leadership," Singh said.

Singh discussed the challenges of starting off in the Army as a young female enlisted Soldier in the 1980s. She recalled how, at the dawn of her career, a first sergeant told her that because of her pregnancy, she would not make it through advanced initial training. But of course she proved him wrong.



COURTESY PHOTO

Pick-of-the-litter

Meet Oliver, an approximately 2-year-old male beagle mix available for adoption at the Fort Rucker stray facility. He is sweet and full of energy, although shy at first. 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.

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 School 9:55AM
Nursery Care Every Service

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Huntingdon honors King's legacy

From Staff Reports

Army Flier

People are invited to join Huntingdon College for its annual Martin Luther King Convocation Wednesday at 7 p.m. at the college's Ligon Chapel, Flowers Hall at 1500 East Fairview Avenue in Montgomery. The event commemorates the life of

civil rights leader and Montgomery preacher Dr. Martin Luther King Jr. through inspiring words and music. The event is free and open to the public.

For more information, call 334-833-4515 or visit www.huntingdon.edu/about/huntingdon-traditions/annual-events/mlk-jr-convocation/.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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

DALEVILLE

JAN. 19 — Residents are invited to the State of the City Town Hall meeting at the Daleville Cultural and Convention Center, with doors opening at 6 p.m. and the presentation beginning at 6:30 p.m. Mayor Claudia Wigglesworth will highlight what's new, what's coming and topics related to Daleville's quality-of-life. Information about ongoing projects and programs will also be discussed. A question and answer session will follow the presentation.

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

JAN. 23 — Temple Emanu-el Sisterhood will host a gala art exhibition and auction with a preview at 6 p.m. and the auction at 7 p.m. Admission is \$10. A portion of the proceeds will benefit local charities. There will be a take a second look event Jan. 24 from 10 a.m. to 2 p.m. Bagels and coffee

will be served. Temple Emanu-El is located at 188 N. Park. For more information, call 792-5001.

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

ENTERPRISE

JAN. 21 — Chicago's legendary sketch and improv comedy theater performs at the Enterprise High School Performing Arts Center at 7 p.m. with "The Second City: Fully Loaded." For information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com. 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.

JAN. 27 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will hold its next monthly luncheon program at 11 a.m. at Ryan's Steakhouse Restaurant. The guest speaker will be Chris Alexander from Blue Cross Blue Shield Health Insurance who will point out the latest personal health insurance benefits and procedures that apply to current and retired federal employees. All federal employees, active or retired, are invited to attend the luncheon programs at the same time and place every fourth Wednesday of the month. For more information, call 393-0492.

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

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 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

JAN. 21 — The Ozark Chamber of Commerce will host a loan information workshop for small businesses from 11:30 a.m. to 2 p.m. The workshop is free for chamber members and costs non-members \$20. Lunch is included. To attend, call 774-9321. The workshop will offer information on guaranteed loans for small businesses from the State of Alabama and from the U.S. Small Business Administration.

JAN. 24-FEB. 20 — The Dale County Council of the Arts and Humanities will feature a photography show that any living artist ages 16 and older is eligible to participate in. The entry fee is \$25 for the first entry and \$5 for each additional piece, with a maximum of three entries per artist. Take in dates for the art work is Jan. 16 from 1-4 p.m. and Jan. 18 from 1-6 p.m. at the Ann Rudd Art Center, 144 E. Broad Street. An opening reception and award presentation will be Jan. 24 from 2-4 p.m. For categories, submission requirements and prize descriptions, call 794-2827.

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

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

Beyond Briefs

Chocolate! The Exhibition

The Gulf Coast Exploreum Science Center in Mobile will host Chocolate! The Exhibition now through Sunday. Chocolate! and its national tour were developed by the Field Museum of Chicago and supported, in part, by the National Science Foundation. Visitors will discover chocolate's impact on human cultures and tropical ecosystems through scenic elements, original video, interactive displays, rich imagery and graphics, and about 150 objects. This major exhibition includes replicated pre-Columbian ceramics and other decorative objects, European silver and porcelain servers, as well as examples of 19th- and 20th-century advertising and packaging, vintage chocolate molds and detailed botanical replications. The exhibition features the real story of chocolate beginning with the discovery of the cacao bean in the rainforests 1,500 years ago. The Mayans created a spicy drink and the Aztec civilization actually used the beans as currency.

Combination tickets are available for Chocolate! The Exhibition that also includes IMAX films: \$18 for adults, \$16 youth (13-17), \$14 child (7-12) and \$8 pre-kindergarten (4-6). Discounts are available for active and retired military.

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

Americana Music at the Lodge

Camp Helen State Park in Panama City Beach, Florida, will host its free Americana Music at the Lodge now through March 5, recurring every two weeks on Saturdays, with doors opening at 6 p.m. and concerts starting at 6:30 p.m. The concert series will feature Americana musicians who are touring the country Jan. 23, Feb. 6 and 20, and March 5. Admission to the park and the concerts is free, but donations are requested and will go to benefit the

park. Seating is limited to 150 inside the lodge.

For more information, call 850-233-5059. The park is located at 23937 Panama City Beach Parkway.

Beach Boomers

The Panama City Beach, Florida, public library will host its free Beach Boomers series of adventures in learning for adults now through March 8, recurring weekly on Tuesdays at 2 p.m. Topics include local history, art experience, mystery writers, genealogy, collectibles, Florida archaeology, digital photography, parks and recreation, and yoga.

