

FALL BACK

Daylight Savings Time will come to an end Sunday. People are reminded to turn their clocks back an hour at 2 a.m. Sunday.

'TIS THE SEASON

Contest seeks to spur creativity, holiday cheer

Story on Page C1



FIT IN FALL

Regular exercise during colder months boosts immune system

Story on Page D1



ARMY FLYER

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

VOL. 67 ■ NO. 44

FORT RUCKER ★ ALABAMA

NOVEMBER 2, 2017

POST THANKS RETIREES

Health fair serves up info, flu shots, more

By Nathan Pfau
Army Flier Staff Writer

Local military retirees received a big thank you from Fort Rucker when the post hosted its 43rd annual retiree health fair Friday.

Hundreds of retirees flooded Yano Hall during the event where they were able to get medical and health information, as well as their annual flu shot, said Capt. Mildred Castillo, chief of Lyster Army Health Clinic Preventive Medicine.

"The retiree health fair is a great event for retirees and their family members because it gives them a chance to see what (the clinic) and on-post agencies

have to offer," she said. "We also (brought in) medical professionals from around the local area."

Those medical professionals came from various agencies, including Medical Center Enterprise, Corvias, Flowers Hospital, Covenant Care and many more were there to answer any questions retirees needed answered.

For Ruth Sutherland, retired spouse, the health fair was a great opportunity for her to ask any questions she might have and stay on top of any treatments she might need.

"It's nice to be able to come out and talk to all of these people and get some checkups while you're here, too," she said. "I



PHOTO BY NATHAN PFAU

Traci McNair, retired spouse, speaks with Brenda Fitts, Fort Rucker Commissary produce manager, during the 43rd annual retiree health fair at Yano Hall Friday.

don't always want to have to go to the doctor for every little thing or even just to ask questions, so I feel like this takes care of a lot of that for me - it's just really convenient.

"It makes it easier to take care of yourself, and I know it sounds

a bit horrible, but to see that other people are going through the same thing you are makes it a little easier," she added. "When you get older you just realize that these are things everyone has to deal with, so what better way to deal with it than all in

one place."

The flu shots available to those in attendance provided a level of convenience for retirees Eli and Edna Dixon.

"We make sure to get our flu shots every year because as you age it becomes something that is necessary," said Eli. "I feel like this makes it so much easier to be able to come here, and get the flu shot and talk to all of these people about what we might need or what we're experiencing."

"We're no spring chickens anymore," added Edna. "It's important to look after one another, and even though we like to stay active by walking every day, we still need to make sure we're keeping healthy on the inside. Sometimes you get older and something just doesn't feel right, so it's always good to ask questions. This gives us a chance to ask all the questions we need. I'm grateful for it."

MAKING IMPACT

CFC offers chance to give back

By Nathan Pfau
Army Flier Staff Writer

The Combined Federal Campaign kicked off its campaign season Oct. 2, and although the donation process is different this year, the message of giving back remains clear.

The CFC campaign season runs through Jan. 12, and rather than donating in person, people are donating online at www.setrstatecfc.org to their charity of choice. Although there are still growing pains with the new online system, it's all about giving to a cause greater than self, said Lt. Col. Jon E. Baker, Lyster Army Health Clinic commander.

"It's an opportunity to support charities of your choice and to support their operating costs, and it's a way to provide assistance through these charities to help them for whatever their cause or focus is," he said. "A lot of these are small organizations. They don't generate a lot of revenue and a lot of them exist off of donations. Through donations, they're able to expand on their research and their mission."

People can visit the website where they can learn about CFC and click the donate icon to begin the process. They can sign up to donate and search various organizations they wish to donate to through the website.

This year, paper products are being phased out of the donation process in or-



CFC GRAPHIC

der to go to an all-online system, and although the website is still in the development stage, people can still visit to learn and see some of the charities, as well as donate, said Capt. David Preczewski, LAHC medical company commander.

"The whole purpose of going to this online process is to reduce the overhead cost," added Baker. "When you think about the printing cost in the past with all of the papers and the pledge cards and booklets that had all of the charities listed, that equates to hundreds of thousands of dollars."

The new process will cut costs and help streamline the process, allowing for an automated system that makes tracking donations and even volunteer hours an easy process, he said.

One new change is that people can also choose to donate their time through volunteerism if they aren't able to donate monetarily, said Preczewski.

SEE CFC, PAGE A5



PHOTO BY NATHAN PFAU

Military spouses work together to traverse an obstacle on the leader's reaction course during Spouses' Aviation Day Oct. 26. For more, see Page C1.

110th Avn. Bde. hosts motorcycle mentorship ride



PHOTO BY NATHAN PFAU

Riders get in formation as they head out to Panama City Beach, Fla., during the 110th Avn. Bde. Motorcycle Mentorship Ride Friday.

By Nathan Pfau
Army Flier Staff Writer

Although riding season for most motorcyclists begins in spring, riders can be seen on the road throughout the year, and that's why the 110th Aviation Brigade wants to make sure riders on Fort Rucker are staying safe year round.

The unit hosted its motorcycle mentorship Ride Friday as a means to educate riders on proper riding safety when taking to the streets, according to Command Sgt. Maj. Marvin Pinckney, 1st Battalion, 11th Aviation Regiment command sergeant major.

"The mentorship ride is about rider safety and a brotherhood of riders, so we just want to come

together, do a ride ... and enjoy the culture," said the command sergeant major. "Today, we'll talk about the route, the formation, the hand and arm signals that we're going to use, and safety on the road - what to expect with me leading the ride."

During the mentorship ride, the riders rode to Panama City Beach, Florida, in a specific formation consisting of a lead rider and a follower at the back.

"The lead rider controls the entire formation from the first bike to the very last bike (using different gestures)," said Pinckney. "One finger in the air means everyone get in one line behind me. Two fingers in the air means to

SEE MENTORSHIP, PAGE A5

PERSPECTIVE

Warrior Care Month honors nation's heroes

By Command Sgt. Maj. Robert Luciano
Defense Health Agency
Senior Enlisted Adviser

SILVER SPRING, Md. – When our warfighters become injured, their road to recovery can be a long, sometimes tedious, process. But even when stakes are high and the mounting obstacles seem overwhelming, our nation's warriors face the challenges head on and show unwavering strength along the way.

In celebrating Warrior Care Month in November, we recognize the critical mission of supporting wounded, ill, and injured service members by raising awareness of their struggles and triumphs. Echoing this year's theme, Show of Strength, the Military Health System will celebrate the resiliency, achievements and commitment of our warfighters, as well as their families and caregivers, throughout the month.

During my 33 years of service, I've had the fortune of knowing some of the strongest and most resilient people this country has to offer. I've worked alongside warfighters who have gone toe-to-toe with the toughest of adversaries and I've seen some of the bravest at their most vulnerable.

As a former combat medic who went through two tours in Iraq, I experienced the critical nature of direct patient care in an austere environment. Now, as a senior adviser for the Defense Health Agency, I contribute to patient care from behind the scenes. My goal has always remained the same: put the health and well-being of service members first.

People are our most valuable resource, and we remain committed to meeting their health care needs, on and off the battlefield. For transitioning service members, we continue to collaborate with the Department of Veterans Affairs and partner organizations to provide opportunities for service members, veterans and their families.

