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ARMY FLIER

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CELEBRATING DIVERSITY

Post event kicks off Native American Heritage Month

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker got a taste of the importance of diversity as it kicked off Native American Heritage Month at the post exchange Friday.

People were treated to authentic Native American cuisine, got the chance look at authentic artifacts, and were able to witness and hear the songs and dances of different tribes from across the country.

"As the First Americans, Native Americans have helped shape the future of the United States through every turn of our history," said MSgt. Joseph Christensen, chief equal opportunity adviser and narrator for the event, as he read the presidential proclamation. "Today, young American Indians and Alaska Natives embrace open-ended possibility and are determining their own destinies. During National Native American Heritage Month, we pledge to maintain the meaningful partnerships we have with tribal nations, and we renew our commitment to our nation-to-nation relationships as we seek to give all our children the future they deserve."

That message echoed what Fort Rucker officials hoped to convey with its kickoff ceremony that started with a traditional flag and veteran dance, with accompaniment by the Choctaw tribe drum group out of Mississippi.

"At the beginning of a powwow, there is a grand entry when we bring in the colors – the American flag, some of the state flags and the Native American flag," said Richard Greybull, veteran and member of the Dakota tribe. "We'll have different dances and we all dance into the circle with the first song. Then, after the first song, we'll play the flag song, which is where we pay respect to our flag and all tribes.

PHOTOS BY NATHAN PFAU

Members of the Choctaw tribe drum group out of Mississippi perform the veterans song during the Native American Heritage Month kickoff celebration at the post exchange Friday.

"After the flag song, we sing the veteran song, and that is to honor all the veterans," he said. "No matter who you are, no matter what race or ethnic group, we're singing for all American's rights and the rights of all citizens, regardless of whether you agree with their views or not."

While the drums were pounding and tribe members were dancing in their authentic garb, people were able to sample some Native American cuisine, including black bean soup, pumpkin soup, wasna and hominy and chicken.

The tribute was also a chance for people to learn a little bit about the Native American tribes throughout the U.S. and the contributions they've made to the development of the nation.

Chelsea Dillion, military family member, said the importance of celebrating diversity can't be understated because it's that diversity that makes the U.S. so special, and it started with the Native Americans.

"I think it's important to honor the native people of this country because they're the ones who made the first sacrifices for our country," she said. "They're the ones who helped our ancestors to thrive in this country to make it what it is today.

"To hear stories about how even though their people have been through so much tragedy and strife, they're still able to get up and stand together not only within their own tribes, but with all Americans, is a testament to what this country is about and how we need to be to continue to thrive in the future," she continued. "It's really an inspiration to be able to hear their stories, and I truly do believe that through learning about different cultures and seeing how diverse we are as a nation is something that can really bring us all together."

Margaret Thorne, military spouse, agreed and said it's a great lesson for people to learn, especially for those who might not have had to face such hardship.

Richard Greybull, veteran and member of the Dakota tribe, performs a tribal dance.

"I think it's just a great way to pay tribute to not just this culture but all cultures that have had to overcome adversity," she said. "This gives a bit of perspective as to what it's like to have to fight for freedoms that not many people are born into, and it's really humbling."

Despite the adversity, Greybull, who also teaches at Fort Rucker Elementary School, said it's not about any one person's struggle, but going above and beyond to serve your people.

"People ask, 'Why do you serve as a Native American?'" he said. "I served for my family and my people. Nobody can say that we didn't defend this country. We have a proud history of serving in this country. We're very proud of our heritage."

> "We have a proud history of serving in this country. We're very proud of our heritage."
>
> — RICHARD GREYBULL, VETERAN AND MEMBER OF THE DAKOTA TRIBE

HONORING A LEGACY

Post renames liaison office Foley Hall

By Nathan Pfau
Army Flier Staff Writer

A former Fort Rucker Soldier was memorialized and a building named in his honor during a ceremony honoring his work as the first warrant officer to serve as a foreign exchange officer.

The Fort Rucker Liaison Office is now known as Foley Hall in honor of CW5 George W. Foley, former Aviation project officer for the U.S. Army Aviation Center of Excellence Directorate of Training and Doctrine.

"Bill Foley's lifetime of achievement and dedication to our nation and the United States Army and Army Aviation in many ways will live on through the dedication of this building," said Col. Brian Walsh, DOTD director, at a ceremony Friday to dedicate the building in Foley's name. "His dedication to duty and service lives on in all of us and serves to inspire each of us every day."

Foley, who passed away in 2013 of an illness, served more than 28 years of active service, some of which he served in Vietnam as an AH-1 Cobra pilot. He also served in multiple key leadership positions and was the first warrant officer to serve as a foreign exchange officer.

During his assignment with the Royal Netherlands air force, Foley began to develop a reputation as the U.S. Army's ambassador to the international rotary-wing community.

"Bill's service not only had significant impact to Army Aviation, but the international Aviation community, as well," said Walsh.

Even after active-duty service, Foley continued to serve his country following his retirement as the U.S. head of delegation for the NATO Standardization Organization and the coalition between American, British, Canadian, Australian and New Zealand armies. He also served as the primary contact officer for the center's foreign liaison officers.

Capt. Christopher Foley, son of Bill Foley, was also on hand during the ceremony to offer his words of gratitude, and share stories of his father and how he influenced his own career.

"It's been a fantastic opportunity for us as his family to see how much he was cared about throughout the whole community," said Christopher. "He once told me that a successful career is all about learning

SEE FOLEY, PAGE A7

PHOTO BY NATHAN PFAU

Capt. Christopher Foley, son of CW5 George W. Foley, speaks during the building dedication ceremony as the Foreign Liaison building is renamed Foley Hall in his father's honor Friday.

ARMY GRAPHIC

AFAP forum seeks to improve Army life

By Nathan Pfau
Army Flier Staff Writer

Having a voice is an important part of sparking change, and each year Fort Rucker leadership provides the community a voice by providing a forum for issues and ideas to be heard.

Community members from across the installation came together for the Army Family Action Plan Conference Nov. 2 where they discussed issues and recommended solutions to help better improve the quality of life for people on the installation, according to Vernon Johnson, Army Volunteer Corps coordinator.

The conference was a one-day focus group

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Perspective

BATTLE OF THE BULGE

Dietitian weighs in on holiday weight gain

By Kathleen A. Viau
Kenner Army Health Clinic Dietitian

FORT LEE, Va. — Just when people finally get their eating pattern under control, the holidays always seem to roll round bringing a cornucopia of food temptations.

From the office to shopping, not to mention parties and family events galore, it seems as if the Thanksgiving-to-New Year's celebration season is one long, tempting food fest designed to make everyone gain weight.

How can people beat this battle of the bulge? I recommend that people gain knowledge, not weight, this holiday season.

Here's what it takes to keep the pounds off.

PHOTO BY DAVID VERGUN

It is not only important to eat a nutritious and balanced meal, said an Army nutrition expert, it is also important to stay within one's calorie limits.

Keep weight in check

Weigh yourself in the morning at least once or even twice a week, such as Mondays and Thursdays, during the holidays. This is enough to notice any slight increase from the week, and to keep people in check for the weekend and vice-versa.

Jump start

Get up and at it 15-30 minutes earlier and do some fun movement. Early morning workouts strengthen everyone's resolve for the day and rev up metabolism. Remember, energy creates energy physically and mentally. Consider purchasing a walking video, downloading a quick workout app, or "shaking it" with a Zumba video. A lot can be found on YouTube.

Thrifty calorie spending

Peruse the buffet table and only take the foods enjoyed once a year. Don't start with sushi, especially if eaten all the time, and expect to be able to resist the chicken wings, which most people love, but avoid. Eat what is loved in moderation to stave off those cravings that get you in trouble later. Don't waste calories on foods anyone can eat anytime.

Avoid food-orexia

Don't starve all day just to pig out at night. Eat lean protein and non-starchy vegetables throughout the day. It will keep blood sugar from dipping and spiking, and keep one full until the big event. The combo even gives calories to spare on an individual's favorite splurge.

Say "no," and mean it. Empower willpower. Don't let others lessen your resolve. Each time someone says "no," it can strengthen them. But remember, the stress is in the resistance. So, if people have to say no too many times, it may be better to decline an invite. Having to resist too much can backfire.

Have a plan

Holiday parties are social times, but they shouldn't leave you feeling guilty and depressed. Enjoy the festivities and a few favorite treats, and to those eating-encouragers, have a few planned responses, such as the ones below.

1. "No thank you, I'm full."
2. "No thank you, I am on a special program and it's really working for me. I'm excited at the results I am getting."
3. "No thank you, I've already enjoyed some of my favorite goodies."
4. Comment on the spread and decorations, and the party-planners' efforts.

Many times, compliments are what they want, not necessarily caring about what's on the plate. For those persistent partiers, pause, look them in the eye and smile. Say something like, "Why do you want me to eat more than I want to?" That will usually stop their food-pushing. Remember, nothing tastes as good as healthy and fit feels.

Intensify workouts

Time is always in short supply during the holidays, but don't ditch a workout – just bump up the intensity to shorten the time. If one usually walks on the treadmill for 30 minutes, do 15 minutes of higher-intensity intervals. If going to the gym is cutting into shopping time, use shopping as a workout – take the stairs, park farther away, walk faster and, after a purchase, take the goods to the car. When standing in line, do calf raises, contract and relax abs, use a purse as a dumbbell, stand up straight, tighten shoulder blades – get creative to avoid just standing in place scrolling through a phone.

Three-bite rule

Just have to have it? Take enough for three small bites – that amazing first taste, a satisfying middle and then a lingering finale bite – and savor each bite. All the bites after that will taste the same and just add calories. When all else fails, go on the "no thanks, honey, I'll just have a bite of yours diet."

Avoid hangover food

Don't take leftovers home or send them home with others. If it's not in your house, it won't tempt you and others in your household. If family members insist, tell them to portion out what they want and put it in the freezer.

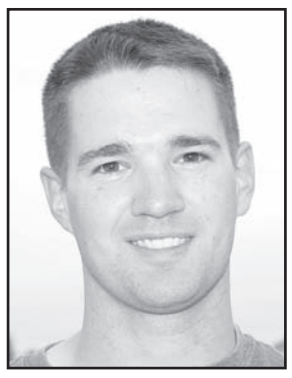
Non-perishables? Keep them up high in the cupboard behind the cornstarch. In moments of weakness, people generally go for what they see first. Out of sight, out of reach, out of mind, off the hips.

Keep healthy snacks readily available. Good options include fresh fruit in a bowl, dried fruits and nuts in snack packs, veggies and fruits cut up in the fridge, packs of tuna or salmon, yogurt, and cheese sticks. Many times, snacking is about accessibility and visibility. Keep healthy snacks on hand, in sight, easy to grab and go.

Also, be sure to talk to your primary care provider about local nutrition classes and counseling.

Rotor Wash

"Veterans Day is Friday. Why do you feel it's important to honor veterans and the sacrifices they've made throughout the years?"



Capt. Daniel Burrow, Fort Carson, Colo.

"People get so caught up in their own lives that they forget about all the hard work, dedication and sacrifice others have made. It's so easy to get caught up in our own world … and forget that there are still people away from their families risking their lives. So it's a good time to set aside to show some appreciation to those people."

Nathan Light, military family member

"I think it's important because they've protected our country, so it's our right to give them that glory."

Betty Garrison, military spouse

"My husband was a veteran … and he was very patriotic. They fight for our freedom and I think we should honor them every chance we get."

CW4 Johnny McClain, Headquarters Army Central

"It's important because of the sacrifices to the nation – it's as simple as that."

CW3 Gina Spivey, Warrant Officer Career College

"I think it's very important to honor veterans because they have paved the way for us to enjoy the freedoms that we have today, and I'm going to be forever grateful to them."

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

Federal employees 'give back' with CFC

By Jeremy Henderson
Army Flier Staff Writer

Federal civilian, postal and military service members continue to support eligible nonprofit health and human service organizations throughout the world during this year's Combined Federal Campaign, which runs through Nov. 21.

"The CFC is the official workplace giving program for the federal government of the United States," Sgt. 1st Class Myissha Tompkins, Fort Rucker installation project officer, said. "CFC's goal is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

"Through the generous donations of federal employees, local charities are able to assist those in need, creating hope for a brighter tomorrow. However, donations are not just limited to local charities; the CFC reaches over 20,000 nonprofit organizations, providing donors with the opportunity to give both nationally and internationally," she added.

COURTESY GRAPHIC

According to Tompkins, a list of CFC partner nonprofits can be found at www.mycfc.us.

"All of these charities are eligible for CFC donations," she said. "Charities provide many needed services in our community. The benefits are too many to count."

Tompkins said the 2014 national CFC raised $193 million. The 2015 CFC southeast tri-state region raised $1,854,628 and Ft. Rucker's CFC raised $155,365, which is close to 2016's $160,000 fundraising goal.

According to the official website, the CFC southeast tri-state region has raised $809,229 to date through 2,078 pledges with an average donation of $389.

According to Tompkins, CFC donations support a range of charities from military and veteran support to assisting a local animal shelter; providing services through disaster relief organizations and through health and medical care organizations; supporting local education programs to faith-based programs and services. She added that CFC provides access to every type of program and service that is available through 501(c)3 non-profit charities.

Tompkins added that federal employees can support the campaign in other ways.

"Though the main method of CFC support is through financial donations, federal employees can help spread awareness about our mission through word of mouth, social media participation and coworker encouragement," she said. "Without the support of federal employees, the CFC would not be able to help connect charitable organizations with these individuals."

Federal employees and military members have a reputation as being extremely generous in their charitable giving and with their volunteer efforts, Tompkins said.

"Every year, CFC partner charities depend on the caring donations of federal employees," she said. "No matter your cause or favorite charity, every dollar counts when it comes to meeting community needs through charitable services."

CFC will host a closing ceremony on December 5 from 1-2:30 p.m. at the U.S. Army Aviation Museum to announce total contributions and recognize volunteers.

For more information, visit www.mycfc.us.

OSJA reports on military justice actions

Fort Rucker Office of the Staff Judge Advocate

Below are Military Justice Actions from July to October.

COURTS-MARTIAL

In October, at a general court-martial, a military panel found Capt. Kevin W. Beer guilty of one specification of falsely signing an official record with the intent to deceive, in violation of Article 107, Uniform Code of Military Justice; two specifications of stealing money, military property of a value of $500 or more, in violation of Article 121, UCMJ; and one specification of conduct unbecoming an officer, in violation of Article 133, UCMJ. Beer was sentenced to pay the United States a fine of $20,000 and to be dismissed from the service.

In September, a Soldier requested a discharge in lieu of trial by court-martial. The commanding general approved this request and the Soldier was discharged from the U.S. Army under the provisions of Army Regulation 635-200, Chapter 10, with a characterization of service of Under Other than Honorable Conditions.