For more information, call the library at 850-233-5055. The library is located at 12500 Hutchison Boulevard.

2016 Polar Bear Triathlon

The Montgomery YMCA will host its 2016 Polar Bear Triathlon, a free indoor triathlon, Jan. 23 from 7:30-10:30 a.m. Participants will swim, spin and run to complete the challenge. Registration is limited to the first 100 registrants. To register, visit ymcamontgomery.org/miscellaneous/2016-polar-bear-triathlon/.

For more information, call 334-271-4343 or visit the website.

'Star Wars' Day

The Science and Discovery Center of Northwest Florida, Panama City, Florida, will host its military appreciation event, "Star Wars" Day Jan. 23 from 10 a.m. to 3 p.m. The event will feature a day filled with science and activities — people are welcome to come in costume. Military families will be admitted for free while others will need to pay \$5 for admission to the event.

For more information, call 505-660-0057 or visit www.sdcnwfl.org.

Chocolate 5K

NR Road Racing will host its Chocolate 5K in Mont-

gomery Jan. 31 from 9 a.m. to noon. The family friendly 3-mile course will feature sweet treats and water stations. The cost to enter is \$35 before the race and \$40 the day of the race. Proceeds will benefit the Autism Society of Alabama.

For more information, visit nroadracing.com/races/thechocolate5k-montgomery-al-16/.

Mardi Gras at the Beach

Panama City Beach, Florida, will host its free Mardi Gras at the Beach event Feb. 5-6 at Pier Park. The event will feature parades, floats, Mardi Gras festivities, food, fun, music, fireworks and pirates in a family-friendly environment.

Late Night Romance Cruise

Montgomery Parks and Recreation will host its Late Night Romance Cruise Feb. 14 on the Harriott II Riverboat. The cruise will feature dessert, a beverage and 1 entertainment. Boarding begins at 10 p.m. and the boat will cruise from 10:30 p.m. to 12:30 a.m. Tickets cost \$75 per couple.

For more information, call 334-625-2100 or visit <http://www.funinmontgomery.com/announcements/late-night-romance-cruise>.

Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statuary honoring Olympic heroes. People are invited to take a stroll through the outdoor gardens and experience flowers blooming throughout each season. Tours are available for groups of 20 or more.

For more information, call 334-263-5713 or visit www.jasminehill.org/. Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.

2015 marks science, technology breakthroughs

Compiled by David Vergun
Army News Service

(Editor's note: This roundup was compiled from original reports by David Vergun, Todd Lopez, Dan Lafontaine, Audra Calloway and Jason B. Cutshaw.)

WASHINGTON — In 2015, the U.S. Army's homepage published dozens of stories regarding technology being developed by engineers and scientists across the force.

Among the topics of interest were developments in power distribution, robotics and network security software.

The editors at Army News Service delved into an array of science and technology reporting from 2015, and pulled just a few topics to highlight here.

Getting off the grid

A big vulnerability to Soldiers on installations around the world is dependence on the public electrical grid, said Katherine Hammack, who serves as assistant secretary of the Army for installations, energy and environment.

Hammack spoke during an energy panel in Washington, D.C., Dec. 3.

Instead of depending on municipal power, the Army would instead like to generate its own power, and manage that with "smart microgrids" she said. Such grids prioritize and manage power loads, moving energy around to where it's needed most. The grids would also use renewable energy like solar, wind or hydro-electric.

One such smart microgrid, the Army's largest, is located on Fort Drum, New York, where a coal-fired power plant was converted to produce energy from biomass, she said. That plant now supplies power to the installation and the local community. Excess energy produced there can also be transferred back to the local power company.

In mid-November, the Army wanted to test what would happen if there was a disruption to the main power grid on Fort Drum. Disconnecting the installation from the local power utility ultimately proved the installation could survive under its own power, meaning the test was a success, Hammack said.

Another example of a smart microgrid, Hammack said, is one that's solar-powered on Fort Hunter-Liggett, California. It serves five buildings now, but there are plans for expansion across the post.

On Fort Carson, Colorado, the Army has partnered with Sandia National Laboratories to provide a solar-powered microgrid and vehicle-to-grid storage. That program, she said, goes by the name Smart Power Infrastructure Demonstration for Energy Reliability and Security.

The vehicle-to-grid approach uses Fort Carson's government vehicles as microgrid energy storage devices, she said. When the vehicles are parked, they receive electrical power from the microgrid. If they have excess power, they return it to the microgrid.

When the vehicles are being used, the vehicles themselves provide power to Soldiers who, for example, might be running electric power tools or compressors, she said. This alleviates the need for towing petroleum-fed generators around.

Evaluating network effectiveness

Nothing is more important than for Soldiers to be able to communicate with each other and allies on the battlefield. The Network Integration Evaluation 16.1 took place Sept. 25 through Oct. 8 and evaluated that capability. The exercise was the largest NIE ever since the exercises started in 2011, said Brig. Gen. Terry McKenrick.

Normally, there are between 3,500 and 3,800 participants in NIE, said McKenrick, the commander of Brigade Modernization Command. NIE 16.1 had more than 9,000 U.S. and coalition troops, supported by more than 3,000 civilians, participating primarily on Fort Bliss, Texas, but also from other locations around the United States and the world.

NIE 16.1 assessed manned/unmanned teaming, which involves the seamless pairing of a pilot who sits in a helicopter, for instance, with one or more unmanned aircraft systems that are flying in other locations. This capability increases situational understanding, lethality, and sustainment of maneuver forces while reducing manpower and risk, McKenrick said. In all, three unmanned ground systems were evaluated, as well as several networked UAS.