We have made important strides toward institutionalizing warrior care policies and programs across the DOD, while forging



DOD GRAPHIC

strong relationships among partners. We no longer paint our service members' psychological health conditions with a broad brush, using generic terms like battle fatigue and shell shock.

Instead, we deliberately study and measure their injuries – both seen and hidden – ensuring our policies, programs, and resources meet their needs.

The success of recovery and transition comes from both medical and nonmedical care. Whether the issue is artificial limbs, dental reconstruction procedures, traumatic brain injury, post-traumatic stress disorder, or alternative medicine, warrior care has improved tremendously thanks to the unwavering commitment of our research and development community.

Our mission to help wounded warfighters through recovery, rehabilitation and reintegration is constantly evolving. As one

success is met, another challenge will appear. In the MHS, we continuously strive to improve the manner in which we provide care to meet the needs in an ever-changing landscape.

Warrior Care Month helps raise awareness for available programs and resources, while also inspiring dialogue and action. As we honor warfighters this month, it's important to remember that warrior care extends beyond November. There must never be a day when we do not provide our wounded, ill, and injured service members the best possible care and support.

We continue to be inspired by their strength and we are here to serve them as they transition into a new chapter in their lives.

For more in Warrior Care Month, visit <https://health.mil/News/In-the-Spotlight/Warrior-Care-Month>.



Luciano

DOD PHOTO

Rotor Wash

“November is Native American History Month. Why is it important to celebrate diversity here in the United States?”



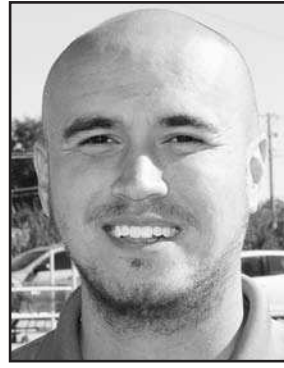
Christina Parker,
retired military

“Just to know about different cultures in general. As far as my history as an African American, I want to know about my culture, as well as others. It's just very important to know about different cultures and customs.”



Master Sgt. Lawanda Sullivan,
ATSCOM

“Diversity is a very important part of being in the military. It's a very small world and it's all inclusive, so we have to value and take care of everyone else's heritage and let them know that we're a family.”



Jerry Saffold,
veteran

“I think it's important because that's what America is — a melting pot.”



W01 Ryan Vanderlugt,
1st Bn., 145th Avn. Regt.

“We all become greater from drawing on the strengths and weaknesses of everybody else.”



Ray Garza,
retired military

“(Diversity) is what the nation was founded on.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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

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

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

All editorial content of the Army Flier is

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

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FORSCOM CG:

Soldiers must regain readiness mindset

By David Vergun
Army News Service

WASHINGTON — Gen. Robert B. Abrams recalled once being awakened at 2 a.m. on a Friday. It was the early 1980s then, and he was a young lieutenant stationed in a cavalry squadron in West Germany.

It was a unit alert that had woken him from his sleep, he recalled. Back then, those alerts could come at any time, completely unannounced. And when they came, Soldiers in area bars would need to report to their units, in whatever state they were in, within two hours.

Abrams, commander of U.S. Army Forces Command, spoke in October at the Association of the U.S. Army's Annual Meeting and Exposition.

Once Soldiers were assembled, he said, they had four hours to get all their gear and ammunition loaded on trucks and tanks, and move out to their tactical assembly areas. They had to be ready to cross the border into East Germany, if called to do so.

"Everyone had a sense of urgency and knew what was at stake," he said, remembering his early days in the Army.

The Army needs to regain that same sense of urgency today, he said, but "we're not there yet in our Army."

However, the mindset is beginning to shift, he said. "That's the direction the Army is now taking."

IMPROVED TRAINING

Abrams pointed to a number of readiness indicators, including training, which he said has

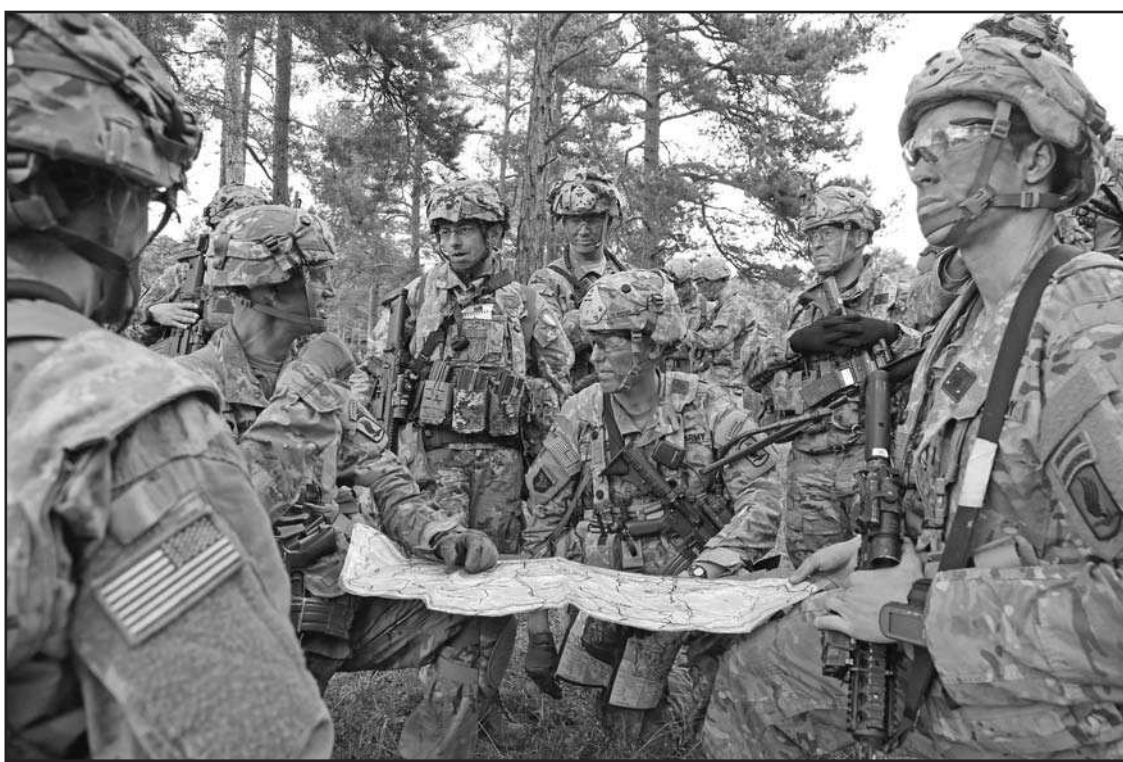


PHOTO BY SPC. NATHANIEL NICHOLS

Soldiers with the 54th Brigade Engineer Battalion and Italian soldiers discuss mission objectives while conducting a leader's reconnaissance during exercise Swift Response 17 at the Army's Joint Multinational Readiness Center in Hohenfels, Germany, Oct. 12. Exercises such as this help the Army maintain readiness.

improved over the last couple of years.

Recently, the Army has shifted its training focus to a "decisive-action training environment that's very robust," he said.

The DATE training environment includes training with both conventional and non-conventional forces in all domains during every combat training center, or CTC rotation, he said.