SELECT REPRIMANDS

In October, the commanding general locally filed a General Officer Memorandum of Reprimand to a chief warrant officer 2 for disrespecting a senior commissioned officer and behaving inappropriately.

In October, the commanding general issued a General Officer Memorandum of Reprimand to a first sergeant for misusing a government vehicle.

In October, the commanding general issued a General Officer Memorandum of Reprimand to a second lieutenant for driving under the influence.

In October, the commanding general issued a General Officer Memorandum of Reprimand to a chief warrant officer 3 for driving under the influence.

SELECT NONJUDICIAL PUNISHMENT

At an Article 15 hearing in September, a specialist was found guilty of wrongfully using marijuana, in violation of Article 112a, UCMJ. The punishment imposed was reduction to private (E-2); forfeiture of $878 pay per month, suspended, to be automatically remitted if not vacated; and extra duty and restriction for 45 days.

At an Article 15 hearing in August, a private first class was found guilty of five specifications of failing to obey an order, in violation of Article 92, UCMJ; and one specification of stealing property of the Army and Air Force Exchange, in violation of Article 121, UCMJ. The punishment imposed was reduction to private (E-1); forfeiture of $783.00 pay for two months, suspended for one month, to be automatically remitted if not vacated; and extra duty and restriction for 45 days.

ELIMINATIONS

In September, a chief warrant officer 2 was retained by a board of inquiry. The action was initiated due to failure of a course at a service school.

In September, a warrant officer 1 was eliminated from the U.S. Army with a characterization of Other Than Honorable. This action was initiated due to misconduct, or moral or professional dereliction and derogatory information.

ADMINISTRATIVE SEPARATIONS

In September, a private 1 was discharged from the U.S. Army for conduct inconsistent with what is expected of a Soldier with a characterization of uncharacterized.

In September,, a specialist was discharged from the U.S. Army for commission of a serious offense with a characterization of Under Other Than Honorable Conditions.

DOD: Isolation, liberation of Raqqa key in defeating ISIL

By Lisa Ferdinando
Defense Media Activity

WASHINGTON – The isolation and liberation of the Syrian city of Raqqa from the Islamic State of Iraq and the Levant are key in efforts to ultimately defeat the terrorists, Pentagon Press Secretary Peter Cook said Monday.

"The removal of the ISIL cancer from the so-called capital of their so-called caliphate is the next step in our military campaign plan," Cook said at a Pentagon media briefing.

The Syrian Democratic Forces announced Monday that they had begun their advance to isolate Raqqa.

The operation is an important step in ensuring ISIL cannot use the city to terrorize the Syrian people and use it as a base to plan attacks against the United States, its allies and partners, Cook said.

"We do not underestimate the hard work ahead for the local forces that will carry out the fight for Raqqa," he added, "but we are confident that with the help of the coalition, they will be successful."

The effort to isolate Raqqa is getting underway as Iraqi security forces and Kurdish peshmerga fighters gain ground in their advance toward Mosul to isolate and then liberate the northern Iraqi city from ISIL.

In a statement today, the Combined Joint Task Force Inherent Resolve commander, Lt. Gen. Stephen J. Townsend, said the operation in Syria will not only eventually liberate Raqqa, but also will cut off the terrorists from ISIL in Mosul.

"Throughout each phase of the campaign to liberate Raqqa, the coalition will continually consult with allies and partners as we plan for the city's ultimate seizure and governance once ISIL is defeated," Townsend said. "We are confident that this next phase will continue the momentum that the coalition and our partners have achieved, and that together we will deliver ISIL a lasting defeat."

In a statement Monday, Defense Secretary Ash Carter welcomed the effort to liberate Raqqa.

"As in Mosul, the fight will not be easy and there is hard work ahead, but it is necessary to end the fiction of ISIL's caliphate and disrupt the group's ability to carry out terror attacks against the United States, our allies and our partners," Carter said.

Cook said ISIL is under increasing pressure in Iraq, and that it is harder for the terrorists to move as Iraqi security forces and Kurdish peshmerga fighters gain territory on multiple axes in the battle for Mosul. The offensive began Oct. 17.

The coalition continues to support Iraqi partners with airstrikes targeting areas such as ISIL staging areas, headquarters and mortar positions. Cook explained that Apache helicopters have been used with "significant effect" in Iraq to support the Mosul operation.

"In consultations between our commanders and the Iraqis, we anticipate that this nimble and precise capability will continue to enable Iraqi progress in what we expect will be tough fighting to come," he said.

The thoughts of Carter and the entire Defense Department are with the families of three Soldiers who were killed Friday in Jafr, Jordan, Cook said.

PHOTO BY SGT. CHARLES M. BAILEY

A Soldier, assigned to Alpha Troop, 5th Squadron, 73rd Cavalry Regiment, 82nd Airborne Division, explains to an Iraqi soldier, assigned to the 73rd Brigade, 16th Division, some of the functions on his newly issued M16 rifle during a unit equipment fielding at Camp Taji, Iraq, June 16, 2015.

"We were reminded once again on Friday that our support for partners and allies does not come without cost," Cook said.

Staff Sgt. Matthew C. Lewellen, 27, of Lawrence, Kansas; Staff Sgt. Kevin J. McEnroe, 30, of Tucson, Arizona; and Staff Sgt. James F. Moriarty, 27, of Kerrville, Texas, were supporting Operation Inherent Resolve.

"I want to convey condolences from Secretary Carter and all of the Pentagon to the loved ones and teammates of the three Soldiers killed in Jordan," Cook said. "The families of Staff Sergeant Matthew Lewellen, Staff Sergeant Kevin McEnroe [and] Staff Sergeant James Moriarty are in our thoughts today."

The Soldiers died when their convoy came under fire entering a Jordanian military base, according to a Defense Department statement.

The incident is under investigation. The Soldiers were assigned to the 5th Special Forces Group (Airborne), Fort Campbell, Kentucky.

News Briefs

Faulkner Gate closure

In observance of Veterans Day, Faulkner Gate will be closed Friday-Sunday. It will resume normal operating hours Monday.

DHR closure

The Directorate of Human Resources, which includes all of the military personnel division (personnel services branch, transition services, ID card section, personnel management branch, in and out processing, personnel reassignment branch, retirement services office and the casualty office), Army Substance Abuse Program, Soldier for Life, administrative services and the education center will be closed Wednesday from 11 a.m. to 1 p.m. for its Thanksgiving luncheon. All offices will reopen at 2 p.m.

American Education Week

The Fort Rucker Education Center will observe American Education Week Monday-Nov. 18 with events each day of the week. Monday, 8-10 a.m., Bldg. 4502, Rm. 236, CTC breakfast; Tuesday, 11:30 a.m. to 12:30 p.m., Bldg. 4502, Rm. 331, ERAU lunch and learn; Wednesday, 11:30 a.m. to 12:30 p.m., Bldg. 5700, Rm. 282, Auburn Aviation Center presentation; Nov. 17, 4-6:30 p.m., Bldg. 4502, Rm. 112, Troy U. dinner; Nov. 18, 1-3 p.m., education center open house.

For more information, call 255-2378.

Flu shots

Flu shots are available for families in the preventive medicine department from 7:30 a.m. to 3:30 p.m. Mondays through Fridays. Patients should keep in mind that lunch time is the busiest time for the department. After-hours immunizations will be provided during the following dates for school-aged beneficiaries from 3:30-5 p.m. each day: Tuesday, and Nov. 17, 21, 22, 28 and 29, and Dec. 1.

Hollyday Bazaar

The Fort Rucker Community Spouses Club will host its annual Hollyday Bazaar Saturday from 9 a.m. to 4 p.m. at Yano Hall. Admission costs $5 and all proceeds go towards the club's scholarship and community grants program, according to FRCSC officials. The bazaar will feature more than 90 vendors, swag bags for the first 500 attendees and a visit from Santa Claus.

For more information, visit www.fortruckercsc.com.

Clinic closures

Lyster Army Health Clinic will be closed beginning at noon Wednesday for training. The clinic will also be closed Friday for Veteran's Day and Nov. 24 for Thanksgiving.

ID card section closure

The Fort Rucker ID Card Section will close from 2:15-4:15 p.m. for training the second Wednesday of every month.

Lost and found

People who have lost or misplaced property while on Fort Rucker can call the Directorate of Public Safety's lost and found point of contact at 255-3239 to inquire if their property has been turned in.

To claim their property, people must be able to demonstrate ownership of the property. DPS retains property found or turned in at special events held on the installation, such as Freedom Fest – the most common items turned-in are keys, cell phones and wallets.

Yoga classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. Participants are encouraged to bring their own mat.

HONORING THE BEST AND THE BRAVEST

Celebrating OUR VETERANS

NOV 11 2016

Words can't say just how much we appreciate and respect our country's veterans for their service. As we celebrate Veterans Day, we would like to take a moment to express our deepest thanks to the brave men and women who have served and continue to serve in our military. We recognize their courage, hard work and dedication to our nation's values, way of life and security, and we are humbled by their sacrifice. Today and every day, we proudly salute America's veterans.

To All of Our Nation's Veterans, Thank You & Happy Veterans Day!

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'WAKE-UP CALL'

Armed services secretaries discuss future threats, challenges

By Maj. Christopher Ophardt
Secretary of the Army Public Affairs

WASHINGTON — In a rare joint appearance, all three armed services secretaries participated in a panel discussion hosted by the Center for a New American Security Oct. 24.

In a conversation with CNN's Pentagon correspondent Barbra Star, Army Secretary Eric Fanning, Navy Secretary Ray Mabus, and Air Force Secretary Deborah James discussed their responsibilities, national security challenges and opportunities to innovate.

The secretaries agreed that budget instability has diminished the ability of the services to focus on modernization and investments in the future, which will present the next administration with a number of immediate challenges to address.

"We start every year with a continuing resolution and don't really know what the [budget] top line is," Fanning said. "It takes an enormous amount of time for the institutional leadership to constantly think through the budget multiple times, year after year."

The secretaries expressed concern that the rise of potential adversaries like Russia, which has pursued modernization of its military while behaving more provocatively, has diminished the nation's advantage in several key areas.

"The Russian incursion into Ukraine provided something of a wake-up call for the Army," Fanning said. "They've been watching us; they've been studying us; and they've made improvements. Our decisive advantage that we thought we had wasn't as big, it turns out, as we hoped it was, or even [as big as] we thought it was."

PHOTO BY JOHN MARTINEZ

Army Secretary Eric Fanning, Navy Secretary Ray Mabus, and Air Force Secretary Deborah James reflect on their unique roles and contributions with CNN's Pentagon Correspondent Barbra Starr at a event hosted by Center for a New American Security on Oct. 24.

Among the secretaries, addressing this capabilities gap was seen as a top priority. Secretary Mabus noted the Navy is increasingly focused on pilot programs, rather than programs of record, to get technologies into the hands of service members to respond quickly to emerging threats.

Similarly, the Army created the Rapid Capabilities Office in August to respond to near-term needs of warfighters and commanders.

"The office will tackle issues such as electronic warfare, position navigation and timing, counter unmanned aircraft systems, and cyber," Fanning explained. The purpose of the office, he said, is "to get capabilities fielded faster to our Soldiers."

The Secretaries agreed that meeting challenges in talent acquisition and retention will be critical to the nation's ability to fight and win future conflicts.

"Cyber is one of those areas [where] we've got to have the expertise," Mabus said. "We've got to have enough of that broad thinking and different sorts of thinking."

According to the secretaries, part of the solution in the cyber arena will involve recruiting and retaining the best talent to build a workforce that is adaptive and innovative in confronting future challenges.

Diverse teams made up of personnel from different backgrounds, thought processes, and disciplines will produce the greatest innovations, James explained.

Hiring diverse individuals from different walks of life, whether civilian or military, is one of the key parameters of Secretary of Defense Ash Carter's Force of the Future initiative, he said.

"I think everybody can agree that we can't build and retain a cyber force like we have done traditionally with other aspects of the force," Fanning said.

He emphasized that the Army "can't compete with the private sector in terms of money, so we could be more attractive by appealing to a sense of patriotism and the Army's unique mission."

All three secretaries emphasized that, as they begin preparations to transition to the new administration, they still have jobs to do. Based on the last eight years, they know it will not get any easier to address these issues.

"Something I didn't understand quite as well as I might have going in [was] just how difficult it is now getting things done in Washington," James said.

"We're in a very divisive situation, especially around sequestration, continuing resolutions. … We have to get back to the art of compromise in this town."

Army Cyber committed to surpassing recent milestones

By Sean Kimmons
Army News Service

ARLINGTON — The Army's newest cyber chief touted the service's recent milestones in the cyber field Nov. 3, promising more to come in the near future.

Last fiscal year, the Army was the first service to employ all of its 41 cyber mission force teams to guard Department of Defense networks, said Lt. Gen. Paul Nakasone, who assumed command of Army Cyber Command and Second Army Oct. 14.

The first batch of officers also graduated this past year from a cyber leadership course, he said, and progress was made on ongoing upgrades to fortify Army cyber defenses.

"We have continued momentum in this domain," Nakasone said during an Association of the U.S. Army panel discussion at a day-long Hot Topic forum on cyber and future readiness.

This year, about 300 Soldiers are set to go through the first iteration of advanced individual training for cyber, he said. Nearly twice as many Soldiers are expected to attend next year.

The cyber mission force teams are also slated to be fully operationally capable by the end of this year, while a large investment in the reserve component's 21 cyber protection teams, which also provide cyber defense capabilities, continues to build them up.

"That's the future for us," Nakasone said of the protection teams, one of which has already activated and works closely with his command. "We see that as part of our broader force that we will need in the future to ensure the defense of our networks."

Less than a month into his current role, Nakasone spoke about the three priorities for his command.

The top mission is to aggressively defend networks, data and weapons systems. "There's nothing more important," he said.

Soldiers must also be able to deliver cyber effects against enemies from both a defensive and an offensive posture, while the cyber command itself designs and builds integrated capabilities for future fights.

PHOTO BY SEAN KIMMONS

Lt. Gen. Paul Nakasone, commander of the U.S. Army Cyber Command and Second Army, addresses a crowd during an Association of the U.S. Army panel discussion in Arlington, Va., Nov. 3.

With cyber warfare still in its nascent stages, many of the new ideas to tackle these priorities will likely come from Fort Gordon, Georgia, which is quickly becoming the center of the Army's cyber mission.

Joining the Cyber Center of Excellence, the Cyber Command's headquarters plans to move to Fort Gordon by 2020, Nakasone said.

"This will make Fort Gordon an epicenter for what our nation does in cyberspace," he said. "The Army has done this thoughtfully, it has done this purposefully, and in the coming five years we'll have tremendous benefits from the ideas and decisions that are made by leaders before us."