Networks provide the ability for Soldiers in command posts, mounted and dismounted, to download situational awareness data from UAS.

In another development, McKenrick said the Army is now going through an "assessment process" of accrediting White Sands-Bliss-Holloman as a "joint-multinational training capability. That will help us bring in more joint and multi-



ARMY GRAPHIC

In many remote areas where Soldiers operate, their over-the-horizon radio communication from the field to higher headquarters like the brigade is nonexistent. Army scientists and researchers built the SMDC-ONE nanosatellite as an innovative technology solution. The ONE stands for Orbital Nanosatellite Effect.

national partners in future exercises."

Now and in the future, McKenrick said, the Army will operate as part of a joint and coalition force. That idea is not unique to NIE, but is in fact spelled out in the Army's keystone doctrine known as the "Army Operating Concept: Win in a Complex World," also known as the AOC.

Age of the robots

The age of Army ground robots will soon be here, said Scott Davis, program executive officer for Combat Support and Combat Service Support, back in April.

"Established and emerging robotics programs of record will be fielded in the 2019 to 2024" timeframe, he said.

The robotic systems under consideration include autonomous and semi-autonomous systems used to clear mines, provide surveillance, move supplies and acquire targets, among many other things.

Ground-based, semi-autonomous systems such as those that performed mine-clearing operations proliferated during the last decade of war. But Davis said those systems are often nonstandard, and are built with non-interchangeable parts.

Additionally, many of them have not made the transition into programs of record, he said. They were hurriedly built for the immediate need to save Soldiers' lives.

Today, these disparate systems have become a "sustainment burden" to the Army, since they are not built into a program of record, he said, and were acquired through overseas contingency operations funding.

Davis is responsible for executive management of development, systems integration, acquisition, testing, fielding, sustainment and improvement of some 350 diverse combat support and combat service support systems. He, along with Soldiers involved in testing, will help sort through what robotic platforms will be used going forward and what will be riding on them.

Robotics technology evolves rapidly, Davis said. But the standard requirements and acquisition process is three to seven years. Under that schedule, odds are that a system that could serve the Army now might become obsolete before fielding or even before it reaches initial operational capability.

The Robotics Enhancement Program should alleviate this concern, Davis said. The concept is similar to that of the Soldier Enhancement Program, which is not a full acquisition lifecycle program. REP was unveiled in May.

Excalibur unleashed

In October, the Army introduced its newest supercomputer, Excalibur, which will help ensure Soldiers have the technological advantage on the battlefield, officials said.

Excalibur is the 19th most powerful computer in the world. It's located at the U.S. Army Research Laboratory, Department of Defense Supercomputing Resource Center at Aberdeen Proving Ground, Maryland.

Increased computational capabilities will allow researchers to bring improved communications, data and intelligence to Soldiers in the field, said Maj. Gen. John F. Wharton, commander of the U.S. Army Research, Development and Engineering Command.

"The Army Operating Concept discusses innovation and accelerating the speed of technology. The Excalibur will allow us to do that," he said, adding that Excalibur provides "decisive overmatch for our Army."

Wharton said when tied to the tactical network, Excalibur will be able to provide data instantly to the field.

Plan X revealed

"Do you have a map in your car? When was the last time you looked at a compass? Imagine a day when we don't have that technology such as the Global Positioning System, better known as GPS. These are the things we worry about," Capt. James McColl said.

Both McColl and Capt. Justin Lanahan are cyber officers, part of the newly created 17-series Army Branch. Both Army officers participated in a week-long "hackathon," July 20-24, in support of continued development of Plan X, a four-year, \$120-million program at the Defense Advanced Research Projects Agency.

Plan X attempts to, among other things, make it easier for humans to visualize a network and its components, to automate the task of identifying as hostile or benign the anomalies that might appear on that network, to provide intuitive symbology that accurately conveys to users the status of various components of a network, and to make it easier for even inexperienced users to take action to prevent hostile parties from gaining access to and causing damage to a network.

Any part of a commander's command and control network might include thousands of computers and networking components. The complexity of such networks makes them hard for humans to visualize,

and difficult to defend. Plan X is meant to make that task easier.

Adversaries are always looking for ways to exploit networks for their own benefit, McColl said. And that doesn't always mean they use it for their own purpose, or that they want to steal information from it. They might also attack a network simply to disrupt its functionality and deny its use to those who own it.

The work done at the hackathon was meant to enhance the ability of Plan X to automatically identify threats to the network. During the course of the event, involved teams would periodically insert new code and algorithms into the system to see how they performed, Lanahan said.

Ideally, when a threat is identified, users of Plan X wouldn't need to be computer scientists or hackers themselves to defeat it. Instead, pre-written software tools that would be part of Plan X would allow users to drag their fingers over a threat to apply a software solution that could block an intrusion or defeat an infection.

With Plan X, it will be easier for operational commanders to understand the network in the same way they might understand the physical world around them, said Ian MacLeod, technical director of Army Cyber Command's Advanced Concepts and Technologies Directorate.