Leading up to the CTC rotation, units have also improved their home-station training, he said, adding that there's been a 300 percent increase in company-level, live-fire exercises at home station over the last two years.

Even Aviation units at the platoon and company levels are now

participating in live-fire exercises, something not widely seen since before the wars in Iraq and Afghanistan, he said.

NON-DEPLOYABLES REDUCED

"We've made huge progress over the last couple of years in reducing the number of non-deployable (Soldiers)," Abrams said, adding that it's still the No. 1 readiness challenge facing the Army today.

Some units have seven or eight percent non-deployables, he said, so there's still some work to do to shrink those numbers.

Abrams attributed improvements in reducing the number of non-deployable Soldiers to several factors, including the fielding this

year of the commander's Medical Readiness Dashboard. That computerized medical update allows company and battalion commanders to better understand and deal with the medical status of their Soldiers.

Improved physical training is another area the general credited with reducing injuries and elevating fitness levels. He gave a shout-out to a pilot program now underway that is incorporating a new Soldier readiness test involving four brigades from FORSCOM that are evaluating "all five measurements of fitness."

The Army is moving away from an "industrial-age medical system," to one that's more like the type used for professional athletes

that gives Soldiers the care they need "at their point of impact and at the point of injury," he noted.

The importance of care is so important because "muscular-skeletal injuries continue to impact Soldiers," he said.

IMPROVED EQUIPMENT

Twelve of the Army's 25 brigade combat teams have to date received their complete authorized stockage lists, Abrams said, and U.S. Army Materiel Command is working on equipping the rest. ASLs consist of such things as repair parts, fuel and construction material kept at each BCT distribution center.

To ensure the equipment is sufficient and where it needs to be, Abrams said FORSCOM conducts monthly logistics and aviation readiness reviews.

The biggest struggle in equipping the force right now, he said, is getting spare parts to where they are needed in a timely manner. Currently, he said, the wait time is about five times what it should be.

A big part of increasing readiness, Abrams said, involves adequate and predictable funding from Congress.

"Continuing resolutions crush us at the unit level," he said. "We are unable on a monthly basis to adequately plan to support training and requisition repair parts for our fleet at a tempo we are training."

Abrams admitted that the Army doesn't have an adequate narrative about readiness to present to lawmakers. "We in the military intuitively know what readiness means but have been unable to articulate it to the public. Everybody wants a ready force but we have a hard time describing it."

AER funds available now for Soldiers affected by hurricanes

By C. Todd Lopez
Army News Service

WASHINGTON — Nine weeks ago, Hurricane Harvey made landfall in Texas — the first of three devastating storms this year to wreak havoc on the United States and its territories. Since then, Army Emergency Relief has been ready to help Soldiers affected by those storms.

"AER is there to help Soldiers and their families," said C. Eldon Mullis, the deputy director and chief operating officer of Army Emergency Relief. "They need to come to us and tell us what their need is. We want to make sure there is a valid need, and if we can help, we certainly want to do that."

According to a document released by AER earlier this month, financial assistance is available to qualified recipients affected by those three hurricanes to, among other things, purchase immediate-need items such as food, clothing and shelter; replace essential furniture; fund replacement of damaged or destroyed automobiles; conduct minor home repairs; and purchase generators.

"Since our founding in 1942, whenever and wherever AER is needed, we are there — which is particularly important when Soldiers are facing the financial burden of recovering from the devastating impact of natural disasters, such as the recent hurricanes and wildfires," said retired Lt. Gen. Raymond Mason, the director of AER.

"AER is all about taking care of the Army team."

Mullis said that many recipients of AER had also asked for assistance in advance of Hurricane Harvey and Hurricane Irma so they could evacuate Texas, Georgia and Florida.

"Evacuation was the biggest piece, in Texas, Georgia and Florida," he said. But after those storms passed, the requests for assistance changed.

"After the hurricanes, what we are seeing is requests for help for things like covering costs for immediate needs until insurance and FEMA claims can be filed," he said. "If they need help with a down payment on another car, because theirs is flooded, we can help with that."

AER can assist up to \$4,000, for instance, if the cost to repair a flood-damaged vehicle exceeds the value of the vehicle.

Already, Mullis said, AER has provided \$380,000 worth of assistance to 540 qualified recipients in Texas, Georgia, Florida and Puerto Rico. But he said he thinks more people can be helped in those areas — if only they'd come forward.

"I would hope that everybody who is eligible and has a valid need would come by and ask for help," he said. "We want to be there for them. Call your AER officer, speak with the staff there, tell them what you need assistance for, and if the need is there, they will cut a check."

Eligible recipients of AER assistance in-



PHOTO BY SPC. HAMEL IRIZARRY

Citizen-Soldiers of the Puerto Rico Army National Guard continue delivering supplies, food and water to impacted areas of the Island and to its citizens after Hurricane Maria's devastation. While National Guard Soldiers help citizens of Puerto Rico recover from the hurricane, Army Emergency Relief is ready to help Soldiers there who have been affected.

clude active duty Soldiers and their families, retired Soldiers, and National Guard and Reserve Soldiers on Title 10 orders for more than 30 days.

As a result of the recent spate of natural disasters, including all three hurricanes and the wildfires in the U.S. Northwest, eligibility for AER funding has also been extended to National Guard Soldiers who have been called up by their state to assist in natural disaster relief. That includes

the many Soldiers in the Puerto Rico National Guard who are assisting there with Hurricane Maria relief, and who may have themselves been affected by that storm.

Mullis invited those Soldiers to visit the Army Emergency Relief office located at Fort Buchanan. Soldiers can also contact the Primary AER officer there at 787-600-9026, he said, to seek assistance.

"Please come," he said. "We want to give out money to help those in need."

News Briefs

Changes of responsibility

- The 1st Battalion, 13th Aviation Regiment will host a change of responsibility ceremony Tuesday at 8:30 a.m. on Howze Field (in the U.S. Army Aviation Museum in case of inclement weather). Command Sgt. Maj. Devon M. Weber will assume responsibility from Command Sgt. Maj. George S. Webster.
- The 1-14th Avn. Regt. will host a change of responsibility ceremony Nov. 15 at 9 a.m. on Howze Field. Command Sgt. Maj. Brandi N. Whitman will assume responsibility from Command Sgt. Maj. Jerry M. Cowart Jr.

Fall clean up

The Fort Rucker Fall Post-wide Clean Up has been rescheduled to Nov. 14-17. All garrison, mission and tenant units are required to participate.

For more information, call 255-0739.

ATM relocation

The Armed Forces Bank ATM located at the Silver Wings Golf Course will be relocated to the Army and Air Force Exchange Service Class VI store Dec. 1. For more information, call Armed Forces Bank at 334-598-2402.

Military pay briefing

The Defense Military Pay Office

briefing for Soldiers scheduled to separate due to expired term of service or involuntary separation (non-retirement) is offered as a weekly group briefing. The ETS briefing is held Tuesdays at 1 p.m. in Bldg. 5700, Rm. 371B. Soldiers should bring the following documents to the briefing: two copies of separation orders and amendments, DA 31 - Request and Authority for Leave (if approved) and the original or notarized copy of documents to support changes in marital status not previously reported to the DMPO.