Across the Army, the Cyber Command is trying to harden networks as it evolves with the ever-changing cyber domain.

Network modernization is underway to improve routers and switches, installing Windows 10 software on computers and establishing endpoint access on more than 1 million devices, he said.

But as with any complex military endeavor, cyber security is sure to present new challenges.

"There's no network that's invulnerable," he said. "As I look into the future, building that resilient network is the most important thing we need to do."

While the Army uses advertisements to entice cyber-minded people to join the force, Nakasone and others also hope to develop a campaign to attract Soldiers in different career fields who have an interest in cyber.

"We have to look for talent across our Army," he said. "There are very, very talented people that perhaps right now are not working cyber on a day-to-day basis, but would like to."

Black-hat hackers may have place in Army cyberspace

By C. Todd Lopez
Army News Service

ARLINGTON, Va. — Cyber professionals are often capable of doing much, much more than what the law allows. In their private-sector jobs, they've got to be on the right side of the law if they don't want to end up in a prison cell.

But those same skilled cyber professionals may be able to cut loose if they were in the Army. In fact, that potential for greater freedom in cyberspace might entice some of those professionals to don a uniform and practice their craft safely inside the Army tent.

It may also serve as an enticement for cyber professionals who are already serving in the Army to stay in the Army, the Army's vice chief of staff said.

"The good news is, for our cyber professionals, they can do things in defense of our nation that they would get arrested for in the outside world," said Vice Chief of Staff of the Army Gen. Daniel B. Allyn while speaking at a cyber forum at the Association of the U.S. Army headquarters Nov. 3.

"That's very attractive to those who are very, very skilled and committed to the security of our country. And for that we are thankful for both their skill and, as importantly, for their desire to continue to serve and protect our country."

The Army is currently in the midst of growing its cyber force of commissioned officers, NCOs, and warrant officers to defend the Army network and apply effects against adversary networks, if need be.

The Army has its own cyber branch now, career field 17, for cyber professionals, and a schoolhouse as well at Fort Gordon, Georgia. Right now the branch has 397 officers, 141 warrant officers and 560 enlisted Soldiers in its ranks, Allyn said.

"Army is on track fielding our cyber mission force, from 41 teams today, to eventually a full fill of 62 total force teams," Allyn said.

The Army's Cyber School stood up in 2014. This year, 21 officers graduated, and he said next year the Army's on track to beat that.

In March, enlisted Soldiers will for the first time attend Army Advanced Individual Training for cyber. Also in March, Army-developed AIT to defend the network will begin at Fort Gordon. Allyn said he expects an initial 300 Soldiers to graduate from that course.

Attracting and retaining cyber talent remains a concern for the Army, Allyn said. It's not just Army networks that need to be protected – commercial networks require protection as well – and the Army must compete with the private sector to attract the best cyber talent.

One way to make Army cyber attractive, Allyn said, is through lateral accessions, a strategy used in other career fields in the Army, like medical – where officers can be brought in at a higher rank and higher pay as a way to be more competitive with the private sector.

"The ability to laterally access skilled professionals is something we do already in the Army in some of our skills – medical is one that is widely understood," Allyn said. "But we have recognized that this has applicability in specialty fields like cyber. And that is being matured and developed as an option for the chief and the secretary."

Allyn said the possibility of lateral accessions for cyber was a measure that was considered as part of the Army's "Force of the Future" analysis conducted last year.

"Not only will we have to apply new accessions tools, but we are going to have to also consider, 'How do you retain this incredible talent?'" he said.

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CAREER PATH

Researchers developing tool to guide Army recruits' MOS selection

By Fort Sill Tribune
Staff Report

PHOTO BY TAMICO PAYNEJORDAN

Basic combat training Soldiers in A Battery, 1st Battalion, 40th Field Artillery participate in an Army Research Institute study Oct. 18.

FORT SILL, Okla. — With more than 140 Army military occupational specialties to choose from, it's easy to see how some recruits might find it difficult to decide on one.

Recruits may base their decisions on what recruiters told them about the job, what they've heard from family or friends, or their own perceptions created from TV, movies and the Internet. They may even be influenced by a quick viewing of an Army video about the MOS.

"A lot of Soldiers don't have information about a job before they enlist," said Dr. Cristina Kirkendall, a research psychologist with the Army Research Institute. "They pick a job based on either the bonuses or what the recruiter said they should choose, or whatever it may be. And, that might just not be the best place for them."

That's why psychologists with the Army Research Institute for the Behavioral and Social Sciences at Fort Belvoir, Virginia are working to create a tool that can guide recruits toward an MOS that is the most compatible. The idea is that a Soldier who is matched with the right MOS will be more likely to enjoy the work, advance in it, and stay in the service beyond one enlistment.

In October, Kirkendall and Christopher Nye, Michigan State University assistant professor and Drasgow Consulting Group consultant, surveyed 1,000 basic combat training Soldiers in the 434th Field Artillery Brigade at Fort Sill. The Soldiers' input will be used in the creation of the Adaptive Vocational Interest Diagnostic.

When a Soldier is committing several years of his or her life to the Army, the Soldier should be placed in a job that he or she enjoys doing, according to Kirkendall.

"Right now there is a lot of turnover, especially first term," she said. "We want them to stay, and we figure, if we get them in the right place (MOS), they will stay."

Reducing turnover by ensuring Soldiers enjoy their jobs could also save the Army a lot of money in recruiting and training.

The two researchers have already visited Fort Benning, Georgia; Fort Leonard Wood, Missouri; Fort Jackson, South Carolina; Fort Riley, Kansas; Fort Drum, New York; and Army posts in Korea.

They have surveyed 3,000 Soldiers in basic combat training, advanced individual training, and permanent party personnel from pay grades E-1 through E-6 across the Army, Kirkendall said.

"We wanted to get a broad range of responses on these survey items to see how well they are represented," she said.

At Fort Sill, trainees provided responses on anonymous, hard copy Scantron surveys that took about 90 minutes to fill out, Nye said. One of the sample questions was, "I would enjoy helping people plan a fitness program." Soldiers responded by choosing agree, disagree, strongly agree, or strongly disagree.

Respondents were asked to respond honestly and accurately, and there were no right or wrong answers, according to the instructions. The survey was designed with checks to catch respondents who penciled in the same response on every question.

"Soldier responses from Fort Sill will be used primarily for initial construct validation," Kirkendall explained, "which essentially means that we will test the relationship of our work interest scales with existing work interest scales."

The implementation of AVID is still three to four years away, Kirkendall said. It will not replace any testing currently used to determine a Soldier's job eligibility, such as the cognitive Armed Services Vocational Aptitude Battery or the Occupational Physical Assessment Test.

The results of a Soldier's AVID will be for their own use. They are not intended to be used by the Army to limit a recruit's options, she said.

Foley

Continued from Page A1

from successes and failures."

Christopher said his father had the chance to be an exchange officer with the Dutch air force, which turned out to be one of the best experiences of their lives – having the opportunity to live in Holland.

"The one thing that we did learn was that transition is different for every family and that you can't just one-size-fits-all every family when they have a transition like that," he said. "That was definitely the case for us, and I'm sure that's the case for all families as they transition back and forth from the U.S. to their home countries.

"Settling a family in an unfamiliar situation, whether its language barriers, questions of where to send the kids to school and what the best housing opportunities look like, are all things that we all encountered in the late 1980s as we settled into Holland," he continued. "These are things that both the embassy and our Dutch sponsors helped us through, and going forward, that was what really led my father to really love this job and love the people that he worked with."

Through that experience, Christopher said his father learned to truly care about each and every family that came through Fort Rucker, and he did everything he could to make their transition smooth and treated them as if they were an extension of his own family.

"He fully understood what that transition was like not only as a service member, but as a family, and he wanted to make it plausible and as seamless as possible, and that's really what drove him to love this job," he said.

AFAP

Continued from Page A1

forum that was comprised of different groups tackling 26 different issues that people submitted, said the coordinator.

"People's concerns and ideas were submitted and groups took the time to select the top-priority issue, then spent time going over the issues and coming up with possible solutions for each issue," he said.

Some issues that were discussed included mandating reporting with child, youth and school services, a central issue facility and equipment service ability.

Each group decides what will be the top issue that will be worked during the conference, and once decided, they come up with a title and scope for the issue. They then finish up by coming up with recommendations on how each of the issues might be resolved or implemented.

Although many issues were discussed, none of the issues this year were elevated past the garrison level, but that doesn't mean each issue was resolved during the conference, said Johnson.

"The issues that were discussed will still be worked at the Garrison Commander Steering Committee, which will happen in December. From there, the different issues will go out to different agencies throughout the installation to be worked out," he said.

Johnson said this an important process because it gives the community a chance to voice legitimate concerns or changes they wish to see not only on their installation, but even Army wide if the issue is big enough.

During last year's conference, numerous recommendations went forward to improve quality of life for Soldiers, family members, civilians and retirees, including the garrison pilot mentoring program for employees.

In 2012, the No. 1 issue at the Army-level AFAP conference began at Fort Rucker, which dealt with the issue of Survivor Investment of Military Death Gratuity and Service Member's Group Life Insurance and the time allotment of 12 months to be increased to 36 months.

It's because of AFAP and the forum that it provides that gives people on the installation a chance to spark real change, said Johnson.

"The importance of AFAP is that it gives the community a voice, so that senior commanders can understand what is happening on the installation," he said. "It's also a grass-roots process for the quality of life issues that effect Soldiers, retirees, DOD civilians and survivors, so it's very important that everyone in the community is a part of the process.

"AFAP represents the ability of the community to speak for its members, and effect change within itself and the Army, as a whole," said the coordinator. "It allows the community to verbalize problems and produce solutions for those issues."

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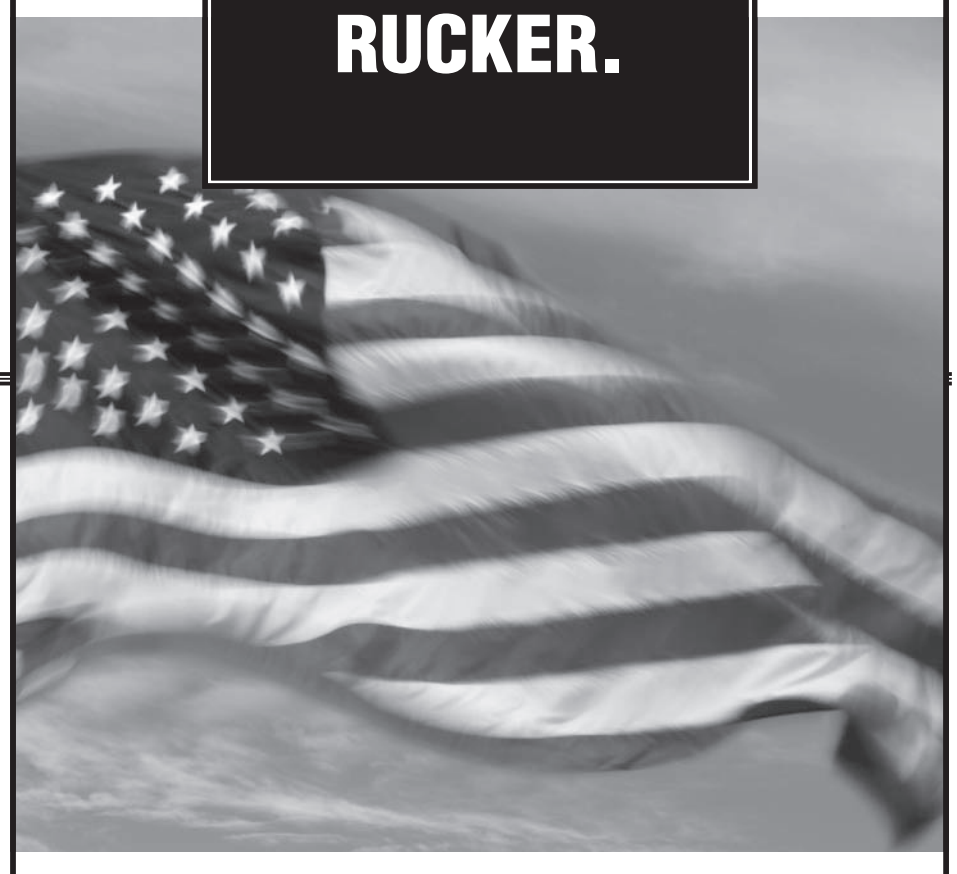

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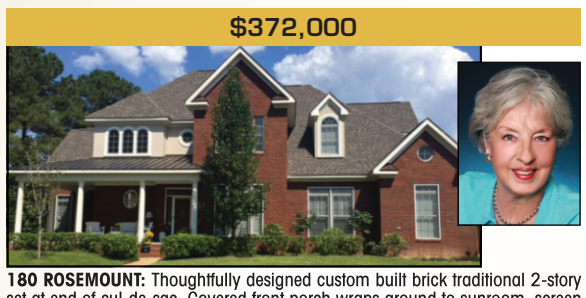

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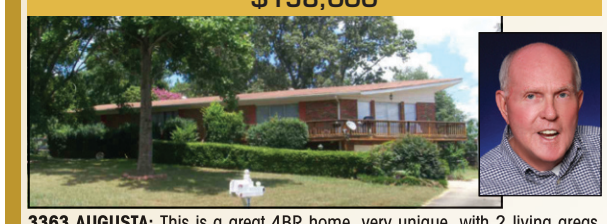

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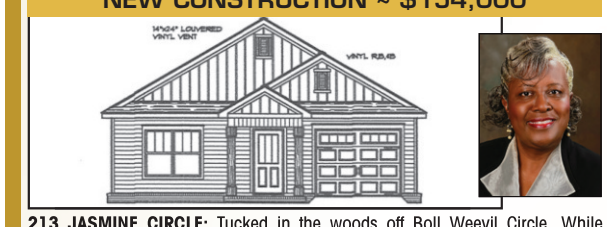

213 JASMINE CIRCLE: Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft Rucker. Security system, wood floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom & fence across back property line. *(Maple Leaf Plan)* **MARGE SIMMONS 477-1962**

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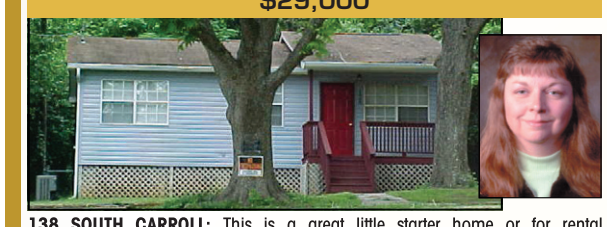

138 SOUTH CARROLL: This is a great little starter home or for rental investments. Has had a very good rental history. The present owners have replaced the water heater & installed new vinyl siding & soffits. Chain link fence. **DEBBIE SUNBROCK 406-9079**

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PHOTO BY SPC. THOMAS SCAGGS

UH-60 Black Hawk helicopters from 2nd Battalion, 10th Aviation Regiment, 10th Combat Aviation Brigade, arrive at a pickup zone as the sun sets Oct. 15 over Fort Drum, N.Y. The air assault, involving Soldiers from 1st Squadron, 89th Cavalry Regiment, 2nd Brigade Combat Team, marked the beginning of a night operation as part of 10th Mountain Division (LI)'s annual Mountain Peak exercise.