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Religious Services

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Except as noted, all services are on Sunday

Headquarters Chapel, Building 109

8 a.m. Traditional Protestant Service

Main Post Chapel, Building 8940

9 a.m. Catholic Mass Sunday

11 a.m. Liturgical Protestant Service

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

4 p.m. Catholic Confessions Saturday

5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036

8 a.m. Latter-Day Saints Worship Service

9:30 a.m. Protestant

Sunday School 10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service) 12 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939

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

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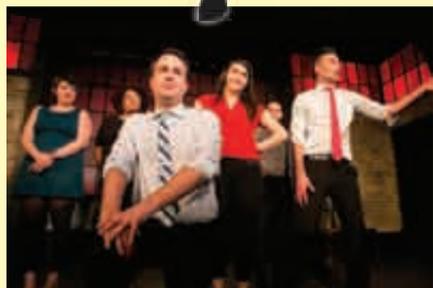
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347-5111

Elba
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JANUARY 14, 2016

GET MOTIVATED

New classes, equipment will help Fort Rucker keep fit in 2016

By **Jeremy Henderson**
Army Flier Staff Writer

Motivation can be in short supply during the coldest months of winter, but the Fort Rucker Directorate of Family, and Morale, Welfare and Recreation Sports, Fitness and Aquatics Branch's group fitness schedule offers a variety of activities to help the community keep fit and warm indoors.

"It can be difficult to motivate yourself to work out after the holiday session and when the weather gets colder," Lynn Avila, DFMWR fitness programs coordinator, said. "Our group fitness schedule offers a variety of classes designed to meet any fitness level and help that person accomplish their individual goal."

According to Avila, Fort Rucker's physical fitness centers bring a few new surprises for patrons this year.



PHOTO BY NATHAN PFAU

Women participate in a group fitness class at the Fortenberry-Colton Physical Fitness Center last year last year.

"Our schedule contains new group fitness classes, including Cardio Strength Intervals, Total Body Tone and TNT, or Tight and Tone," she said. "These classes are new offerings from recent ad-

ditions to our staff. Patrons can look forward to meeting a few new highly-motivated and highly-qualified fitness instructors this year."

The first class is free. Each

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

Classes are open to military ID card holders, DOD personnel and

contractors. Youth under the age of 13 are not allowed to attend fitness classes as a participant or spectator.

Avila added that changes can also be seen outside the classroom.

"Several new pieces of equipment will be coming in to Fortenberry-Colton Physical Fitness Center," she said. "We are excited to receive eight new treadmills, new ellipticals, recumbent and upright bikes, and more. These pieces will steadily come in over the next few weeks."

New treadmills have already matriculated into the PFC and, according to Avila, the remaining equipment will arrive in the coming months.

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

TRICARE Pharmacy copays change Feb. 1

TRICARE
Press Release

WASHINGTON, D.C. – Military pharmacies and TRICARE Pharmacy home delivery will remain the lowest cost pharmacy option for TRICARE beneficiaries when some TRICARE pharmacy copays change this year.

On Feb. 1, most copays for prescription drugs at home delivery and retail network pharmacies will increase slightly.

The 2016 National Defense Authorization Act requires TRICARE to change its prescription copays.

All drugs at military pharmacies and generic drugs through home delivery are still available at no cost to beneficiaries.

Copays for brand name drugs through home delivery increase from \$16 to \$20 for up to a 90-day supply. At retail pharmacies, generic drug copays go from \$8 to \$10 and brand name drug copays go from \$20 to \$24 dollars for up to a 30-day supply. Copays for non-formulary drugs and for drugs at non-network pharmacies will also change.

Beneficiaries can save up to \$208 in 2016 for each brand name prescription drug they switch from retail pharmacy to home delivery. Home delivery offers safe and convenient delivery of people's prescription drugs right to their mailbox.

To see the new TRICARE pharmacy copays, learn more about the TRICARE Pharmacy benefit, or move prescriptions to home delivery, visit www.tricare.mil/pharmacy.

MOUTHGUARDS

Failing to protect teeth a risky move

By **Veronique Hauschild**
U.S. Army Public Health Center
(Provisional)

ABERDEEN PROVING GROUND, Md. — There is nothing bold or dashing about failing to protect your teeth.

To the contrary, losing a tooth is simply unattractive and not cool. Tooth loss or other mouth injuries that can be prevented with a mouthguard can be painful, expensive to fix, result in lost time from work and physical activity, and even cause permanent facial disfigurement. Mouthguards have been studied in different military and sports settings and proven to substantially reduce the risk of these injuries.

For this reason, Army regulation 600-63 requires personnel to use mouthguards for military training activities that have been shown to have a high risk of mouth or facial injuries. These activities include obstacle and confidence courses training, one-on-one combatives training, rifle and bayonet training and pugil stick training.

In addition to these military-specific activities known to have a high potential to result in injuries to the face or mouth, the American Dental Association and International Academy of Sports Dentistry identified 29 sports and exercise activities for which they highly recommend mouthguards be worn. These include several sports that are popular among military members – football, basketball, martial arts, wrestling, soccer, skiing, extreme sports, volleyball,



ARMY PUBLIC HEALTH CENTER PHOTO

Mouthguards can help prevent many dental injuries.

racquetball, softball, skateboarding, lacrosse, rugby and equestrian events.

If you participate in any of these sports, you can look smarter by using a mouthguard to protect your pearly whites. Think of the professional athletes that recognize this simple form of protection.

While all mouthguards offer protection, some offer more than others. Factors such as comfort, cost and how frequently you will need to wear it should also be considered when deciding which to use. The following are three types of mouthguards commonly used in sports and recreational activities.

1. Custom-made mouthguards are an impression of the individual's mouth crafted by a dentist. The guard is made from high-quality materials to ensure fit and that it stays in place. They are the most expensive and must be obtained through a dentist's office. Custom-made mouthguards provide the highest level of comfort and fit and

offers the best level of protection.