The DMPO will continue to provide desk-side briefings for Soldiers who do not receive orders in time to

attend a group briefing. Command teams with Soldiers who cannot attend a regularly scheduled briefing due to time constraints should call 255-3939, 255-9182 or 255-3115.

Resiliency Resources

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

328 YEARS OF SERVICE

13 Soldiers retire during quarterly ceremony

By Jim Hughes
Command Information Officer

With a combined 328 years of service, 13 Soldiers retired during the Fort Rucker Quarterly Retirement Ceremony at the U.S. Army Aviation Museum Friday.

Col. Brian E. Walsh, Fort Rucker garrison commander, hosted the ceremony as garrison Command Sgt. Maj. Christopher D. Spivey assisted.

CHAPLAIN (COL.) DEAN BONURA

Bonura, the garrison chaplain, entered military service in 1980 as a chapel activities specialist. He was honorably discharged from the Army Reserve in 1986 and, in 1988, he entered active duty and completed chaplain officers basic course. He said the highlight of his career was his service as brigade chaplain with the 1st Brigade, 1st Armored Division in Iraq during Operation Iraqi Freedom. He and his wife, Denise, have five sons and three grandchildren. They plan to reside in Memphis, Tennessee.

COL. BRIAN BENNETT

Bennett, deputy J3 of U.S. Pacific Command, Camp Smith, Hawaii, entered military service in 1982 as a cannoner crewman. He was commissioned in 1985 through the ROTC program at the University of Wisconsin-Stevens Point. He said the highlight of his career was watching the remarkable resiliency of his family during the many moves and deployments of his career. He and his wife, Amy, have two sons. They plan to reside in Hawaii and, eventually, Florida.

MAJ. TROY ECK

Eck, 1st Battalion, 58th Aviation Regiment (Airfield Operations) air traffic services officer, entered military service in 1986 as a single-channel radio and teletype operator. He was commissioned in 1991 after graduating from the North Dakota Army National Guard Military Academy Officer Candidate School. He said the highlight of his career was serving his country during war and peace time with the greatest Soldiers, NCOs, warrant officers and commissioned officers. He and his wife, Elisabeth, have one child. They plan to reside in Dothan.



PHOTOS BY NATHAN PFAU
Retirees honored at the quarterly ceremony Friday at the U.S. Army Aviation Museum: Chaplain (Col.) Dean Bonura, CW4 Linford Maitland, Maj. Tyrone Ballard, Sgt. 1st Class Jon Schneider, CW4 Pate Butler, CW4 Kevin Mitchell and Chaplain (Maj.) Collie Foster.



CW3 Eric Curtis, Sgt. 1st Class Perry King, Maj. Troy Eck, CW4 Christopher Reese, Master Sgt. Ronald Helms and Col. Brian Bennett.

MAJ. TYRONE BALLARD

Ballard, 901st Contract Battalion contract officer, Fort Hood, Texas, entered military service in 1993 as an ordnance Soldier. He said the highlight of his career was graduating from OCS. He and his wife, Judy, have five children. They plan to reside in Enterprise.

CHAPLAIN (MAJ.) COLLIE FOSTER

Foster, 1st Aviation Brigade brigade chaplain, entered military service in 1998 through direct commission. He said the highlight of his career was working with the patients, family members and staff of the Evans Army Community Hospital at Fort Carson, Colorado. He and his wife, Lynn, have two daughters. They plan to reside wherever the Lord leads.

CW4 LINFORD MAITLAND

Maitland, Warrant Officer

Career College course director of warrant officer intermediate level education, entered military service in 1990 as a field artillery meteorologist. He was selected for warrant officer candidate training in 2003. He said the highlight of his career was serving in the academic operations division as course director for warrant officer intermediate level education. He and his wife, Louise, have two children. They plan to reside in Columbia, South Carolina.

CW4 KEVIN MITCHELL

Mitchell, chief of the Aviation Safety Training Division for the Combat Readiness Center, entered military service in 1991 as a microwave systems operator and maintainer. He was selected for warrant officer flight training in 1997. He said the highlight of his career was being an instructor in support of training and men-

toring the Army's newest Aviation safety officers. He and his wife, Deanna, have four children. They plan to reside in the Dallas, Texas, area.

CW4 PATE BUTLER

Butler, Director of Training and Doctrine Flight Training Branch trainer and developer, entered military service in 1995 as a CH-47 Chinook mechanic. He was selected for warrant officer flight training in 1999. He said the highlight of his career was serving in the 101st Airborne Division as the general support Aviation battalion and combat Aviation brigade standardization instructor pilot. He and his wife, Angela, have two children. They plan to reside wherever the airlines take them.

CW4 CHRISTOPHER REESE

Reese, F Company, 1-212th

Avn. Regt. UH-60M maintenance test pilot course track chief, entered military service in 1995 as a UH-60 Black Hawk repairer and crew chief. He was selected for warrant officer flight training in 2000. He said the highlights of his career were being a company maintenance officer at Fort Campbell, Kentucky, and the track chief for the UH-60M maintenance test pilot course. He and his wife, Jasmine, have six children.

CW3 ERIC CURTIS

Curtis, 1-212th Avn. Regt. Headquarters and Headquarters Co., officer in charge of UH-60 academics, entered military service in 1997 as a transportation officer. He was selected for warrant officer flight training in 2008. He said the highlight of his career was being an air assault instructor. He and his wife, Shonta, have two children. They plan to reside in Enterprise.

MASTER SGT. RONALD HELMS

Helms, senior equal opportunity adviser to the commanding general of Army Contracting Command, Redstone Arsenal, entered military service in 1997 as an automated logistics specialist. He said the highlight of his career was marrying his wife, Kimberly. They have two children and plan to reside in Wicksburg.

SGT. 1ST CLASS JON SCHNEIDER

Schneider, DOTD operations project NCO, operations sergeant and security manager, entered military service in 1992 as an infantryman and later reclassified as an Aviation operations specialist. He said the highlight of his career was serving as a drill sergeant and teaching new Soldiers. He and his wife, Christiane, plan to reside in Enterprise or Texas.

SGT 1ST CLASS PERRY KING

King, instructor, writer and NCO in charge of the UH-60 A/L/M initial entry rotary wing pilot course, entered military service in 1998 as a UH-60 Black Hawk mechanic. He said the highlights of his career were his faith in God and marrying his wife, Lynn. They have two children and plan to reside in Enterprise.

1st SFAB conducts medical and casualty evacuation training

By Sgt. Joseph Truckley
50th Public Affairs
Detachment

FORT BENNING, Ga. – Soldiers from the 815th Brigade Engineer Battalion, 1st Security Force Assistance Brigade went through a series of scenario training events at Selby Hill Combined Arms Collective Training Facility at Fort Benning Oct. 24.

The scenario training included medical and casualty evacuation within a village, where the Soldiers worked together with local leaders of the village to de-escalate

a simulated hostile situation and successfully transport simulated casualties out of harm's way.

Soldiers reacted to contact and provided security around the perimeter of simulated casualties. They provided first aid by applying tourniquets to stop bleeding and applied pressure dressings. They then called in a nine-line MedEvac request to pick up the casualties.