'SANDPHOBIC'

Army researchers take aim at tiny enemy: sand

By David McNally
ARL Public Affairs

ABERDEEN PROVING GROUND, Md. — Armor offers reliable protection against external forces, but what if the enemy is so small that it can take aircraft down from the inside?

Sand and dust can significantly damage helicopter engines, which is why scientists and engineers at the Army Research Laboratory are experimenting with coatings in high-temperature environments with the goal of creating something – anything – that will cause sand to slide off the inside of a turbine engine the way an egg slides off a nonstick skillet.

"We are going through a very methodical process to understand the underpinning science and then use the science to predict the materials, what we call the engineered or tailored materials, that will lead to the right solution," explained Dr. Anindya Ghoshal, chief scientist for the laboratory's Vehicle Technology Directorate.

ARMY PHOTO

In austere environments with lots of sand and dust, Army Aviators risk engine loss without a technology solution to protect their gas turbine engines.

Ghoshal leads the Army's efforts to develop what he calls "sandphobic" coatings. On regions like Southwest Asia, he said, Army forces frequently must contend with brown-out conditions, during which sand particulates and other dust particulates are ingested into the engines.

"Our goal is to have the particles strike the blades or vanes [inside a gas turbine engine] and then flake off," he said. "When we started looking into this problem, we found ... we want to understand the physical chemical behavior. Once we can do that, then our idea is to take that model and then predict the type of material that would enable us to develop this sandphobic coating."

Helicopters already have filtration systems that attempt to filter out larger particles, but Ghoshal said micron-sized particles can pass through the turbine's combustor and adhere to the blades. This chokes the airflow and can lead to engine loss.

"We have a unique rig here," said Dr. Michael Walock, a physicist on the sandphobic coatings team. "The hot particulate ingestion rig allows us to shoot sand into the hot-gas flow at small level components and rapidly prototype new coating materials. With this system we've done a world-first. We used high-speed imaging to confirm the molten state of the sand particles impacting onto these thermal barrier coatings."

Computer simulations are also helping researchers arrive at a technology solution.

"Computer modeling will play a big role in helping us to look at the interactions between particles and the surface," said Dr. Muthuvel Murugan, acting team lead for the lab's Turbomachinery Research Team.

SEE SAND, PAGE B4

Aviators train ground medics to save lives with MedEvac

By Pfc. Kihyun Kwon
2nd Infantry Division Public Affairs

CAMP CASEY, South Korea — In the Army, situations arise when medics need to promptly transport patients to places that safely offer the patient proper treatment.

In order to be prepared, medics of Headquarters and Headquarters Battery, 210th Field Artillery Brigade conducted medical evacuation training Oct. 6 at Helipad 252 on Camp Casey.

Pilots and flight medics from 3rd General Support Aviation Battalion, 2nd Aviation Regiment visited Camp Casey to lead MedEvac training and integrate with ground medics of 210th FA Bde. to practice transporting patients on a helicopter.

"The purpose of MedEvac training is to familiarize ground units with the operating procedures of the Aviation unit," said Sgt. Iim Yang, a Reno, Nevada, native and a critical care flight medic assigned to 3-2nd GSAB, 2nd Infantry Division/ROK-US Combined Division. "This allows Soldiers to integrate ground operations and aerial operations."

The training was separated into two parts: transporting a patient into a helicopter while on ground and while hovering. In both parts, medics began the exercise by practicing with an empty litter and progressed to carrying one with sand bags on it, and validated their skills by carrying a real person on the litter.

As with any kind of training conducted for the first time, there were some challenges. Although ground medics were not familiar with the equipment used by flight medics, it was an opportunity for them to learn the different procedures and measures to transport a casualty.

"The flight medics gave us a lecture about all of the equipment and the helicopter during the training, and they wanted to teach us as much as possible," said Pfc. Yuseop Shin, a Lawrence, Kansas native and a Health Care Specialist assigned to HHB, 210th FA Bde, 2ID. "Due to their great support, we could overcome the unfamiliarity by taking notes and paying attention to the lecture," he added.

Throughout the MedEvac training, medics of HHB, 210th FA Bde. successfully became able to load the patient on and off the helicopter in a short amount of time.

"The medical field is constantly changing in either the military or civilian sector, so staying up to date on medical procedures, skills and lessons learned is really needed for all of us," said Yang.

"I was amazed that the training has actually happened because I know that this training is very costly," said Shin. "The Army was supportive enough to link us up with the flight crew and provide us the opportunity to fully experience the MEDEVAC in real life rather than in books.

"Moreover, it was very motivating to meet the flight medics," said Shin. "We now feel more equipped as medics by cooperating with them for the first time."

PHOTO BY KATUSA CPL. JUNKYU PARK

Medics of Headquarters and Headquarters Battery, 210th FA Bde. and flight medics of the 3rd GSAB, 2nd Avn. Regt. practice loading a patient on a hovering helicopter using a SKEDCO litter tag line Oct. 6 at Camp Casey, Korea.

ARMY PHOTO

H-13 Sioux (top left), H-23 Raven (top right), H-19 Chickasaw (bottom).

ANGEL OF MERCY

Helicopters earn wings in Korean War

By Dr. Kaylene Hughes
U.S. Army Aviation and Missile Life Cycle Management Command Historian

WASHINGTON — Just as fixed-winged aircraft earned their place in the Army unit during World War II, helicopters earned their wings in Korea.

Despite acquisition difficulties caused by an interservice rivalry with the U.S. Air Force and the technological immaturity of the U.S. helicopter industrial sector, Army Aviation's helicopters made significant life-saving contributions during the Korean War.

The Army helicopters initially deployed to Korea were the Bell H-13 Sioux and the Hiller H-23 Raven, the first in a long line of Army helicopters named for

SEE ANGEL, PAGE B4

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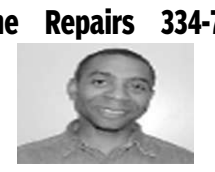

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Sand

Continued from Page B1

"The particles go through a phase change from solid to liquid and then they deposit onto the surface."

At the Army's Vehicle Research Laboratory, the team shot high-speed videos, revealing molten sand particles splattering on turbine blade material targets and then vaporizing – a first in the scientific community.

"Computer modeling of this multi-physics complex phenomena will allow us to understand the damage mechanisms," Murugan said.

Murugan said they hope to use the power of supercomputers at the Department of Defense High Performance Computing Center also located at APG.

"We will use advanced computational fluid dynamics, together with particle ingestion, to better understand the interaction mechanisms of sand particles at a gas-turbine-engine-relevant high temperature," he said. "When we simulate how particles go through the flow-field and impact and adhere to the surface, then we can understand the vulnerable parts of the turbine blade and engineer a sandphobic coatings solution."

Sandphobic coatings research is part of a larger strategic effort the Army lab officials call the Science for Maneuver Campaign.

"With this campaign, we hope to discover, innovate and transition science and technology-enabled capabilities that will significantly increase the force effectiveness and global responsiveness of the Army," said acting ARL Director Dr. Philip Perconti. "As we look to how we're going to enable the Army of the future, we see a need to discover technology solutions that will result in improvements in aviation responsiveness and the minimization of vulnerabilities."

Earlier this year, Ghoshal's team received DOD funding through the Laboratory University Collaboration Initiative, or LUCI, which means $600,000 over three years in collaboration with a National Security Science and Engineering Faculty fellow. Ghoshal is teaming with Dr. Jian Luo at the University of California San Diego.

"There is a close collaboration going on within the community to solve this problem," Ghoshal said.

Ghoshal is also working closely with other universities, industry and government agencies, such as The Ohio State University; University of Connecticut; University of North Texas; Iowa State University; University of North Dakota; Boeing; the Army Aviation and Missile Research, Development and Engineering Center; the Air Force Research Laboratory; the Naval Air Systems Command; and NASA.

Angel

Continued from Page B1

Native American tribes. The service had acquired the Sioux in 1946, but had just 56 in its inventory when North Korea invaded the south in June 1950.

The 2nd Helicopter Detachment arrived in theater in November 1950 with four Sioux aircraft. Among the early missions assigned to the unit were utility, wire laying, liaison and reconnaissance missions.

In January 1951, four helicopter detachments were assigned to the 8th U.S. Army surgeon, and on the third day of that month, 1st Lt. Willis G. Shawn and 1st Lt. Joseph L. Bowler flew the first Army aerial medical evacuation missions.

Dubbed the Angel of Mercy by Soldiers on the battlefront, the Aviators used the H-13 to transport 18,000 of the war's total 23,000 casualties to forward deployed Mobile Army Surgical Hospitals.

As the iconic symbol of the MedEvac mission during the Korean War, the H-13 Sioux helicopter became familiar to American television audiences years later when it was shown in the background title shot of the "M.A.S.H" series, which aired from 1972 to 1983.

Also supporting the MedEvac mission were a small number of Hiller H-23 Raven helicopters that arrived in theater in February 1951. In November 1952, the Army organized its first purely medical Aviation unit: the 49th Medical Detachment (Air Ambulance).

Because of the hazards to which the primitive aircraft were subjected, particularly their vulnerability to enemy fire while on the ground, the 8th U.S. Army surgeon set limits on the use of helicopters, including restricting aerial MedEvac to only the most serious cases.

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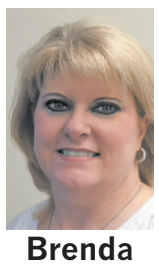
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SALUTE
Caps, fans honor Soldiers at Army Appreciation Night
Story on Page C3

NOVEMBER 10, 2016

CAMPING UNDER STARS

Event celebrates families, outdoors

By Jeremy Henderson
Army Flier Staff Writer

Cool, crisp air and a crackling bonfire await Fort Rucker families during the sixth annual Camping Under the Stars Military Family Month event Nov. 18 from 5-10 p.m. at Lake Tholocco's West Beach.

"Camping is a great activity for families to enjoy some quality time together," Aida Stallings, Fort Rucker Directorate of Family and Morale, Welfare and Recreation community recreation division business manager, said. "It is our way of celebrating month of the military family, by providing a free event."

The event, located near the West Beach Gazebo, is free to all military I.D. cardholders and their families. Patrons are asked to bring their tents, blankets and chairs to camp out. However, outdoor recreation will offer free use of three-person and six-person tents. Supplies are limited. Families planning to camp out overnight or who need to reserve a tent should contact MWR Central at 255-2997.

"We will be showing two movies this year," Stallings said. "The first one will be 'Big Hero 6' and right after that will be 'Paul Blart: Mall Cop 2.' There will be hot chocolate, coffee, popcorn and all the ingredients to make s'mores.

"(Army Community Service) will host a family version of the 'Newlywed Game,' she added. "(Col. Shannon T. Miller, Fort Rucker garrison commander,) will also read a story with a little help from Sgt. Ted E. Bear."

More than 160 family members attended last year's event, according to Stallings, and even more are expected this year.

"There are limited tents available, so families are urged to contact (ODR) to receive one," she said. "Not everyone spends the night. Some people just pop their tents for the fun and outdoor experience, and then leave after the last movie."

"November is the month of the military family, and we (at DFMWR) do the best we can to show that we care about the Soldiers and their families by providing an excellent event that brings the military families together for a night of fun, camping and watching two great movies on the big screen," Stallings said.

No campfires or pets are allowed, according to Stallings.

For more information, call 255-1749.

FILE PHOTO

A family during a previous event.

PHOTOS BY NATHAN PFAU

Sgt. Ted E. Bear greets children during his first-ever appearance at Camping Under the Stars last year.

Families gather around a camp fire as they roast their marshmallows during last year's Camping Under the Stars.

Col. Shannon T. Miller, Fort Rucker garrison commander, reads to children at last year's Camping Under the Stars.

'ARMY WIFE'

33-year Army spouse shares experience with families

By Nathan Pfau
Army Flier Staff Writer

Serving in the Army is certainly one of the toughest jobs a person can choose, but supporting that Soldier as a spouse or family member can be just as difficult, according to an author and long-time Army spouse who recently visited Fort Rucker.

Vicki Cody, author of "Army Wife," and wife of retired Gen. Richard A Cody, brought her 33 years of experience and knowledge as a military spouse and mother to Fort Rucker to share her story with current spouses and show the impact a strong support system can have on their Soldiers.

Cody spoke at The Landing Friday about her life as a military spouse and mother, into her transition as the mother of Soldiers and how that was one of the hardest jobs she'd ever faced.

"A couple years after 9/11, both of our sons were in Iraq together … and I was in one of those dark places when I just didn't know how I was going to deal with it, so I just started writing – it was my therapy," she said. "I had this big story to tell. And I knew that I had to write a book for all of you and all of us about Army (spouses) and how we live, how we cope and how we enjoy every minute of (our experience)."

Throughout her book, Cody explores every aspect of her marriage and family as a military family, and how she dealt and coped with the stresses of Army life, something that each audience member was able to relate to.

Despite the difficult times, however, she said she's grateful for everything she has and all the experiences she's been through.

"I wouldn't trade any of it," said the author. "It wasn't always smooth sailing and there were a lot of tough times, but it was out of those tough times that we grew the most as a couple and as a family. So many people don't face diversity and challenges until later in life – it's thrown at all of us on day one."

PHOTO BY NATHAN PFAU

Vicki Cody, author of 'Army Wife,' speaks with military spouses at The Landing Friday about her book and her experience as a military spouse of 33 years.

Sarah Amerson, military spouse, was in the audience and is all too familiar with the challenges that come with life as the spouse of a Soldier. As a new mother and military spouse of four years, she said she wanted to come out to listen to Cody's story to get some advice on how to cope with the stressors that can sometimes become overwhelming.

"I just wanted to hear advice and input of experience from someone more seasoned than myself about how to navigate all of these different paths that happen and things that are thrown at you," said Amerson. "You're kind of juggling on how to make it work when there's really no grid for you to go on, unlike what my spouse is going through where everything is so dictated and therefore charts the course for our family.

"I appreciated that (Cody) can take the time to share her experience with us with her story," she said. "I think spouses' stories aren't heard as often as the Soldier's story, and I think spouses are really relevant."

Amerson, who's lived on Fort Rucker for just over a year and a half, worked in higher education for 12 years before becoming a military spouse and deciding to put her career on hold to commit to her husband's new career path.