2. Boil and bite mouthguards are less expensive and widely available in sporting goods stores. This mouthguard is made from thermoplastic material, so the wearer can soften it in hot water, and then insert the tray into the mouth after cooling. The tray is molded and shaped to the wearer's bite by using fingers, lips and tongue. It is not as good as a custom made mouthguard, but provides the next best level of protection. There are problems associated with this mouthguard, such as it may not stay in place inside the mouth and inhibit speaking when worn.

3. Stock mouthguards are preformed and ready to wear. They are the least expensive and widely available in sporting goods stores. However, this mouthguard may inhibit breathing or speaking when worn, little can be done to adjust it and sizes are limited – typically small to large. It offers the least protection of all three mouthguards.

Use these criteria to guide your selection of a mouthguard. Once you have your mouthguard, routinely clean, inspect and replace it when necessary. Do this so you can continue to look good while working and playing hard.

For more information, contact the Army Public Health Center (Provisional) Injury Prevention Program at usarmy.apg.medcom-phc.mbx.injury-prevention@mail.mil.

PIGSKIN PICKS



Kansas City vs. New England

Green Bay vs. Arizona

Seattle vs. Carolina

Pittsburgh vs. Denver

 Col. Tom von Eschenbach CDID (70-39)				
 Capt. Louis Hill 6th MP (64-45)				
 Jim Hughes PAO (75-34)				
 Capt. Mike Simmons DPS (72-37)				
 Sharon Storti NEC (69-40)				

DOWN TIME



Just Like Cats & Dogs by Dave T. Phippe



TRIVIA

1. GEOGRAPHY: Which U.S. state lies east of Indiana?
2. MYTHOLOGY: In Roman mythology, Neptune is the equivalent of which Greek god?
3. COMICS: In what year did detective Dick Tracy make his debut in a comic strip?
4. HISTORY: How many presidents have served more than two terms of office?
5. MOVIES: What was the first Pixar film to receive a PG rating?
6. LITERATURE: Who wrote the children's book "Black Beauty"?
7. CHEMISTRY: What is the Periodic Table symbol for the element iron?
8. AD SLOGANS: What 1960s and '70s aftershave warned consumers to "be careful how you use it"?
9. LANGUAGE: What is a ewer?
10. MEDICAL: What part of the body does Bell's palsy affect?

See Page D3 for this week's answers.

Super Crossword

KID-LIT QUACK

- ACROSS**
- 1 "I.O." co-star Walter
 - 8 Hearing-aring channel
 - 13 1990s Oldsmobile model
 - 20 Most sore
 - 21 Singer Katy
 - 22 Two-time
 - 23 Start of a riddle
 - 25 Sweet Italian wine
 - 26 Swizzle
 - 27 Co- (some apartments)
 - 28 Blood classification system
 - 29 Insects in the woodwork
 - 30 Filled to the very top
 - 32 Macchio or Nadar
 - 34 "Who's in charge here?" reply
 - 35 Riddle, part 2
 - 42 Wary
 - 43 Class for U.S. immigrants
 - 44 Tiny building block
 - 45 Sinful habit
- DOWN**
- 1 Greedy mouths
 - 2 Eight, in Germany
 - 3 Tongue of Bangkok
 - 4 Measure via a reagent
 - 5 Males
 - 6 Michael Row the Boat —
 - 7 Ideal place
 - 8 Rank below Sgt.
 - 9 "No Talk Pretty One Day" author David
 - 10 The major leagues
 - 11 "The Stupids" star Tom
 - 12 TV scientist Bill
 - 13 High point
 - 14 Alluring magnetism
 - 15 Writer Melville
 - 16 1994 sci-fi writer's memoir
 - 17 Coup d'— (rebellion)
 - 18 Meadow rodent
 - 19 Santa — (desert winds)
 - 24 Branch of the mil.
 - 29 They precede iotas
 - 31 Globetrotter Nollie
 - 33 Nutty confection
 - 35 Cardio workout system
 - 36 Icy home
 - 37 Old screen star Lamarr
 - 38 "Enough," in El Salvador
 - 39 Crucial
 - 40 — Lodge (motel)
 - 41 Minimum
 - 42 Squeeze (in)
 - 47 Charged, as in battle
 - 48 Thing to hatch out of
 - 49 Evening time
 - 50 Cry before "No hands!"
 - 51 Caught between — and Charybdis
 - 54 One prodding
 - 55 Walk very quietly
 - 56 Exit door
 - 57 Listened to
 - 59 Comedian — Smirnoff
 - 63 Buenos —, Argentina
 - 66 Given out as deserved
 - 67 Frankie Avalon's "— Dinah"
 - 69 Saintry article
 - 70 "I'm not — complain..."
 - 71 Earthquake
 - 72 Attach
 - 75 Hole-making tool
 - 76 Blues street of Memphis
 - 77 "Cómo —?"
 - 78 Sodium
 - 81 Country singer Milsap
 - 82 — -do-well
 - 85 Most speedy
 - 89 Molly
 - 91 Baby female sheep
 - 92 "Forget it!"
 - 93 Mop & —
 - 94 Diplomacy
 - 96 Pre-Easter
 - 97 Dance music genre
 - 98 Hawaiian coffee
 - 99 Speechified
 - 100 Music ending
 - 104 Everyone, in Germany
 - 105 Great benefit
 - 106 Local near a loch
 - 107 Punta del —, Uruguay
 - 111 Candy bar from Mars
 - 112 Actress Campbell
 - 113 Sacked out
 - 115 Mangy mutt
 - 116 British corp. designation
 - 117 They precede xis



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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER

Junior Whirl

by Hal Kaufman

• **STONE WALL!** Let's go on a diamond hunt. Observe to count the diamond-shaped figures of all sizes to be found in the geometrical design shown at right.