The Soldiers then transported the casualties out of the hostile area using a litter carry where they loaded them in a Mine-Resistant Ambush Protective vehicle

so they can be transported to get further medical attention.

Most of the Soldiers are not medics, however they used the advanced first aid training skills they learned in brigade combat team trauma training. BCT3 is a combat medic course that all 1st SFAB Soldiers, regardless of specialty, complete.

Maj. Charles Comfort, 815th BEB executive officer said, "The training scenario starts off as a walk to advise mission, with the teams communicating and working with the local police of a small town, and then turns

into a medical lane dealing with an improvised explosive device attack with multiple casualties and forces teams to react to those casualties."

"This is the time when the teams establish troop leading procedures and start building the continuity of those teams," said Comfort.

The training is designed to prepare the teams for a potential deployment.

"This exercise will prepare us for working as small teams; working on advisory skills with foreign security forces; integrating our security forces and figuring out proper tactics, techniques and procedures," said Command Sgt. Maj. Christopher Lococo, 815th BEB.

"The significance of the training is to enable us the ability to identify fundamental weakness of working in small groups," said Lococo. "Senior experienced leaders help the process, and they are able to self-identify any individual weakness that their team may have."

"It is all about making the team better," Lococo said.

The 1st SFAB is the first brigade to be specifically built to help combatant commanders accomplish theater security objectives

by training, advising, assisting, accompanying and enabling foreign security force partners.

For more information about volunteering for 1st SFAB Soldiers should contact their branch manager.



PHOTO BY STAFF SGT. VINCENT BYRD

A Soldier with the 815th Brigade Engineer Battalion, 1st Security Force Assistance Brigade provides security during medical evacuation training at Fort Benning, Ga., Oct. 24.

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SecDef: Military force authorizations remain sound

By Terri Moon Cronk
Defense Media Activity

WASHINGTON — The 2001 and 2002 Authorizations for Use of Military Force remain sound bases for ongoing U.S. military operations against the mutating threat of terrorism fueled by extremism aimed at innocents around the globe, Defense Secretary Jim Mattis said on Capitol Hill Monday.

Appearing with State Secretary Rex Tillerson before the Senate Foreign Relations Committee, Mattis testified on use of the AUMFs, under which the U.S. military has been operating since the bills were passed in 2001 and 2002.

In the aftermath of the deadly 9/11 attack on the United States, and to prevent future acts of international terrorism against the nation, Congress passed the 2001 AUMF, finding the president has, “authority under the Constitution to take action to deter and prevent acts of international terrorism against the United States,” Mattis said, quoting the authority.

The 2002 AUMF gives the president authority to, “defend the national security of the United States against the continuing threat posed by Iraq,” he again quoted.

Previous administrations have cited the statutory authorities to address the threats posed by terrorist groups in Iraq and Syria, the secretary said, noting that historically, “it lies firmly within any president’s constitutional authority and responsibility as the elected commander-in-chief to designate who presents a threat to our country.”

And to date, he added, the Article II authority, reinforced by the 2001 and 2002 AUMFs, has been used to take action against al-Qaida, the Taliban, the Islamic State of Iraq and Syria and associated forces.

CONGRESSIONAL SUPPORT

“Though a statement of continued Congressional support would be welcome,” Mattis said, “a new AUMF is not legally required to address the continuing threat posed by al-Qaida, the Taliban and ISIS.”

Article II of the Constitution and both AUMFs, “provide safe, sufficient legal authority for us to engage and defeat the current threat — which we are doing by working by, with and through our



Defense Secretary Jim Mattis flies over Afghanistan Sept. 27.

allies and partners,” Mattis said.

“Any new congressional expression of unity, whether or not an AUMF, would present a strong statement to the world of America’s determination, demonstrating — as Sen. [Tim] Kaine has stated,” the secretary said, “an important message of resolve to the American public and our troops that we stand behind them in their mission.”

A NEW AUMF

The secretary emphasized that to successfully prosecute the counterterrorism campaign, any debate on a new or revised AUMF must contain three factors.

First, he said, the two AUMFs should not be repealed, and after several court cases and debates, all three branches of government

seem to agree that both have sufficient authority to prosecute operations against al-Qaida, the Taliban, and ISIS.

“Repealing the 2001 and 2002 AUMFs would only cause unnecessary policy and legal uncertainty, which could lead to additional litigation and public doubt.”

Further, such repeals would signal our enemies and allies we are backing away from the fight, Mattis said.

“It would stall our operations, immediately reduce allied commitments and support, and create significant opportunities for our enemies to seize the initiative,” he said.

Repeals of the AUMFs without new authorities would also deprive the U.S. of the ability to detain dangerous enemy combat-

ants who could be released to fight again, the secretary added.

Second, a new AUMF cannot be time-restricted, the defense secretary said.

“We cannot put a firm timeline on conflict against an adaptive enemy who would hope that we haven’t the will to fight as long as necessary,” Mattis testified. “Instead, we must recognize that we are in an era of frequent skirmishing and we are more likely to end this fight sooner if we don’t tell our adversary the day we intend to stop fighting.”

A conditions-based AUMF would not lessen Congress’ authority, and the purse strings lie in Congress’ hands if the executive branch “does not present a persuasive case for continuing the campaign,” he said.

And finally, a new AUMF

cannot be geographically constrained, the defense secretary said.

“As has been stated, these are not traditional threats,” Mattis said. “This is a fight against a transnational enemy, one that does not respect international borders and does not place geographic limits on their areas of operations. So, necessarily, to defend our country, we must be prepared to swiftly engage this global enemy in conjunction with our allies and partners.

“As as our troops on the battlefield carry out the last 300 miles of American foreign policy to protect our way of life,” he said, “I ask Congress for your continued support and commitment to ensure we retain the necessary authorities to take our own side in this fight.”

PHOTO BY AIR FORCE STAFF SGT. JETTE CARR

CFC

Continued from Page A4

“In the past, if people wanted to donate their time, CFC couldn’t log that, but now you can go online, find (your charity of choice) and click the little hand (icon) and say you want to volunteer your time,” he said. “If you don’t have the funds available and you still want to help out the community, you can donate your time.”

There are over a thousand charities people can choose to donate to through CFC. One of the main benefits of donating through CFC is that charities go through a vetting process and people can actually see where their donation dollars go.

“When you donate to a company or charity, you don’t know what the overhead cost is and CFC breaks that down

by each charity,” said Preczewski. “CFC makes it easier for people to see where their dollars are actually going. That’s one benefit to the CFC — they do that research for you.”

Out of the thousands of charities available, local charities can be donated to, as well.

“This is one way that Fort Rucker can impact the Wiregrass area,” said the medical company commander.

Regardless of the charity people choose to donate to, Baker said the importance of giving is what the campaign season is all about, and this year’s season is less focused on a dollar amount, and more on making sure people know that they have the opportunity to give back.

“Our goal this year is 100-percent contact,” said the LAHC commander. “Here at Lyster, our goal is to touch

and communicate with all of our 400-plus employees and contractors here, and make them aware of the CFC and their opportunity to give to a charity.”

This year, Soldiers, government employees, retirees and contractors can give back, and since there are still growing pains with the new system, people can still donate in person. No cash donations will be taken, however, and people must donate either by check or online.