"I think I've done a wonderful job of transitioning into the role of support system for him to be the strong and stable Soldier he is – that in and of itself is a job," she said. "I had a season where I was a career professional, and now I'm in a season where I'm supporting my husband and our family."

Amerson said one of the challenges she faces is that that oftentimes civilians don't understand the amount of responsibility that comes with being an Army spouse and can often be looked as "just a stay-at-home mom."

"I'm a military wife and a mother, and for someone who's not a part of (the military), that doesn't sound like much, but you also have to get involved in your community," she said. "Getting involved is the only way spouses can make it through such a lifestyle that is going to be laced with transitions, and this is the first of many for us, but I choose to be happy."

That happiness is the same choice Cody made throughout her time as a military spouse, and it was on that level that Amerson was able to relate. But despite all the difficult times, Cody said that spouses should always stick together because they are the ones who are going to help through the tough times.

"There is not a day that goes by that I don't count my blessings – I know how lucky I am," she said. "Once an Army wife, always an Army wife, and we embrace each other in good times and bad times. Those (spouses) who are closest to you are the ones that help you get through it and I celebrate us as Army (spouses). Know how remarkable you are."

On Post

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

Youth center, school age center closures

The youth center and school age center will be closed Saturday. For more information, call 255-2958.

DFMWR ornament contest

The annual Directorate of Family, and Morale, Welfare and Recreation ornament contest continues through Nov. 23. Prizes will be awarded to first-place entries in the following categories: 3-5 years old, 6-8 years old and 9-11 years old. Ornaments may be turned into the youth center, child development center or central registration in Bldg. 5700. All entries will be displayed on the post Christmas tree. Parents should label their children's entries with the child's name and age, and the guardian's name and contact information.

For more information, call 255-1749 or 255-9810.

Blue Angels air show

MWR Central will host a day trip to Pensacola, Florida, to see the 70th anniversary Blue Angels Air Show Friday. People are welcome to bring a lawn chair or blanket and spend the day watching the show. Cost is $18 per person. For more information, call 255-2997.

Library Saturday matinee

The Center Library will begin hosting its Saturday matinee, a new free monthly event, Saturday at 1:30 p.m. when it shows "The Dirty Dozen." The 1967 movie is about a rebellious U.S. Army major assigned a dozen convicted murderers whom he must train and lead on an assassination mission on the eve of D-Day. The showing will be open to authorized patrons and Exceptional Family Member Program friendly.

For more information, call Center Library at (334) 255-3885.

Family Member Resilience Training

Army Community Service will host its family member resilience training Monday from 9-11:30 a.m. at The Commons. The training is designed to give people the tools they need to become more resilient in all the challenges that life may throw at them.

For more information, call 255-3161 or 255-3735.

Right Arm Night

The Landing Zone will host Fort Rucker Right Arm Night Nov. 17 from 4-6 p.m., hosted by the U.s. Army Aviation Center of Excellence. 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 255-0768.

Turkey Wobble Skate Night

The Fort Rucker School Age Center staff wants to know who knows the "Turkey Gobble" dance and who has a great turkey call, so it's hosting its Turkey Wobble Skate Night Nov. 18 from 6:15-9:30 p.m. The event will feature prizes for the best rendition of the "Turkey Gobble" dance and best turkey call. Safety skate will cost $2 and will be from 6:15-7:15 p.m. – parents must be present. Regular skate will cost $5 and will be from 7:30-9:30 p.m. Admission will be cash only and the staff asks that people try to have the exact amount. All skaters must be registered with child, youth and school services.

For more information, call 255-9108 or 255-9127.

Camping Under the Stars

Fort Rucker will host its sixth annual Camping Under the Stars Nov. 18 at West Beach, Lake Tholocco. The event will feature a night of camping out, s'mores and hot chocolate, games, a story reading and two movies on the big screen. People can call outdoor recreation at 255-4305 to check out tents – there are three-man and six-man tents. The event is free and open to military ID card holders. For more information, call 255-1749.

Book clubs

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served.

PHOTO BY NATHAN PFAU

Christmas tree lighting

The annual Fort Rucker Christmas Tree Lighting Ceremony is scheduled for Dec. 1 at 5 p.m. The event will feature music, hot chocolate, the lighting of the post Christmas tree and a visitor from the North Pole. Afterward, The Landing will host complimentary photos with Santa – and he may also have some treats for good girls and boys, according to organizers. The event will be open to the public and Exceptional Family Member Program friendly. For more information, call 255-1749 or 255-9810. Pictured is a scene from last year's tree lighting.

The Center Library hosts a book club for teens the third Thursday of each month from 5:30-6:30 p.m. Light refreshments will be served.

Both clubs are open to authorized patrons. For more information, call 255-3885.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB's app. Visit http://www.ftruckermwr.com/acs/army-family-team-building/ to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

Newcomers welcome

Army Community Service will host a newcomers welcome Nov. 18 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.

Speed chess tourney

In recognition of International Board Games Day, the Center Library will host a free speed chess tournament Nov. 19 from 1:30-3:30 p.m. The event will be open to authorized patrons of all ages and Exceptional Family Member Program friendly, -- people must register to participate.

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

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Nov. 23 from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more.

For more information or to register, call 255-3161 or 255-3735.

Thanksgiving Day Feast

The Landing will host a traditional Thanksgiving Day feast and Nov. 24 from 11 a.m. to 2 p.m. Prices: adults, ages 13 and over, $18.99; children, ages 6-12, $6.99; children, ages 3-5, $3.99; children ages 2 and under eat for free; and family special, two adults and two children up to 12 years, $44.99. Reservations are highly recommended.

For more information, call 255-0769.

SAC open house

The Fort Rucker School Age Center will host an open house for families that do not currently use the center Monday-Nov. 18 from 4-6 p.m. Children in first-fifth grades may be dropped off for a maximum of one hour within the week at no charge. Parents must schedule a tour and reservations before a child may be dropped off. If a Special Needs Accommodation Process is in progress, the parent must stay with the child.

The following events will be happening during the open house: Monday, family movie night, "Zootopia," PG, from 4:30-6 p.m.; Wednesday, family dodgeball, 5-6 p.m.; and Nov. 18, Turkey Wobble Skate Night, 6:15-9:30 p.m. All children must be registered with child, youth and school services. To attend the open house, parents must visit parent central to register their children and call to schedule a tour of the facility.

For more information, call 255-9108.

DFMWR SPOTLIGHT

VETERANS DAY SPECIALS

In celebration of Veterans Day and as our thank you to our Veterans, enjoy the following specials being offered by Family & MWR activities.

Coffee Zone
(Landing Zone location only)
Veterans will receive a free 12 oz. brewed coffee or tea, *November 13*. Limit one per customer, cannot be combined with other specials or offers.

The Landing Zone
To give a special thanks to those who served, The Landing Zone invites all Veterans to enjoy a complimentary Sunday Brunch entrée, *November 13 from 9 am–2 pm*. Special requires purchase of a beverage and limited seating will be available. No reservations will be accepted. Limit one meal per Veteran, cannot be combined with other specials or offers. The Landing Zone, (334)255-0768.

Cobra Bingo
Veterans receive $10 off session bingo during the month of November! Cannot be combined with other specials or offers.*

Mother Rucker's Sports Bar
All Active Duty and Military Veterans are invited to enjoy complimentary Mother's Nachos with the purchase of a sandwich or entrée, *November 11*. Mother Rucker's, (334)503-0396.

*open to authorized Bingo patrons

Divots Restaurant & Grille, located at Silver Wings Golf Course invites all Active Duty and Military Veterans to enjoy our "signature cheeseburger" on Veterans Day, *November 11 from 10 am–2 pm*. Complimentary burger requires purchase of a beverage. Divots, (334)255-0088.

Rucker Lanes Bowling Center, invites all Active Duty and Military Veterans to enjoy a complimentary "Lunch and Bowl", *November 11 from 11 am–5 pm*. Lunch and Bowl includes 2 games of bowling, shoes and lunch (choice of hamburger/cheeseburger, fries and a fountain beverage/tea). Join us for a Special Friday Stars and Strikes! Enjoy 25¢ per person games and 50¢ per person shoe rentals from Noon–Midnight. Regular menu pricing applies to other menu items. Lanes are available on a first come, first bowling basis. Rucker Lanes, (334)255-9503.

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FORT RUCKER MOVIE SCHEDULE FOR NOVEMBER 10-13

Thursday, November 10	Friday, November 11	Saturday, November 12	Sunday, November 13
Doctor Strange *(PG-13)* .....7 p.m.	TBD	TBD	TBD

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

Caps, fans honor Soldiers at Army Appreciation Night

By David Vergun
Army News Service

WASHINGTON — "We sense that all Americans are supporting us. We see it here, in airports and wherever we go. There's an overwhelming amount of love," Chief of Staff of the Army Gen. Mark A. Milley told Capitals hockey fans Nov. 3.

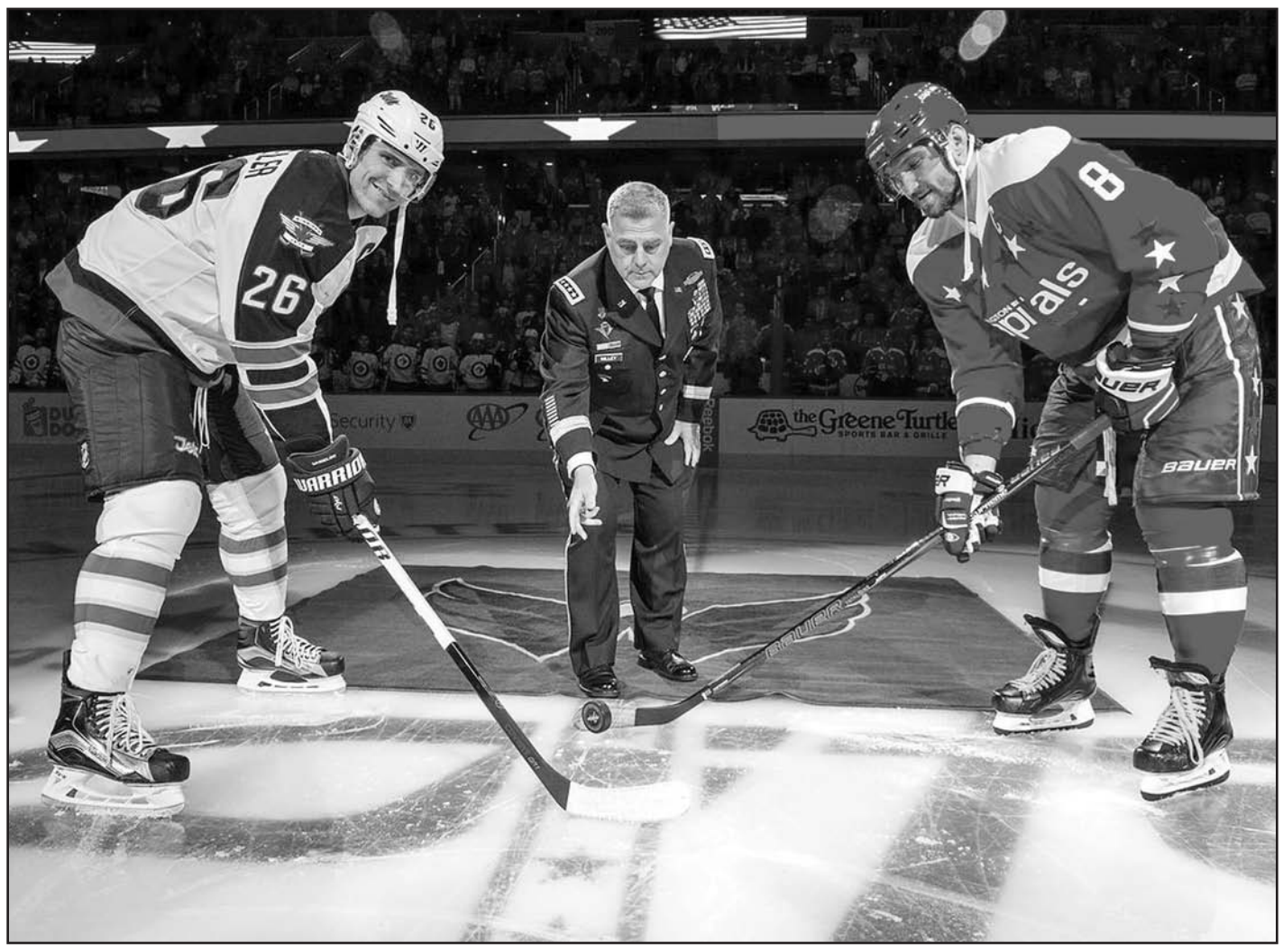
Milley spoke before the game against the Winnipeg Jets, which ended with a 4-3 victory for the Caps during Army Appreciation Night. He also dropped the first puck and honored a Soldier returning from Afghanistan.

Having the Caps and the fans salute Soldiers, many of whom are deployed overseas, "is very meaningful to all of us in uniform. We appreciate being appreciated," he said.

During a game interview, the chief was asked if he could fill in for a Caps player just in case someone got injured. The chief responded that "hockey is one of those games you do all your life, you just strap them (skates) on and play."

The chief said players never forget the fundamentals and the skills come back when returning to the ice. He joked that he was looking forward to playing a few pick-up games later on.

While at his alma mater, Princeton University, Milley played defenseman for the Tigers, a National Collegiate Athletic Association Division hockey team. He said he had a shot at being drafted by the National Hockey League, but wasn't, "so I ended up in the Army."



PHOTOS BY SGT. 1ST CLASS CHUCK BURDEN

Army Chief of Staff Gen. Mark A. Milley drops the ceremonial puck at the beginning of a hockey game between the Washington Capitals and Winnipeg Jets Nov. 3.

HONORING SOLDIERS

During the opening ceremony, Milley showed his appreciation for Soldiers everywhere by honoring one of his own, a Soldier returning from a deployment to Qatar.

Sgt. Maria Calara confessed she was somewhat nervous meeting the chief, but once she did, "he seemed like a pretty normal person."

Calara admitted she didn't know the first thing about hockey, but was glad to be among Soldiers, including some from Joint Base Myer-Henderson Hall, Virginia, who participated in the opening ceremony.

With her for the occasion was her husband, Gerald Thomas, and their son, Eli, 2. Thomas is an Army veteran. In 2014 he was wounded in Afghanistan and is now medically retired. Thomas and Calara were serving together in Afghanistan, albeit in separate units, when the injury occurred.

These days, Thomas said, it's pretty neat being a dependent – tagging along with his wife and son.

CIVILIANS SALUTE SOLDIERS

Many of the fans spoke highly of the Army and thought the Soldiers who attended added substance to the game.