Diamond-shaped figures have four equal sides, two acute and two obtuse angles. More than 90 of them are present.

How many do you see?

• **DIG DIG!** Name five items that are round, rounder than six times a certain digit, minus twice the digit, equals seven more than twice the digit. What digit is that?

RANDOM MENU

FOOD MENU

1. I just finished about food...
2. Let's read the list...
3. We will close the...
4. Once again...
5. Why is everyone...
6. The ball is...
7. Let's all...
8. In Ohio OK, I...
9. Can you...?

SIDING HIGH! River seems to be flying high in this dot score. What's missing? Add lines in alphabetical order.

Wishing Well

WHO'S COLD! Everybody's out to do his or her wintery thing, above.

Add these colors: 1—Red, 2—L. Blue, 3—Yellow, 4—L. Green, 5—Flash tones, 6—L. Green, 7—Ck. brown, 8—Ck. Blue.

SPELLBINDER

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

ORDERING

.....

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

Try to score at least 30 points.

Wishing Well

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

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

HOCUS-FOCUS

BY HENRI BOLTHOFF

Find at least six differences in details between panels.

OUTREACH

Army holds All-American Bowl in San Antonio

By Sgt. Aaron Ellerman
Army News Service

SAN ANTONIO — Tens of thousands of people made their way to the Alamodome to watch the 2016 U.S. Army All-American Bowl in San Antonio Saturday.

“This was a once in a lifetime opportunity and I’m truly blessed to get the chance to be here,” said Mark Jackson, West Team defensive end and a Cibolo, Texas, native.

For 16 years, the U.S. Army All-American Bowl has been the nation’s premier high school football game, bringing together the nation’s top high school players, which many have gone on to have successful college and professional careers. The bowl also highlights the top high school band members as well, who have gone on to receive ROTC scholarships.

“The fact that the Army hosts this event is what really sets it apart because it’s not just business,” said John Lambourne, West Team defensive line coach.

The All-American Bowl players and Army Soldiers share key attributes, including adaptability and versatility, which enables them to prevail in challenging situations.

“There is a correlation between the Army and football – you’re counting on the man beside you for your own success and ask him



PHOTO BY SGT. AARON ELLERMAN

Gen. David G. Perkins, commander of U.S. Army Training and Doctrine Command, conducts the opening coin toss with an Army Challenge Coin.

to trust you whole-heartedly to accomplish the common goal of winning,” said Shannon Sharpe, captain of the East Team and NFL Hall of Fame member who played

for the Denver Broncos and Baltimore Ravens.

The players and musicians have earned the opportunity to wear the Army colors by demonstrating

their dedication to team, community and excellence.

“When I heard that Feleipe was going to the bowl game, I was all for it because this is something

that he will be able to reflect on and enjoy the rest of his life,” said Master Sgt. Don Franks, an Army Reservist with the 290th Military Police Brigade and father of East Team quarterback Feleipe Franks.

Franks said this event is important because it lets the young players realize the importance of the Army values.

The U.S. Army All-American Bowl provides the Army a platform to engage local communities, which supports the development of America’s future leaders and allows Americans the opportunity to better understand how the Army tackles some of the toughest challenges that face the nation.

The players arrived a week early to practice with their new teammates and engage in local community outreach programs.

“My favorite part of this experience was getting to meet new players, coaches and people, and build lasting relationships during the past week,” Jackson said.

“I believe it was really great that we had the opportunity to participate in the community engagements throughout the week. I hope it inspired the kids to do more community service on their own and give back a little,” Lambourne said.

This year, the West Team managed to build on an early lead and win the game 37-9.

All-American Bowl players, mentors get a lesson from Texas kids

By Sgt. Brandon Hubbard
Army News Service

SAN ANTONIO — Leaders on the field can also be leaders in their communities.

That is the key message U.S. Army All-American Bowl Soldier mentors wanted to impart on the high school football athletes visiting the San Antonio-based Boysville, a residential care facility for children, Jan. 5. The players – the nation’s young football elite – spent their post-practice afternoon challenging the elementary-aged children on their math skills in a friendly competition.

But beyond the smiles and games was ultimately another critical experience: how to be a leader in their own communities.

“Sometimes, when you are part of an organization, you’re part of something that is a little bit bigger than yourself,” said Sgt. 1st Class Keith Johnson, an Army All-American Bowl Soldier mentor and a senior NCO with the 1st Battalion, Army Reserve Careers Division.

Distinguished Army Soldiers are paired with the student athletes each year at the Army All-American Bowl as Soldier mentors to support the development of future leaders. Ninety top high school football players are invited each year to the bowl game, as well as another 125 top high school marching band and Color Guard students.

“Our job is to promote the similarities between the Army and the role that they have put themselves in with their hard work and promote their leadership skills to give back to the community,” Johnson said.

Johnson said the biggest part of that lesson is remembering to always think bigger than an individual.

“These (Boysville) kids might not re-

member the names of who came out here today, but they will remember the Army was here today and the Army spent time with them, and it is the same thing for the players from the Army All-American Bowl,” Johnson said. “You always want to promote the best aspects of your professionalism and the organization you are part of.”