“We need to encourage people to seek this out,” said Baker. “There are a lot of small organizations on Fort Rucker and people need to seek this out because this is a great opportunity. You can do this as a tax write-off, but it’s about the philanthropy — contributing to something greater than yourself.”

For more information, call 255-7456.

Mentorship

Continued from Page A4

form a staggered formation.”

These signals are vital to keeping the formation intact and keeping the riders safe, he said, adding that it’s vital that the formation not be broken up by other motorists.

Riding in a group brings a whole new dynamic to riding, and Joel Vanhoolandt, Department of the Army civilian and ride coordinator, said it is imperative that riders understand that.

“This is just a way to show Soldiers what right looks like and give them a chance to ride in a controlled environment,” he said. “A lot of folks only ride with one or two riders, and this is a different formation — a different side to riding. Hopefully they retain some of (what they learn) when they go ride by themselves.”

Col. Chad Chasteen, 110th Avn. Bde. commander, came to send the riders off, and although he is not a rider, he said he has the utmost respect for those who do ride.

“In the 70s when I was growing up, I used to watch a man called Evel Knievel,”

said the brigade commander. “I watched Evel Knievel jump over 16 cars, 18 cars, 20 cars, try to jump over the fountain at Caesar’s Palace — he was my hero growing up. Ever since I saw Evel Knievel, I’ve been infatuated with motorcycles.

“I remember one time he went to jump over a shark tank and it didn’t work out so well,” he said. “His motorcycle failed, it decelerated and he crashed. I’m not a rider but I really do love motorcycles, and I advocate mentorship rides and programs, so you’ll always have an advocate in me as the brigade commander.”

As a battalion commander, Chasteen said one of the darkest days of his 27-year career came when he lost a Soldier to a motorcycle accident. After that, he told himself that he would do what he could to advocate for motorcycle safety.

“I went out and made it my mission in life to make sure my guys had mentorship rides, had the training and had the resources — that’s what I consider this today,” he said. “It should be a lot of fun and I hope you guys have fun, but it’s training and that’s the way I see it.

“All I’m asking you to do today is have

fun, but I’m asking you to do so with discipline and be safe,” continued the brigade commander. “Please just set a great ex-

ample for the other folks. Understand that you are going with my 100-percent trust and I want you to have fun.

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4343 COUNTY RD 651: \$129,500: Located just minutes from Enterprise, this is the perfect starter home. Spacious living room with hardwood floors. Eat in kitchen with extra cabinetry for a pantry. Large laundry room with an entry door to the back patio. Master bedroom with a nice sized walk in closet and double sink vanity in the bathroom. Wired for a garbage disposal and garage opener but never installed. Rare find for this price range.
JACKIE THOMPSON 406-1231 & TERRI AVERETT 406-2072

new LISTING





102 SAMANTHA DR OZARK: \$130,000: Drastic reduction!! Custom made brick home in country settings. It features 5 bedrooms, 2.5 baths, two living areas with F/P, nice kitchen with granite counters, lots of space for a big family and entertainment. Outside there is an oversized L shape in-ground pool with a big area for other activities or grilling. Condition of pool is unknown. Location is great, very close to town and to Fort Rucker. This is a VA foreclosure to be sold "as is". Alabama Right of Redemption will apply.
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NANCY CAFIERO 389-1758 & BOB KUYKENDALL 369-8534

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TBD TURNER ST: \$25,000: Lots 9, 10 & 11 on Turner Street in O.J. Waters subdivision. Seller will not sell separately. Lots may also be purchased as a package with #20171997 which backs up to the three lots. Each lot is approximately 100 x 150 for a total of 1 acre.
JAN SAWYER 406-2393

new LISTING





93 MICHAEL LANE: \$245,000: A true paradise. This four bedroom two bath home is full of light and space! Plenty of windows let in natural light and showcase the beautiful neighborhood. This home features an elegant bonus room with floor to ceiling windows equipped with an indoor grill for entertaining family and friends. The home is pre wired for surround sound, the master bathroom has a double sink vanity, and the home is clean and ready to move in. The vacant lot next to it is included to add your pool/ outdoor entertainment.
CHRIS ROGERS 406-0726 & JUDY DUNN 301-5656

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8825 DALE COUNTY RD 1: \$170,000: Tons of potential on almost 3 acres of land. Two 3/1.5 houses in good condition w/termite bonds on both. Two huge metal bldgs previously used as a cabinet shop & lumber storage bldg. Another bldg was used for painting cabinets & has windows that tilt out for ventilation. Two detached carports w/a total of 5 stalls. A storm shelter, small storage bldg & 2 detached laundry/storage bldgs complete the package. Another 3 lots totaling 1 acre behind the property are for sale as #20171999. Separately or as package.
JAN SAWYER 406-2393

new LISTING




1405 COUNTY RD 721: \$150,000: Amazing opportunity to have 10 acres of land close to Enterprise! The land has a 3 sided electric fence, city water can come to street but there is private well now. Brick was added around front porch. 2 inch faux wood blinds, built in tv area, laminate flooring throughout-no carpet. Huge barn with electric.
MAGGIE HAAS 389-0011

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JAN SAWYER 406-2393

\$120,000




323 CHICKASAW RD: Ready to move? This spic and span 3 bedroom, 2 bath ranch with cathedral ceiling and fireplace in the living area, split bedrooms, separate dining room & eat in kitchen is ready for your family. For entertaining enjoy the screen porch & deck overlooking back yard. Interior/exterior recently painted, new carpet installed, windows/sliding doors have been replaced. The family will enjoy the bonus space in the large basement walkout basement (approximately 1600 square feet). Call today for a viewing.
JUDY DUNN 301-5656

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203 HUNTINGTON DR: Fabulous brick home in convenient Huntington Ridge subdivision! This 3 BR, 2 BA home has everything you need including a salt water pool (liner is just 4 years old) and large backyard. Plenty of space to entertain inside and definitely outside too! The easy floor plan, Jack and Jill bathroom with 2 sinks, and half bath makes for a great flow! 2 Car Garage with storage room & large walk through laundry room. Close proximity to Johnny Henderson Park, Sports Complex, and City Amenities. Open Floor Plan.
CHERYL PICCINI 390-9612 & MAGGIE HAAS 389-0011

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36 BRECKENRIDGE DR, GENEVA: Vacant and ready to move in!
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9195 PALM ST: Are you looking for that private GET AWAY, but don't want to have to travel too far, then STOP because this is IT! Just on the outskirts of the City of Geneva, you have city water and Alabama Power for electric, and the utilities are underground with your own transformer close to the property. Three bedroom, two bath manufactured home with eat-in kitchen, living room and laundry with washer and dryer. 13 acres of wooded land with all kinds of trees, hardly any pines and a small creek on the property.
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200 Jasmine Circle: New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, 2 car garage, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and fenced back yard. (Winterberry Plan)

\$164,500



206 Winterberry Way: New construction convenient to schools, shopping, golf, restaurants and minutes from Ft. Rucker. Security system, 1 car garage, wood floor in dining area/living room/hall, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom and tray ceiling in grandroom and fenced back yard. (Maple Leaf Plan)

NOVEMBER 2, 2017

APACHE LANDING



PHOTO BY SGT. 1ST CLASS JACOB A. MCDONALD

An AH-64 Apache from the 1st Air Cav. Bde. rolls off the Endurance at the port of Zeebrugge, Belgium, Oct. 20. More than 70 helicopters arrived as the unit prepares to take over the Aviation role of Atlantic Resolve from the 10th CAB.