Jane Owens, of Laytonville, Maryland, said her father served 22 years in the Air Force, including two tours in Vietnam. He was a fighter pilot. She said she's proud not just of him, but of everyone who has ever worn the uniform. Owens thought it was neat that Soldiers were participating in the Caps game.

Bob Kirchner, of Rockville, Maryland, said his father served as an Army surveyor just after World War II in West Germany, participating in the rebuilding of that nation. He died just two years ago. For him, having Soldiers at the Caps game was "deeply personal" and helped him to remember his dad. He felt his presence at the game.

Mark from Virginia – he declined to provide his last name or hometown – said his father, who is in his 90s, fought in the Battle of the Bulge with the 2nd Armored Division. Mark had asked his father about the battle, but his father never wanted to discuss it, except to say it was pretty cold.

Mark, like some of the other fans at the game with relatives in the Army, said their Soldier-kin didn't like to discuss what they did in the service – they were quiet professionals, not ones to brag of their exploits or the hardship they endured.

One Caps fan said he hoped Milley would visit more often. The chief had stopped by in February for a "Salute to the Military Night," and the Caps edged the Islanders 3-2 that evening. The fan thought the chief brought good luck.

Washington Capitals mascot, Slapshot, poses with Milley.

Milley makes an impromptu visit with young hockey players at the Verizon Center before the Washington Capitals game.

Religious Services

WORSHIP SERVICES
Except as noted, all services are on Sunday.

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

Main Post Chapel, Bldg. 8940
8:30 a.m. Catholic Confessions
9 a.m. Catholic Mass
11 a.m. Collective Protestant
12:05 p.m. Catholic Mass (Tuesday-Friday)
4 p.m. Catholic Confessions (Saturday)
5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Latter-Day Saints
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
11 p.m. Eckankar Study (4th Sunday)
Spiritual Life Center, Bldg. 8939
10:15 a.m. CCD (except during summer months)

BIBLE STUDIES
TUESDAYS
Crossroads Discipleship Study
(Meal/Bible Study)
Wings Chapel, 6:30 p.m.

Protestant Women of the Chapel
Wings Chape, 9 a.m. and 6 p.m.

Adult Bible Study
Spiritual Life Center,
7 p.m.
WEDNESDAYS
Catholic Women of the Chapel
Spiritual Life Center,
9 a.m.

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

1-14th Avn Regt Bible Study
Hanchey AAF, Bldg. 50102N,
Rm. 101 11:30 a.m.

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

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

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

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

THURSDAYS
WOCC Bible Study (1st/3rd Thursday)
Swartworth Hall,
Bldg. 5302, 11:30 a.m.

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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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'There's Christmas in the Air' in Elba

Army Flier
Staff Reports

The Atlanta Pops Orchestra welcomes the holiday season at Elba High School with "There's Christmas in the Air" Nov. 17 beginning at 7 p.m.

Tickets are $25 for adults and $20 for students in advance; $30 for adults and $23 for students the day of the show.

Under the current direction of Dr. Jason Altieri, the Atlanta Pops Orchestra is the premier orchestra for the state of Georgia and the Southeastern U.S. With a rich history spanning seven decades, the Pops has captivated audiences throughout the world with a diverse repertoire of popular music - pop, jazz, folk, hip-hop, light classical and country.

The Enterprise State Community College Concert Choir and Entertainers, directed by Dr. Ken Thomas, and the Elba High School Show Choir, directed by Jason Tucker, will join the Pops Orchestra with holiday selections. Hear favorites "I'll be Home for Christmas," "Frosty the Snowman," "Have Yourself a Merry Little Christmas," "Santa Claus is Coming to Town," "I Wonder as I Wander," "Christmas Festival," "Sleigh Ride," "Home for the Holidays," "What Child is This?" and "Hallelujah Chorus."

Tickets are available at these locations:

- David's Westgate Beauty Salon in Enterprise — 406-1617.
- Redbrick Pizza (next to Publix) in Enterprise — 475-2156.
- The Framery in Enterprise — 347-7800.
- Hair Haven in New Brockton — 347-6113.
- Bradley's Florist and Gifts in Elba — 897-3422.
- Wildflowers Florist & Gifts in Elba — 897-3010.
- The Printing Press, Inc. in Troy — 566-4060.
- MaFoosky's Deli in Daleville — 598-3030.
- Harbin Jewelers in Ozark — 774-4427.
- Tuxedo 101/Scrubs 101 (behind Atlanta Bread Co) in Dothan — 648-5050.
- MWR Central inside the Soldier Service Center, Bldg. 5700, in Fort Rucker — 255-2997.

Season tickets are available at David's Westgate Beauty Salon in Enterprise -- 406-1617.

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

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

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.

DOTHAN

ONGOING-DEC. 31 — The Wiregrass Museum of Art hosts its fall exhibitions Southern Abstraction and Firmly Planted in the Black Belt - the Art of Bud Harris Wednesdays-Fridays from 10 a.m. to 5 p.m. and Saturdays from 10 a.m. to 3 p.m. Private tours and activities can be arranged by appointment on Mondays and Tuesdays. For more information, visit http://www.wiregrassmuseum.org/ or call 334-794-3871.

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

ENTERPRISE

NOV. 17 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will hold its monthly lunch program at 11 a.m. at PoFolks Restaurant. Julian LeCompte, Coffee County Property Appraiser, will be the guest speaker. He will talk about the need for frequent property appraisals. Because of the Thanksgiving holiday, NARFE is scheduled to meet this month on the third Thursday, one week earlier than regularly scheduled. All federal employees, active or retired, are invited to attend the lunch programs regularly scheduled at 11 a.m. every fourth Thursday at PoFolks Restaurant in Enterprise. For more information, call 334-393-0492.

NOV. 17 — Disabled American Veterans Chapter 99 will meet for its annual holiday meal at 6 p.m. in the New China Buffet located in the Morgan Square Mall. DAV members and their families will be treated to a buffet meal and soft drinks. Cost is $10 per person. People should RSVP to 334-347-0114 by Nov. 10.

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

DEC. 15 — Disabled American Veterans Chapter 99 will conduct its annual Fun Time get-together at 6 p.m. in the New Brockton Senior center, located one block behind the police station. Finger food and soft drinks will be served free of charge to DAV members and their families, and other interested persons are invited. For more information, call 334-347-0114.

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

OZARK

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

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

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 — A German coffee takes place the last Thursday of every month except November at 10 a.m. at The Landing on Fort Rucker. The group has been meeting for more than 40 years.

JAN. 5-6 — **D**isabled American Veterans annual service officer certification training will be at the Auburn Hotel in Auburn. For more information, call 334-406-6700.

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

'A Christmas Carol'

The Alabama Shakespeare Festival in Montgomery present's its production of "A Christmas Carol," adapted by Geoffrey Sherman and based on the novel by Charles Dickens, at various times Nov. 20-Dec. 24. Festival officials said the production is recommended for ages four and up.

Ticket prices vary based on play, date and availability of seating. For more information, call 334-271-5353 or visit http://www.asf.net/.

Gem, mineral, jewelry show

The 46th annual Montgomery Gem, Mineral and Jewelry Show will be held at Montgomery's Garrett Coliseum, Dec. 2-4. Dealers will have beads, crystals, geodes, rough, cabochons, gem stones, finished jewelry, tools, supplies and mineral and fossil specimens, according to organizers. Club members will display their individual collections and will give demonstrations on gem and rock cutting, faceting, cabochon making, and knapping.

Admission is $2 for adults, or $3 for a weekend pass. People ages 18 and under with a student ID and a paid adult are admitted for free. Parking is free, as well.

For more information, visit montgomerygemandmineralsociety.com/mgms/index.php/annual-gem-show.

Panama City Beach Marathon

The Panama City Beach, Florida, Marathon is scheduled for Dec. 3. The event also sports a half-marathon, a 5k race and a children's fun run. People can register now -- there is no race day registration – at http://www.active.com/panama-city-beach-fl/running/distance-running-races/panama-city-beach-marathon-2016?int=.

For more information, visit http://www.pcbmarathon.com/.

Tree lighting

Panama City Beach, Florida, will host its Christmas tree lighting ceremony Dec. 5 from 6:30-8 p.m. at Frank Brown Park. The PCB Police Department will also be accepting unwrapped toy donations for its Cops N' Kids program.

For more information, visit http://www.panamacitybeachparksandrecreation.com/christmas-tree-lighting.html.

Governor's Mansion open house

The Alabama Governor's Mansion Christmas Open House is scheduled for Dec. 5, 12, and 19 from 5:30-7:30 p.m. Admission is free and tickets are available at the Governor's Mansion Gift Shop.

For more information, visit governor.alabama.gov/governors-mansion/mansion-tours/. The mansion is located at 1142 S. Perry St., Montgomery.

Scarecrows in the Garden

The Old Alabama Town Herb Society continues its fifth annual Scarecrows in the Garden at Old Alabama Town in Montgomery through Nov. 18. All scarecrows are made with materials found in nature, as far as is possible, according to Old Alabama Town officials.

For more information, call 334-240-4500 or visit www.landmarksfoundation.com/events/upcoming-events.

LAFAYETTE ESCADRILLE

Remembering, honoring 1st Americans to fight, die in World War I

By Jim Garamone
Defense Media Activity

LIBRARY OF CONGRESS PHOTO

Members of the Lafayette Escadrille hold a mission briefing in France, June 26, 1916. From left, Kiffin Yates Rockwell (1892-1916); Capt. Georges Thenault, commander of the Lafayette Escadrille; Norman Prince (1887-1916); Lt. Alfred de Laage de Meux; Sgt. Elliot Cowdin; Sgt. Weston Birch "Bert" Hall; James Rogers McConnell (1887-1917); and Victor Chapman.

WASHINGTON — Norman Prince's tomb is steps away from that of President Woodrow Wilson in the National Cathedral.

In 1916, when Wilson was running for re-election as president under the slogan "He Kept Us Out of War," Norman Prince was wearing the uniform of France and flying for the Lafayette Escadrille.

It was the second year of what was then known as the Great War, and Prince, a Harvard-trained lawyer, journeyed to France to offer his services against the Germans. It was the year of the Somme, the year of Verdun. Millions of soldiers on both sides were dying on the fields of France.

Prince became one of them Oct. 15, 1916.

100 YEARS LATER

On Oct. 14, the National Cathedral and the United States World War I Commemoration Commission hosted a memorial service for French Air Force Lt. Norman Prince. His crypt is near the altar of the huge edifice and is fronted by a marble statue of him.

The Prince family came out in force to remember their relative. Also attending were French and American airmen — joined together by the sacrifice of the young man and others like him. Prince never wore an American uniform, but he could be called one of the fathers of the United States Air Force. He was one of those who suggested the French air force field a squadron of Americans who came to the country to fight.

DANGEROUS PROFESSION

And fight he did. Prince participated in 122 aerial engagements, shooting down five enemy aircraft, said Navy Chaplain (Rear Adm.) Margaret Grun Kibben, who delivered the homily at the service. He came from a privileged background, "but flying was in his blood," she said.

Even without combat, flying was a dangerous profession. It had been just 13 years since the Wright Brothers flew the first aircraft at Kitty Hawk, North Carolina, and airmen at the beginning of the Great War had to make up tactics and strategies as they went along. The aircraft themselves were wooden frames covered by fabric, Kibben said. The ground war had become a stalemate, with trenches scarring the ground from Switzerland to the North Sea, there was no going through the lines or going around them.

But going over the lines could be a way to victory.

The aviators were viewed as knights of the air, but there was little glory in the work — just another domain of hell. The planes were flimsy and susceptible to fire. No French pilot had a parachute — if the engine quit, the pilot just rode it in to the ground. The air war was just as deadly as the ground war.

THE CRASH

Prince was one of the first Americans to volunteer and he flew a Nieuport 11 during his time over the front. The squadron was officially designated the 124th, but once formed under French officers, it became the Lafayette Escadrille. Some 38 Americans flew in the squadron and 11 of them died.

Prince was returning from a combat mission Oct. 13, 1916, when he attempted to land at a small field near the front lines. His undercarriage snagged a wire, catapulting him out of the aircraft.

Medics rushed him to a hospital, and the initial reports were good. He had just broken some bones. But one of those bones was his skull, and the aviator lapsed into a coma and died two days later.

In April 1917, Wilson could no longer keep America out of war and, on April 2, he asked Congress for a declaration of war on the German empire. They did so on April 6.

Prince was one of the first Americans killed in the Great War. A total of 116,710 of his fellow countrymen paid the ultimate price before the armistice on Nov. 11, 1918.

After the war, the Prince family brought Norman's body back and built a tomb for it in the cathedral. When the statue and tomb was dedicated Dec. 6, 1937, General of the Armies John J. Pershing – the commander of the American Expeditionary Force in the war – attended.

When America joined the war, the surviving members of the Lafayette Escadrille transferred, with most going to the U.S. Army and one to the Navy. The French 124th squadron became the U.S. Army's 103rd Pursuit Squadron, which is today the 94th Fighter Squadron, based at Langley Air Force Base, Virginia. It is part of the 1st Fighter Wing, whose commander represented all airmen – past and present – at the memorial service.

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BOEING

MEET YOUR ARMY
Surgeon general talks with 'Lean In Live'
Story on Page D3

NOVEMBER 10, 2016

MONSTAR MASH

1st Bn., 145th Avn. Regt. Monstars topple 1st Bn., 14th Avn. Regt. Headhunters, 40-13

By Nathan Pfau
Army Flier Staff Writer

As the 2016 Fort Rucker Intramural Football Season comes to a close, two teams battled it out on the field to increase their chances of making it in the playoffs.

The 1st Battalion, 14th Aviation Regiment Headhunters took on the D Company, 1st Bn., 145th Avn. Regt. Monstars at the Fort Rucker Physical Fitness Center football field Tuesday, but Monstars would come out on top, 40-13, as they dominated their opponents for most of the game.

"It was a really good game," said 2nd Lt. Scott Steger, Monstars team captain. "Our offense was really good and we scored on every possession, and this was our last game before the playoffs … it was good to get a pretty big win. We're going into the winners bracket, so this was a good momentum booster on our way into the playoffs."

The D Co. team had superior passing ability and just a stronger offense overall that allowed them to dominate throughout most of the game, but in the final minutes of the game, the Headhunters made it clear they weren't going out without a fight.

The Monstars received at the kickoff and got off to a decent start with a short return, and they managed to slip through the opposing defense to get within yards of the goal line within minutes.

The Headhunters were unable to stay on the D Co.'s quarterback, allowing him to make run after run for 1st downs, eventually able to get into the opposing end zone for their first touchdown to lead 7-0.

PHOTO BY NATHAN PFAU

Players battle it out on the field during an intramural football game at the Fort Rucker Physical Fitness Center football field Tuesday.