Seeking role models

Boysville, founded in 1943 to provide a home and support for children in south Texas, has become an annual stop for players at the Army All-American Bowl.

Interacting with the children has a unique impact on the players, compared to the other week-long festivities surrounding the premiere game.

John Simpson, a Team East offensive lineman from Fort Dorchester High School in North Charleston, South Carolina, said when he was younger, he looked up to successful football players but never had the opportunity to meet those role models.

“Just spending time with kids who don’t often get attention is amazing,” Simpson said.

Fellow Team East offensive lineman Clark Yarbrough agreed.

“Their faces light up when you say something to them and give them a pat on the back,” said Yarbrough from the Woodberry Forest School in Woodberry Forest, Virginia. “It is an awesome feeling.”

“It is cool to see how such a little act can go such a long way with these kids,” said Team East long snapper John Shannon, from Loyola Academy in Wilmette, Illinois. “I mean, coming here for an hour and playing – building stuff – it can really improve their day and make them so much happier.”

Boysville provides services for south



PHOTO BY SGT. BRANDON HUBBARD

Sgt. Graham Cheben, a U.S. Army Special Operations Command Soldier, talks with long snapper John Shannon, from Loyola Academy in Wilmette, Ill., and Team East offensive lineman Connor McGovern, from Lake-Lehman High School in Lehman, Pa., during a community outreach event at Boysville in San Antonio Jan. 5.

Texas children from infancy to adulthood. Visiting role models play a regular part of the establishing a safe haven for children to develop and be academically successful.

“The kids love when people come and visit, but they especially love it when they are teenagers who are closer to their own age,” said Ann Kolacki, the volunteer coordinator for Boysville.

All of the youth at Boysville are in foster care in Texas, meaning many of the students are also socially or academically behind when they arrive at the campus, Kolacki said.

Volunteers have a critical place social-

izing the kids in a positive way.

“Kids who are newer to the campus might not be as eager to get involved, but the kids who have been here and gotten comfortable – they know where their next meal is coming from and not worried about having a roof over their heads – are actually really outgoing, friendly and happy to be around other people. It is really great to see,” Kolacki said. “Having high school students and the Soldiers come in to spend time with our kids and encourage them means a lot – it really does. Because, really, what we want to do is give them a hope for the future.”

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Ohio
2. Poseidon
3. 1931
4. One — Franklin D. Roosevelt
5. “The Incredibles”
6. Anna Sewall
7. Fe
8. Hal Karau
9. A vase-shaped pitcher or jug
10. The face

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Veteran raises bar for Soldiers' health

By Bob Reinert
USAG Natick Public Affairs

NATICK, Mass. — When it comes to his station in life, Kevin O'Fallon, Ph.D., has raised the bar — both literally and figuratively.

In 2002, O'Fallon was a 22-year-old Air Force aircraft mechanic maintaining A-10 Thunderbolt II aircraft. Today, he can still recall lying on a flightline in Kuwait one night, looking up at the stars and wondering what to do with his life.

"How did I get here," O'Fallon remembered asking himself. "I realized, it's time to figure it out."

Fourteen years later, the Operation Enduring Freedom veteran has traded his grease-stained coveralls for a lab coat. Instead of the flightline, he now reports for work at the Integrative Physiology Laboratory in the Combat Feeding Directorate of the Natick Soldier Research, Development and Engineering Center, where he does research to determine whether proper nutrition can help accelerate healing in skeletal muscle after exercise or injury.

"This is absolutely my dream job," said O'Fallon. "I've worked really hard to get here. It's my intent to stay here."

His interest in the human body and how it functions dates back to his days of working out with his father, Tim O'Fallon, a former bodybuilder and Navy aircraft mechanic.

"My dad did an incredible job instilling in me that pursuit for maximum effort," O'Fallon said, "and really helping me become in tune with my body and being in it, and learning that it's so much more resilient than we give ourselves credit for being."

"We're not a family of quitters.



PHOTO BY TIM O'FALLON

Kevin O'Fallon, a former aircraft mechanic who now works as a research physiologist at Natick Soldier Research, Development and Engineering Center, is also a weightlifter. Here, he hoists a personal-record 308 pounds in the clean and jerk at the American Open in Reno, Nev.

There are times in your life when you kind of have to gut it out, and nobody's going to solve it but you," he added.

O'Fallon has always approached athletics in the same relentless manner in which he pursued his bachelor's, master's and doctoral degrees in exercise science/kinesiology from the University of Massachusetts. Dovetailing nicely with his professional work, the former wrestler, football player, triathlete and competitive cyclist took up Olympic-style weightlifting at age 31.

"Weightlifting is such a metaphor for life," O'Fallon said.

Returning to his native Reno, Nevada, early last month, the 5-foot-6-inch, 187-pound O'Fallon set a pair of personal records — in the clean and jerk and total weight — in the American Open, his first national-level competition. He accomplished those feats in front of family members.



ARMY PHOTO

O'Fallon works in the Integrative Physiology Laboratory in the Combat Feeding Directorate of the Natick Soldier Research, Development and Engineering Center.

"What a special experience that was," O'Fallon said. "It was just so cool to be able to do that in my hometown."

Now he's back working with the world-class coaches and fellow athletes at a Norwood (Massachusetts) Training Center as he prepares to compete in the 2016 National Masters Weightlifting

Championships March 31-April 3 in Savannah, Georgia.