EYE IN THE SKY



PHOTO BY SPC. NOELLE E. WIEHE

Staff Sgt. Justin Seeley, 3-52nd Inf. Regt., 1st SFAB, launches an RQ-11B Raven UAS Oct. 16 at Fort Benning, Ga.

1st SFAB trained on UAS as force protection asset

By Spc. Noelle E. Wiehe
50th Public Affairs Detachment,
3rd Infantry Division

FORT BENNING, Ga. — Select members of adviser teams with the 1st Security Force Assistance Brigade trained on the RQ-11B Raven and RQ-20 Puma unmanned aircraft systems for 15 days at several locations on Kelley Hill on Fort Benning.

The UAS are used to provide adviser teams with a readily accessible asset for force protection and to help enable the host nation forces the Soldiers are working with during a mission, said Maj. Matt Hertz, brigade Aviation officer, 1st SFAB.

Staff Sgt. Rhoebbie Bray, 3rd Battalion, 52nd Infantry Regiment, 1st SFAB, said the UAS are helpful for reconnaissance of the areas

they are in by the combat adviser teams.

“They can look at the area before they physically have to go out there,” Bray said.

The training was the Soldiers’ first exposure to the UASs. They were selected to learn the systems through hands-on training so that they can train Soldiers at their units.

“It’s different; it’s outside of my [military occupational specialty],” Bray said. “I don’t know how many 42As [human resources specialist] fly Ravens.”

The Soldiers learned airspace management, how the system operates, setup of the system, how to conduct a preflight inspection, handing off control of the aircraft between two ground-control systems and then they conducted missions.

The Raven has a 10-kilometer range and an hour-long battery life, while the Puma has a 20-kilometer range and a two-hour battery life, Herrington said. The Puma is also waterproof and both systems are

hand launched.

The 1st SFAB was activated in August and consists of volunteer senior officers and NCOs with proven warfighting expertise, said Sgt. Maj. of the Army Daniel Dailey. The unit is optimized for train, advise, assist, accompany and enable missions, and is built on an infantry brigade combat team model to support a secondary mission of being able to rapidly generate an infantry brigade combat team if the Army needs to grow in the future.

Volunteers with 1st SFAB receive a multitude of training to include common core operations, advising, communications, foreign weapons and foreign language training.

“Our ability to train and operate effectively with partner nation forces in current and future conflicts will remain key to the successful application of 21st Century Land Power,” Dailey said in a release to possible volunteers.

Soldiers interested in joining the 1st SFAB should contact their branch manager.



PHOTO BY CAPT. TYSON FRIAR

Sgt. Jose Camacho, a flight engineer with the 2-501st Avn. Regt., CAB, 1st AD, observes from his CH-47 Chinook position Oct. 18 while preparing to deliver food and water from FEMA to the residents of Utuado, Puerto Rico, following the devastation caused by Hurricane Maria.

HELPING HANDS

1st AD CAB provides aid to recovering Puerto Rico

By Sgt. Thomas Calvert
24th Press Camp Quarters

SAN JUAN, Puerto Rico — After Hurricane Maria hit Puerto Rico, many citizens were left struggling to meet their basic needs. Food, water, fuel, and medical supplies were desperately needed as many communities became isolated due to flooding from the storm.

Maj. Gema Robles, the executive officer for 1st Armored Division Combat Aviation Brigade and a native of San Juan, Puerto Rico, and helicopter crews from

SEE 1ST AD CAB, PAGE B4



PHOTO BY STAFF SGT. ISOLDA REYES

A 29th CAB UH-60M Black Hawk ferries U.S. and Kuwaiti forces during combined training Oct. 4.

29th CAB teams with Kuwaiti forces for exercise

By Staff Sgt. Isolda Reyes
For Army News Service

CAMP BUEHRING, Kuwait — As the sun rose at Landing Zone Gerber, it was greeted by members of the Kuwait Land Forces and Soldiers from the U.S. Army as they trained together to breach and clear a makeshift town during exercise Desert Wall in Udari Oct. 5.

Soldiers of the 29th Combat Aviation Brigade’s 1-147th Assault Heli-

copter Battalion, Task Force Wraith, assisted throughout the combined ground and air assault training, including the culminating exercise involving the Kuwaiti Land Forces and Soldiers from 2nd Squadron, 7th Cavalry Regiment, 3rd Armored Brigade Combat Team, 1st Cavalry Division.

The partnered forces trained together to sharpen their skills prior to the joint exercise. In Desert Wall, Task Force Wraith used two UH-

60M Black Hawks to conduct the air assault for the U.S. and Kuwaiti ground forces.

Training included both cold load, when the helicopter is turned off, and hot load training, where the helicopter’s rotary blades were spinning.

Additional familiarization training required passengers to safely demonstrate proper boarding procedures, carrying weapons on aircraft

SEE 29TH CAB, PAGE B4

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1st AD CAB

Continued from Page B1

the CAB helped the community of Barrio San Lorenzo, a small town struggling to make ends meet.

"Every time I talked to those folks, they were getting more and more help," Robles said. "It was comforting to land three times in the same place, to connect with people and be able to provide for some of their needs, and also to see them having the means [themselves]."

Others joked that she adopted the village, she said. But Robles saw it as a chance to get people affected by the storm the help they so desperately needed.

"Things are getting better," Robles said. "I saw the improvement over six or seven days in this small town. That really put me at ease. Things are moving in the right direction."

Soldiers with the 1st AD CAB from Fort Bliss, Texas, are doing their part in supporting relief efforts in Puerto Rico.

The unit aided the Department of Defense's mission on the island through supporting Army North, FEMA and first responders.

"We do a lot of things on behalf of the United States at large, but this one hits close to home," said Robles. "I think anybody would jump at the chance to just go do whatever. I could be shoveling dirt, as long as I was here helping with something, it's worth it."



PHOTO BY CAPT. TYSON FRIAR

Soldiers from the 1st AD CAB and agents with the San Juan Federal Bureau of Investigation unload a CH-47 Chinook's supply of food and water from FEMA to the residents of Utuado, Puerto Rico, Oct. 18.

The CAB's mission is focused on delivering food and water to disaster survivors, providing medical evacuation support, assessing terrain and route viability, and distributing resources with emergency services to isolated communities throughout the island.

"The sheer joy in their faces and their eyes that you can see, regardless of the language you're

speaking, is definitely a telling sign of how grateful they are in receiving the supplies," said CW4 Ryan Dechent, a CH-47 Chinook pilot with the unit. "That's equally felt by the aircrews and all the personnel we take with us to help distribute and get supplies in the hands of the people."

The CAB has been working hand-in-hand with FEMA, the Department of Homeland Security,

a Marine aviation unit, and Army National Guard units from New York, Pennsylvania and Puerto Rico.

About 474,130 pounds of water, 169,710 pounds of food and 4,155 pounds of medical supplies have been distributed to those affected by Hurricane Maria through the joint effort.