The 1-14th were having some trouble getting through the opposing defense, who managed to bring them to a 4th down without much headway, but the 1-14th quarterback managed to connect with his receiver to get 1st and goal for their chance to get on the scoreboard.

The Monstars weren't having it, though, and managed to hold them off and force the turnover.

They took there possession and pushed hard against their opponents, and once again the D Co.'s quarterback was able to slip through the opposing defense, managing a 20-yard run into the end zone for their second touchdown to extend their lead, 13-0.

The Headhunters had another chance to get back on the scoreboard, but the Monstars' defense proved too strong, managing to pick off an interception to run in for their third touchdown with minutes remaining in the half, leading 19-0.

Try as they might, the 1-14th still couldn't break the Monstars' defense, which forced a turnover with a minute left in the half, giving them time to extend their lead.

They took full advantage of their possession and managed a long bomb from their 20-yard line to get within 20 yards of the opposing goal line, and followed up with a string of complete passes to get within 2 yards of the goal line with seconds remaining.

Not wasting any time, D Co. managed to throw a complete pass into the opposing end zone to secure a commanding lead before the end of the half, 26-0.

Headhunters received to start the final half and they had their work cut out for them, but got off to a bad start, throwing another interception on their first play.

The Monstars used their superior passing and offensive ability to keep pushing against their opponents, and the Headhunters' inability to stay on the opposing quarterback left him open to make the plays, including another 15-yard pass to get into the opposing end zone, to further extend their lead, 33-0.

The 1-14th once again took possession determined to try and turn things around, if anything to avoid a shutout, as they aggressively pushed against their opponents and managed to get to 1st and goal, and they were able complete a pass right down the middle for their first touchdown to get on the scoreboard, 33-7.

The Monstars seemed to lose some of their momentum as the game went on, but their passing game remained strong, as they were able to connect another 20-yard pass on a fourth down for 1st and goal. The quarterback was able to give the opposing defense the slip once again to run in for another touchdown to lead, 40-7.

The Headhunters wouldn't be counted out as they continued their aggressive offense and managed another long bomb for their second touchdown within two plays of their possession, proving they wouldn't go down without a fight, but the mercy rule took effect at the 2-minute mark, sealing the win for the Monstars, 40-13.

SHOW OF STRENGTH

Warrior Care Month serves as a reminder of unyielding commitment to wounded, injured

By Wesley Elliott
Army Medicine Public Affairs

JOINT BASE SAN ANTONIO, Texas — Warrior Care Month serves to remind people of the U.S. Army and the nation's unyielding commitment to the wounded, ill and injured service members, and their support network of families and caregivers.

Show of Strength is the theme of this year's Warrior Care Month.

The Army asks a lot of its Soldiers, and through the Warrior Care and Transition Program it supports wounded, ill and injured Soldiers by providing the dedicated time, place and resources to heal successfully – whether the Soldier is returning to duty, accepting a new Military Occupational Specialty or transitioning out of the Army.

Since 2007, the WCTP has supported more than 68,000 Soldiers, with more than 30,000 returning to duty. The WCTP is how the U.S. Army maintains the enduring commitment to supporting wounded, ill and injured Soldiers to promote future success.

ARMY GRAPHIC

Every Soldier assigned to one of the Warrior Transition Units participates in a six-part process known as the Comprehensive Transition Plan developed to customize their recovery. This enables Soldiers to set and pursue their personal goals to return to the force or transition to veteran status.

To ensure a holistic approach to care, each WTU Soldier develops a personalized Comprehensive Transition Plan with short- and long-term goals across each of six domains: physical, emotional, social, spiritual, family and career. Achieving this plan becomes the Soldiers' work schedule during their time in the WTU.

Family members and caregivers are actively involved in the Soldier's recovery process, invited to all medical appointments and transition meetings.

The Army's commemoration will align with key initiatives, such as the Ready and Resilient Campaign and Soldier for Life. These programs, along with the WCTP, support wounded, ill and injured Soldiers throughout each phase of their recovery and transition.

Warrior Care Month is an opportunity for the Army to communicate its sacred obligation and enduring commitment to wounded, ill and injured Soldiers, their families and caregivers.

In 2008, the Secretary of Defense designated November as Warrior Care Month in order to inform the military and their families about the current and future programs and initiatives provided through the warrior care system.

At 14 WTUs across the country, wounded, ill and injured Soldiers have one mission: to heal and prepare for transition. The WTU structure supports active component Soldiers who require at least six months of complex medical care and reserve component Soldiers requiring definitive medical care.

Located at major military treatment facilities and complimented with community care units in various regions around the country, WTUs provide a standardized framework of care and support that includes medical appointments, physical rehabilitation, behavioral health care, adaptive reconditioning, internships and training.

Standing behind wounded, ill and injured Soldiers through each stage of their recovery and transition is the Triad of Care – a primary care manager, nurse case manager and squad leader –and an interdisciplinary team of medical and non-medical professionals who work with Soldiers and families to ensure they receive the support they need and deserve.

Our nation's Soldiers live the Army values day-to-day and through their personal sacrifice they deserve the ongoing support and commitment of the Army. The WCTP provides that support throughout the recovery and transition process for each Soldier in the program.

PIGSKIN PICKS

	Cleveland vs. Baltimore	Minnesota vs. Washington	Kansas City vs. Carolina	Denver vs. New Orleans	Dallas vs. Pittsburgh	Seattle vs. New England	Cincinnati vs. N.Y. Giants
David Agan *PAO* **(36-27)**	Ravens	Redskins	Chiefs	Broncos	Steelers	Patriots	Giants
Col. Tom von Eschenbach *CDID Director* **(35-28)**	Ravens	Redskins	Panthers	Broncos	Cowboys	Patriots	Bengals
Jim Hughes *PAO* **(34-29)**	Ravens	Vikings	Panthers	Broncos	Cowboys	Patriots	Giants
Capt. Jason Jordan *6th MP* **(31-32)**	Ravens	Vikings	Panthers	Broncos	Cowboys	Patriots	Bengals
Capt. Mike Simmons *DPS* **(39-24)**	Ravens	Redskins	Panthers	Saints	Steelers	Patriots	Giants

DOWN TIME

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Just Like Cats & Dogs

by Dave T. Phipps

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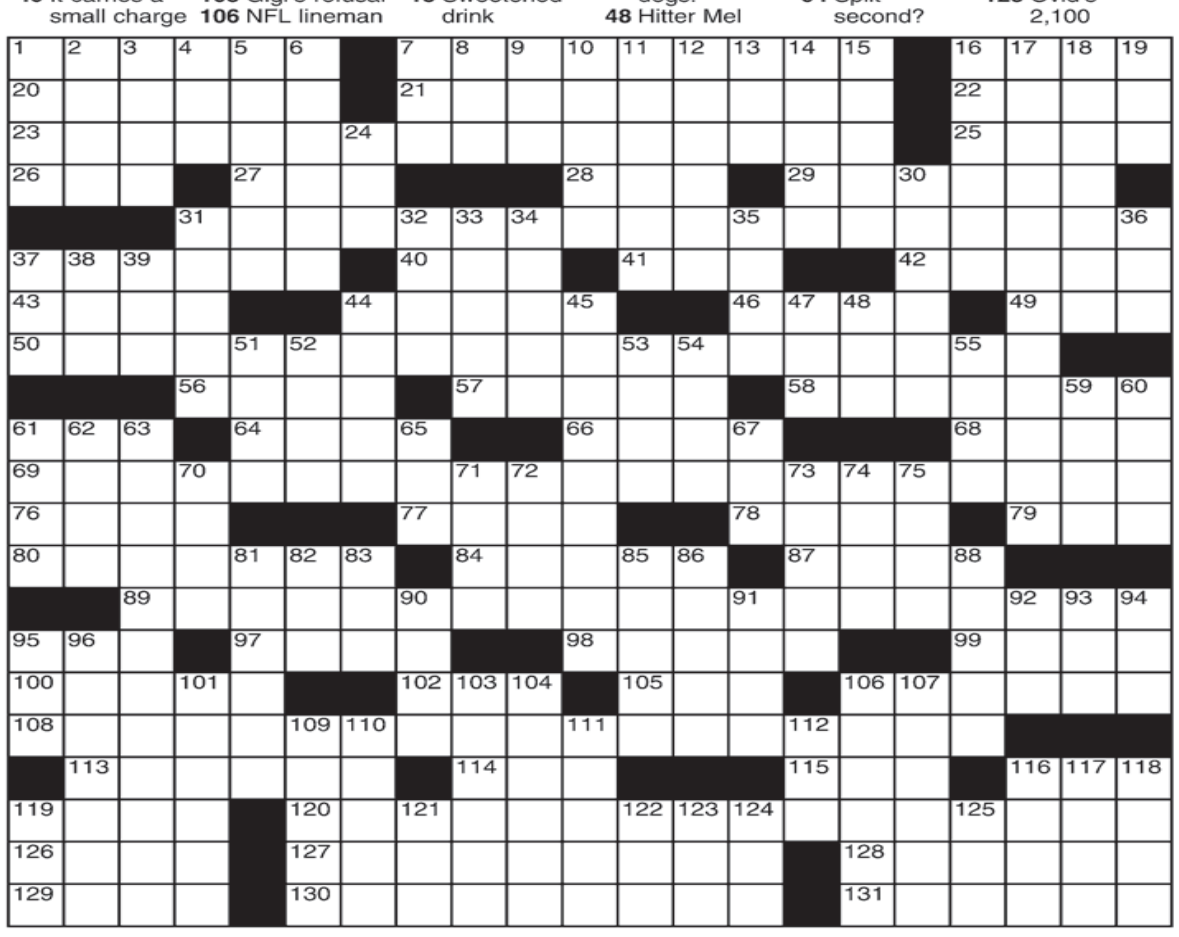
Super Crossword — CHAIN LINKS

ACROSS

1 Neaten (up)
7 Lab compounds
16 Terrific, slangily
20 Talented talker
21 Thinks up something
22 Witchy sorts
23 Furniture chain, literally
25 Prime draft classification
26 Many times, in verse
27 "What — I tell you?"
28 Bygone rival of Delta
29 Using an Rx, say
31 Restaurant chain, literally
37 Synchronize
40 One in sales, briefly
41 Big letters in fashion
42 Strong coat fabric
43 TV pioneer Jack
44 "— For" (1995 Nicole Kidman film)
46 Wildly
49 It carries a small charge
50 Dog chain, literally
56 Swivel about an axis
57 Tan shade
58 Baseball great Casey
61 Cry a river
64 "It's my turn to go"
66 Kipling's Rikki-tikki- —
68 "— pity" ("Alas")
69 Mountain chain, literally
76 Jewish month
77 Arouse
78 Skin opening
79 Beer belly, e.g.
80 It's not a pretty sight
84 Casts forth
87 Give a summons to
89 Food chain, literally
95 Native Coloradan
97 Pop's Stefani
98 Jeans giant
99 Nastase of tennis
100 — -Croatian (language)
102 "BTW" part
105 Gigi's refusal
106 NFL lineman
108 Island chain, literally
113 Pedal pusher
114 Badger
115 "It's so cold!"
116 OS computer
119 Stephen King's rabid dog
120 Watch chain, literally
126 Time period
127 Asbestos, e.g.
128 Sean Penn film
129 "Woe —!"
130 Celebrities of daytime dramas
131 Clear record holder

DOWN

1 Merely OK
2 U. lecturer
3 Finn's craft
4 Thespian Hagen
5 Police line
6 Otter relative
7 Tai —
8 Bit of a laugh
9 Legal rider?
10 Damon and Dillon
11 Somewhat
12 Cubans, e.g.
13 Sweetened drink
14 "Bad" Brown
15 Camille Saint- —
16 Lisa's role on "Friends"
17 Excessive display of distress
18 Way in the past
19 Org. with bag screeners
24 Curious
30 Large pike, for short
31 Copies a happy cat
32 Slangy ending for switch
33 Copy over, as a soundtrack
34 Offer a view
35 "Kapow!"
36 Deep desire
37 Android extra
38 T on a frat tee
39 Recess game
44 It's led by a Sec'y-General
45 Think piece
47 Postgrad degs.
48 Hitter Mel
51 Double- — (tourney type)
52 Arizona tribe
53 "I got — in Kalamazoo"
54 Impose, as a tax
55 Opposed to
59 Jacob's wombmate
60 Café au —
61 — -Ball
62 Unctuous
63 Certain fruity spread
65 Sleeping garb
67 Wee demon
70 Rick's love in a classic film
71 Kong's kin
72 — roast
73 Hocus- —
74 Author Leon
75 Actor Rogen
81 Like many hockey shots
82 Unvarnished
83 Dir. from L.A. to K.C.
85 Rocker Reznor
86 Revel in
88 Writer Jong
90 Echidna food
91 Lollobrigida of Hollywood
92 Type
93 .001 inch
94 Split second?
95 Kind of port for a PC
96 Servers in saucers
101 Flagship U.K. TV network
103 Ended a phone talk
104 In-box fillers
106 Like the Tatar language
107 To another continent
109 Hero shops
110 University of Maine's city
111 Strain at — (fuss pettily)
112 Hitting stat
116 Flat-topped hill
117 "What —!" ("Such fun!")
118 Attended
119 Hit CBS drama
121 Secret govt. group
122 Flight deck guess, briefly
123 University sisters' org.
124 Triage sites, for short
125 Ovid's 2,100



See Page D3 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. HISTORY: Who was the first woman to be prime minister of the United Kingdom?
2. GENERAL KNOWLEDGE: What U.S. city's nickname is The Mile-High City?
3. MEDICAL: What does the Greek suffix "-algia" refer to in medical terms?
4. BIBLE: Noah was the grandson of what biblical character?
5. ADVERTISEMENTS: Which fast-food restaurant chain urges patrons to "eat fresh"?
6. MUSIC: Bebop is a style of what kind of music?
7. MOVIES: What was the name of the character played by Marilyn Monroe in "Some Like it Hot"?
8. LITERATURE: What famous ghost story was penned by Henry James?
9. TRANSPORTATION: What is the world's oldest airline still operating under its original name?
10. LEGAL: Witnesses who would prefer not to incriminate themselves might refuse to answer by citing which amendment to the U.S. Constitution?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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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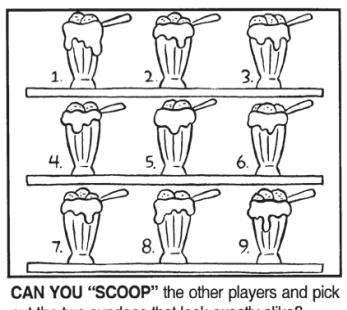
See Page D3 for this week's answers.

KID'S CORNER



CAN YOU "SCOOP" the other players and pick out the two sundaes that look exactly alike?