"It's been a really good relationship where I've learned so much from them with the weightlifting," O'Fallon said, "and they've learned just as much from me on the nutrition and muscle performance recovery aspect."

"I've learned to use myself as a

test bed for anything that, through my science, I hypothesize may offer a performance or recovery benefit," he said.

His work as a research physiologist at Natick may one day affect the way he fuels his body in training and competitions.

"We're doing some really cool work in the lab right now to try to put together this broader continuum of muscle injury, and then the ensuing regenerative and inflammatory responses and how we can influence wound healing or muscle recovery with nutrition," said O'Fallon, adding that chemicals from fruits and vegetables were the focus. "We're very interested in finding non-pharmacological ways, through food, to accelerate muscle recovery from exercise."

"We're essentially taking incredibly sophisticated systems of the body, and we're isolating them out, and we're asking very fundamental questions about how they work, how they respond to environmental stressors, and how we can influence them, and that's really the basis for all the future work that we're going to do," he said.

As he looks ahead to that future research, he sometimes reaches into his past for a few tools.

"I learned how to apply the troubleshooting abilities that I gained as an aircraft mechanic to my science," O'Fallon said, "and how to apply my science to my understanding of life, and the way we work as humans and the way just life on this planet seems to work."

O'Fallon said he hopes his research will help future warfighters return home healthier and recover faster when they are injured.

"I pinch myself a lot," he said. "I cannot believe that I'm doing this and that we're doing this."

SPORTS BRIEFS

Lifeguard courses

Lifeguarding Courses will be held at the Fort Rucker Physical Fitness Center Jan. 23-24 from 8 a.m. to 5 p.m. The course is open to patrons ages 15 and up, and costs \$125 for military and Department of Defense ID card holders and \$150 for members of the general public. A prerequisite test on the first day must be passed to enter the course. People may register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to course start date. Class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

Rucker Lanes Stars and Strikes

Rucker Lanes will host its Stars and Strikes special in honor of Dr. Martin Luther King, Jr. Day Monday from 10 a.m. to 10 p.m. People can bowl for 25 cents per game and get 50-cent shoe rentals per person.

For more information, call 255-9503.

Winter Fling Disc Golf Tournament

The Winter Fling Disc Golf Tournament is scheduled for Jan. 23. The tournament will be 18 holes with people paired up randomly, followed by another 18 holes paired by age groups and scores. People can sign up at the Fort Rucker Physical Fitness Cen-

ter or MWR Central for \$20 before Saturday and \$25 afterwards. All pre-registered competitors will receive a T-shirt. Competitors registering after Saturday will receive T-shirts while supplies last.

For more information, including times, call 255-2296.

Youth spring soccer registration

Fort Rucker Child, Youth and School Services youth spring soccer registration will take place throughout January. Cost is \$20 for youth, ages 4-5 and \$40 for youth, ages 6-14. If parents pay for child by WebTrac, they will need to call in their child's shirt and short sizes. League ages are Training League, 4-5; Pee Wee League, 6-7; Mites League, 8-9; Junior League, 10-11; and Senior League, 12-14. A current sports physical and a valid CYSS registration are required for participation. The children must meet age requirements by Aug. 1, 2015. There will be a parent's meeting Feb. 3 at 6 p.m. at the youth center gymnasium, Bldg. 2800, on Seventh Avenue. The season begins Feb. 22 and runs until March 25. Soccer practice begins Feb. 8. Coaches are needed. Those interested in coaching should call 255-0950. There will be no extensions on registration. Special requests for coaches or players will not be honored.

For more information or to register, call 255-2257, 255-2254 or 255-9638.

Adult swim lessons

The Fort Rucker Physical Fitness Center will offer adult swim lessons Tuesdays and Thursdays in January and February. Beginner level lessons will be held from 5:15-6 p.m. and intermediate level lessons from 6:15-7 p.m. for a total of eight sessions each. People can register at the Fort Rucker PFC's front desk or MWR Central three days prior to the start of the first session. The cost is \$40 and there is a minimum requirement of three participants in order to conduct the course.

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

Youth T-ball, baseball, softball registration

Fort Rucker Child, Youth and School Services will run registration for youth T-ball, baseball and softball throughout February. The cost is \$25 for 5-6 year olds, and \$45 for 7 year olds and up. There will be a parents meeting March 3 at 6 p.m. in the youth center gym, Bldg. 2800 located on Seventh Avenue. If coaches are in place, practices will start March 8. The regular season will start on or about April 4.

People interested in coaching or registering should call 255-0950.

Black History Month 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Black History 5K and 1-Mile Fun Run Feb. 6. Registration on the day of the event will begin at 7:30 a.m. and end at 8:40 a.m. at the Fortenberry-Colton PFC. The run will start at 9 a.m. Participants are encouraged to pre-register for the event at either PFC. The fun run is free and open to all, and will begin after the 5K is completed. Each fun run participant under the age 12 will receive a medal. For the race, the cost is \$12 for individuals with the no-shirt option, \$20 by Jan. 31 with the shirt option, or \$25 Feb. 1 and after with a shirt, while supplies last. Teams are \$120 for teams of eight, (each additional person pays normal registration fee) up to Jan. 31, which includes shirts, or \$160 Feb. 1 and up to race day, which includes shirts while supplies last. Refreshments will be provided. Event is open to the public. Medals will be awarded to overall male and female, first place medals in 14 age categories, and medals for second and third place in 14 age categories. A team trophy will be awarded to the fastest team and team streamers will be awarded to the Top 10 teams.

For more information, call 255-3794.

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