Answers: Sundaes 2 and 7.

Junior Whirl

by Charles Barry Townsend

THE PYRAMID OF WORD POWER!

You have three minutes to unlock the secrets of Word Power! Starting with the given word SANDPIPER, at the bottom of our pyramid, try dropping one letter at a time as you work your way up, so that the remaining letters at each level spell out a new word. The following helpful hints are in ascending order.

1. A wading bird (given).
2. Smarter or more chic.
3. To give notice to; inform.
4. Hot beverage drinker.
5. Found in Scotland.
6. A great place to fish.
7. Anger; wrath.
8. In reference to.
9. Kind of vitamin.

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Answers: 1. Sandpiper. 2. Snappier. 3. Apprise. 4. Sipper. 5. Piper. 6. Pier. 7. Ire. 8. Re. 9. E.

SEE IF YOU CAN make this math expression correct by adding seven plus signs and one multiplication sign between the numbers 1 through 9.

9 8 7 6 5 4 3 2 1 = 100

Answer: 9 x 8 + 7 + 6 + 5 + 4 + 3 + 2 + 1 = 100

DON'T BLOW YOUR TOP ON THIS ONE! At the right is a Word Square grid. Can you find the four five-letter words that match the definitions below? All words used must read the same both across and down.

1. Found on hats.
2. A type of number.
3. A mental picture.
4. Molten volcanic rock (given).
5. To move in a stealthy manner.

			M	
			A	
			G	
M	A	G	M	A
			A	

Illustrated by David Coulson

Answers: 1. Brims. 2. Roman. 3. Image. 4. Magma. 5. Sneak.

Wishing Well®

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

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.

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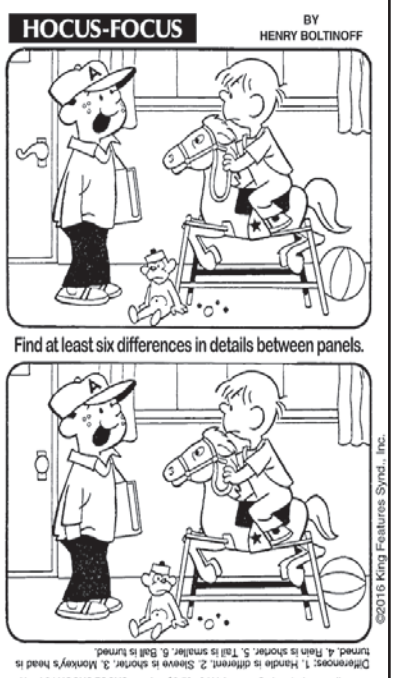
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Handle is different. 2. Sleeve is shorter. 3. Monkey's head is turned. 4. Rein is shorter. 5. Tail is smaller. 6. Ball is turned.

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Surgeon general talks with 'Lean In Live'

By Gary Sheftick
Army News Service

WASHINGTON — Lt. Gen. Nadja West was interviewed on Facebook's "Lean In Live" show Nov. 3 by Sheryl Sandberg, the social media organization's chief operating officer.

Sandberg said it was an honor to have the Army's first African-American female three-star general on the show. West is also the highest-ranking woman to graduate from West Point and the Army's first African-American surgeon general.

West grew up in the Washington, D.C., area as the youngest of 12 children. She said her parents and siblings taught her a lot about leadership and humility.

"My dad joined the Army in 1939, when it was segregated," she said. "He saw in the Army – and he saw in the military – kind of a potential that our nation could get better, because the Army was the first at desegregating."

Her father taught that service, humility and being a part of something bigger than self was important, she said.

West said her mother was "an activist," as well as a reporter for the newspaper "Afro-American," which now publishes out of nearby Baltimore.

West said her mother was instrumental in getting Arlington National Cemetery desegregated.

Three of West's sisters are in the Army, and one sister is in the Air Force. Additionally, several of her brothers have also served in the military, as well, she said.

PHOTO BY BRANDON MARRONE

Army Surgeon General Lt. Gen. Nadja West's children replace her two-star shoulder boards with three-star rank during her promotion ceremony Feb. 9.

West went off to the U.S. Military Academy when she was 17 years old. "I was a scaredy-cat" then, she said, adding other female students there told her to get tough.

Sometimes "a little bit of a jolt" can be mentoring, she said. So could a little nod of the head. "That's all it would take sometimes to say I'm not alone – hang in there, hang tough."

The shared experience of the Army makes people stronger, she said. She learned from a diverse group of students at West Point. One of her roommates was from Johnson, Nebraska – a town of 150 at that time. Another roommate was from Toms River, New Jersey, and a third was from Marshall, Wisconsin.

"I never would have gone to those places," she said, adding that learning from a cross-section of different people helps develop better leadership.

West earned a bachelor of science in engineering from West Point and a doctorate of medicine degree from George Washington University.

West said that she didn't think that she was good enough to go medical school, but a mentor convinced her. She was visiting her dad in the hospital and she confided with a Walter Reed surgeon that she wasn't going to apply to medical school.

"What?" he said. "What's the worst that could happen?" He encouraged her to apply and, of course, now she is the Army's surgeon general.

"Do not ever let anyone sway you from your dreams," West said as advice to young women. "If you can think it and you can dream it and you're prepared --- go for it. Don't hold back."

West's message to all Americans for Veteran's Day: don't pity or stereotype veterans. On average, veterans earn $10,000 more than those who never served, she said. Veterans are also more likely to be active in civic life, have a higher propensity to vote and volunteer more often in their communities.

"They're strong members of the fabric of our society," she said. "They took the skills they learned in the military and now are being great citizens of our nation."

At the beginning of Sandberg's show, she asked "How do you lean in?"

"The first thing that comes to mind is just always being prepared and just being myself," West said. "Believe it or not, sometimes you feel that you have to play a role ... because you never think that being yourself is enough. And so, you finally get to a point where you know that 'I just have to be who I am.' Be authentic."

The following excerpts are from a lightning round of questions at the end of the interview.

Q: Favorite class at West Point?
A: Math

Q: Person from history that you'd most like to have dinner with?
A: Colin Powell. That's recent history. From past history: St. Theresa of Avalon. I've read a few books on her. She was this amazing person from history – a woman back in the Middle Ages who had the power and did the things that she did.

Q: Last book you read?
A: The last book I read was quite a tear-jerker. It was "The Higher Call," it was about the German and American pilots who actually helped each other – it showed we're all humans.

Q: One biggest piece of health advice?
A: Sleep is very important. My predecessor, Patty Horoho, was the surgeon general. She implemented the Performance Triad – sleep, nutrition, activity. I don't think people realize the importance of sleep for overall health.

Q: One more thing you'd do if you weren't afraid?
A: Go out into space. I'm not afraid, I just don't know if I'll have time to do it.

PIGSKIN PICKS

	Baylor vs. Oklahoma	Kentucky vs. Tennessee	Auburn vs. Georgia	Notre Dame vs. Army	Appalachian State vs. Troy	LSU vs. Arkansas	USC vs. Washington
Kent Anger, DPTMS (47-16)	OU	TN	Auburn	Notre Dame	Troy	LSU	Washington
Todd Conyers, USAACE (42-21)	OU	TN	Georgia	Army	App State	Arkansas	Washington
Jeff Frey, NCOA (36-27)	OU	TN	Auburn	Notre Dame	Troy	LSU	Washington
Wes Hamilton, NEC (47-16)	OU	TN	Auburn	Notre Dame	Troy	LSU	Washington
John Tkac, DPS (44-19)	OU	TN	Auburn	Notre Dame	Troy	LSU	Washington

FORT RUCKER SPORTS BRIEFS

Biggest Buck Contest

Fort Rucker Outdoor Recreation will host its Big Buck Contest now through Feb. 10 during daylight hours. Entry fee is $25 per person and the contest is open to the public. Participants must be registered before harvesting their buck – bucks must be harvested on Fort Rucker to qualify. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card.

For more information and to register, call 255-4305.

Youth gymnastics classes

Fort Rucker Child, Youth and School Services will hold gymnastics classes now through Dec. 20 on Mondays, Wednesdays and Thursdays at the school age center, Bldg. 2806. Classes are offered for preschool – coed – (age 3-5) up though Level 5 (age 16). Cost varies from $25-$50 per month. Students can join classes at any time.

For more information, call 255-1867.

Youth deer hunt

Fort Rucker Outdoor Recreation will host a youth deer hunt Saturday. The cost is $20 and the hunt is open to the public for youth ages 7-15 years old. Parents and escorts of youth hunters must have an Alabama State Hunting License and Hunter Safety Education Course Completion Card. No antlerless deer are allowed to be harvested. Spike bucks and larger will be allowed to be harvested only if the youth is registered with ODR and participates in the youth hunt. Door prizes and lunch will be provided. Prizes will be awarded to first-third place winners. People can sign up at the ODR service center located on West Beach of Lake Tholocco.

For more information, call 255-4305.

Hog hunt

Fort Rucker Outdoor Recreation will host a hog hunts from sunrise Nov. 18 to sunset Nov. 20. Cost is $25 per hunter. Hunters who would like to participate in the hunt must have a valid Alabama State hunting license, Fort Rucker Post hunting permit and a hunter education completion card. First, second and third place winners will receive cash payout. Winning will be based on the most hogs brought in. Hunters can also enter in the heaviest hog jackpot for just $5 more.

For more information, call 255-4305.

Turkey Shoot Out

Silver Wings Golf Course will host its Turkey Shoot Out Nov. 19, with tee times at 7 a.m. to 9 a.m. Cost is $20 per player – plus cart and green fees, if applicable. Format is individual stroke play. U.S. Golf Association handicap or weekend dogfight points will be used. Gift certificates and turkeys will be awarded as prizes to gross and net winners. Registration deadline is 9 a.m. Nov. 19. The event is open to the public.

For more information, call 255-0089.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Margaret Thatcher
2. Denver
3. Pain
4. Methuselah
5. Subway
6. Jazz
7. Sugar Kane Kowalczyk
8. "The Turn of the Screw"
9. KLM
10. The Fifth

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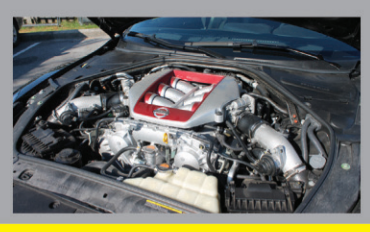
2013 NISSAN GT-R PREMIUM

SPECIAL AVAILABILITY BY APPOINTMENT



OFFERED AT $76,991 Only 18K Miles

PICK-A-PAYMENT EVENT!

2014 FORD FOCUS

Auto, Power Windows,
Stock #1110800C

YOUR CHOICE! $179 DOWN & $179 PER MO.

WE'RE BUYING CARS! We Will Buy Your Vehicle, Or You Can Trade It In For Top Dollar! WE'RE BUYING THEM ALL! ALL YEARS! ALL MODELS! WE WILL NOT BE OUTBID! NO OBLIGATION APPRAISAL

2011 FORD FUSION
$179 Down & $179 Per Mo.
Stk.#3501500A

2013 CHEVY IMPALA
$179 Down & $179 Per Mo.
Stk.#4501810

2012 CHEVY COLORADO
$179 Down & $179 Per Mo.
Stk.#2110400A

2013 HONDA CIVIC

Auto, CD Player, Low Miles,
Stock #3505400A

YOUR CHOICE! $249 DOWN & $249 PER MO.

NEED AN AUTO LOAN? Ask about our Guaranteed Credit Approval℠ CALL 877-557-1264

2013 HYUNDAI SONATA GLS
$249 Down & $249 Per Mo.
Stk.#1090500J

2013 NISSAN ALTIMA
$249 Down & $249 Per Mo.
Stk.#3495900A

2012 CHEVY EQUINOX
$249 Down & $249 Per Mo.
Stk.#2071010

2013 MAZDA CX9

Auto, CD Player, Low Miles,
Stock #2104400A

YOUR CHOICE! $349 DOWN & $349 PER MO.

SUV's GALORE!

2015 CHRYSLER TOWN & COUNTRY
$349 Down & $349 Per Mo.
Stk.#2109400A

2011 TOYOTA VENZA
$349 Down & $349 Per Mo.
Stk.#2110700W

2016 JEEP RENEGADE
$349 Down & $349 Per Mo.
Stk.#2108400W

2016 RAM 1500 BIG HORN

4 Door, Lift Kit, Custom Wheels!
Original MSRP: $41,550
Is: $33,992

2015 CHEVY TRAVERSE LTZ

Auto, V6, Leather, Sunroof!
Original MSRP: $43,765
Is: $29,995

2012 FORD F-150 SUPERCREW

4WD, Leather, Crew Cab!
Original MSRP: $40,765
Is: $27,995

2012 CHEVY TAHOE LT

Leather, Capt. Chairs, Rear Entertainment!
Was: $45,295
Is: $29,993

2008 TOYOTA SIENNA Leather, Captain's Chairs! $10,992	**2006 HUMMER H3** Leather, 4WD! $12,991	**2008 TOYOTA HIGHLANDER** Leather, Sunroof! $13,991	**2016 FORD FOCUS** Auto, Low Miles! $14,991	**2015 KIA OPTIMA** Loaded! $16,991
2009 HUMMER H3 Sunroof, Leather, 4WD! $16,991	**2015 NISSAN FRONTIER** Crew Cab! $22,993	**2014 Ram 1500** Crew Cab! $22,995	**2013 INFINITI G37** Hard Top Convertible! $23,995	**2013 INFINITI FX37** Leather, Sunroof, Navigation! $23,995
2013 FORD EDGE Leather, Limited, Loaded! $24,994	**2014 RAM 1500** Crew Cab, Low Miles! $24,991	**2013 BUICK ENCLAVE** Must See! $25,991	**2013 NISSAN ARMADA** Rear Ent., Leather, Loaded! $27,994	**2013 CHEVY SILVERADO** Crew Cab, Texas Edition! $27,995
2012 YUKON SLT Rear Ent., Leather, Loaded! $28,991	**2013 GMC SIERRA 1500** SLE, Crew Cab, 4WD! $28,995	**2012 CHEVY TAHOE LT** Leather, Captain's Chairs! $29,991	**2013 CHEVY SILVERADO LT** Crew Cab, 4WD! $31,995	**2015 CADILLAC CTS** Loaded! $32,991
2016 FORD F-150 Crew Cab, 4WD! $34,991	**2005 CHEVY MALIBU** Must See! $3,991	**2001 PONTIAC AZTEC** Nice Car! $3,991	**2006 CHEVY COBALT** Must See! $3,991	**2005 GMC CANYON** Nice Truck! $3,991

WE BUY CARS

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2067 ROSS CLARK CIRCLE SOUTH
DOTHAN, AL 36301
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