"We did similar missions for [Hurricane] Harvey, but we've

done a lot more here," Robles said. "Primarily because of the need and because of the saturation of a bunch of other assets over there versus what's over here. Here it's what comes through boat and by air, so there's a more limited pool of assets to help the region."

The CAB deployed to Puerto Rico between Sept. 26 and Oct. 11, bringing in UH-60 Black Hawks and CH-47 Chinooks. The mission was an opportunity to help those who need it most, said Dechent.

"It's very gratifying," Dechent said. "It's a needed mission. We love the opportunity to be able to provide assistance and help out. We've performed similar support missions in Houston, but having an opportunity to help the remote areas here and seeing and interacting with the local population has been an experience."

Robles, who was raised in the Rio Piedras neighborhood of San Juan, had the chance to check in on her family who stayed in Puerto Rico during the storm. She viewed the mission as a chance to give back to her former home.

"The opportunity to come back to your homeland and to check on your folks and be able to help your countrymen in the same place where you grew up brings peace of mind," Robles said. "There's also a sense of helping the commonwealth and my hometown, which is an honor."

29th CAB

Continued from Page B1

and how to properly egress the helicopter based on the wind and crew chief hand signals.

"This was my first time getting on a helicopter," said Mohamad Al Hashal, a vehicle driver with the Kuwait Land Forces, "it wasn't too hard to figure out."

The crew chiefs from Task Force Wraith were impressed with how quickly the trainees caught on to entering and egressing the helicopter.

"The Kuwaiti soldiers did an excellent job," said CW2 Aaron Williams, air mission commander from 1-147th Assault

Helicopter Battalion. "They caught on fast and met the standards quickly."

The Kuwait soldiers appeared to enjoy the training, as well.

"We enjoy working with the American Soldiers," said two of the soldiers with the Kuwait Land Forces. "They take their time, they learn our culture and they work with us."

They ran several iterations cold loading and then completed hot load training, during which they were flown around and dropped off to provide an additional layer of redundancy for safety.

Following the hot and cold load training, the partnered forces began working

with the 3-1st Cav. to learn the formations and maneuvers needed once they were on ground so they could practice how to run the ground assault on the objective.

"This exercise increases the interoperability between U.S. and Kuwaiti forces here," said Capt. Tim Davis, B Company commander, 2-7th Cav.

"Not only is it good training for them [Kuwait Army soldiers]," said Capt. Ross Mitchell, 3rd ABCT Aviation officer. "It's

also good training for my guys because we don't get to do this every day."

On the final day of exercise Desert Wall, the Kuwait Land Forces worked with their U.S. Army counterparts to successfully breach and clear the buildings, and secure the objective.

"This was a successful mission," said Mitchell. "The Kuwaiti soldiers hit their time markers, kept their focus and achieved the objective set before them."

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PHOTOS BY NATHAN PFAU

Spouses line up and pose for a photo with Maj. Gen. William K. Gayler (fourth from left), U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and Lt. Col. Kent M. MacGregor (left), 1st Bn., 145th Avn. Regt. commander, after the Spouses' Aviation Day graduation ceremony at the U.S. Army Aviation museum Oct. 26.

Spouses earn wings, get taste of Aviation training

By Nathan Pfau
Army Flier Staff Writer

Military spouses got the chance to step into the boots of their Soldiers and earn wings of their own during an event that gave them a taste of Army Aviation training.

Thirty four Fort Rucker spouses got the chance to get down and dirty, and literally get their feet wet, during Spouses' Aviation Day Oct. 26 when they were able to try their hand at shooting, flying, water survival and teamwork.

Split into teams of four, the spouses took on four different events that Aviation Soldiers experience at some point in their training, including flight simulation, firing range simulation, team building skills and helicopter overwater safety training, and for two of the spouses, the day was an opportunity to take a peek into the lives of their Soldiers.

"It was exciting and a lot of fun," said Dianne Ralston, military spouse. "It gives us a taste of what our [Soldiers] go through, and it's a chance to meet the other [spouses] and have fun."

"It's just really cool to be able to see what our [Soldiers] do, so when they come home we can relate to what they're saying a little bit because sometimes it's can be so foreign," added fellow spouse, Hannah Ruffli. "We don't know what they do every day, so I think it'll help us connect better. It was an amazing experience and it was so awesome to be able to meet all the [spouses] and the command, too."

Part of that experience included the HOST training facility, where the spouses got the chance to learn about how Aviators deal with a crash situation in water. Each of the spouses suited up in full flight gear and took to the water where they had to swim along a designated area and open a hatch, simulating what an Aviator would endure in a submerged aircraft.

In addition to HOST training, the spouses also got their hands on some of the Army's deadliest weapons during the Engagement Skills Trainer 2000 shooting range simulator where they got to alleviate their itchy trigger fingers with M-4 and M-16 rifles, as well as 50-caliber machine guns.

One of the most popular events that the spouses were able to experience was the flight simulators at Warrior Hall where they had the opportunity to spread their



Dianne Ralston, military spouse, gives the thumbs up after swimming underwater through a hatch to simulate escaping a downed aircraft for the HOST training event.

wings in UH-72 Lakotas and UH-60 Black Hawks.

Although the simulators had some spouses feeling a bit dizzy, it was the leaders reaction course that had many of them scratching their heads as they worked together to overcome obstacles within certain time limits.

"We got to spend time with everyone and communicate with each other (throughout the day), but we didn't really get to know each other's weaknesses until the LRC," said Ralston. "We had to work together and conquer walls and actually come together for a goal."

"We had to trust each other that no one was going to drop us," added Ruffli. "It was really cool and one of the spouses conquered one of her really big fears. She said she was shaking and that she had to get down, but then she breathed through it and she did it, and it was cool to see someone do that."

At the end of the day, the spouses were able to graduate their training during a ceremony at the U.S. Army Aviation

Museum where they were presented a certificate and their own set of wings by Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and his wife, Michele.

"I think it's critical that you get to see what your spouses do," said the commanding general during the ceremony. "Now you got to see a little bit about an Army day and what your spouse does. You probably know that every day is not



Spouses work together to traverse an obstacle on the leaders reaction course.

that much fun – you can't play around in the water, shoot, fly and play around on the leader's reaction course every single day, but you do have a little bit of insight.

"Thanks for what you do," he continued. "(Spouses' Aviation Day) is our very small way of saying thanks and giving back to you because we ask a lot of our Soldiers, but even more of their families, and we take that very seriously."

Ralston and Ruffli said that they were very appreciative of the chance to participate in the events throughout the day, and the friendships and experiences they had are things they will carry with them for the rest of their lives.

"There was a lot of camaraderie as (spouses) coming together," said Ruffli. "I think sometimes it's hard to meet other spouses when you go to new duty stations because for a lot of us it's in and out."

"This was a different environment of meeting other spouses. Usually it can be pretty intimidating, but it was really laid back," she added. "Every spouse coming through here should get the opportunity to do this because it was really cool – I will never forget this."



Spouses take aim at the Engagement Skills Trainer 2000 shooting range simulator.

Contest seeks to spur creativity, holiday cheer



PHOTO BY NATHAN PFAU

Children react as they meet Santa Claus after the tree lighting ceremony last year. This year's ornament contest winners will be announced during the tree lighting ceremony Nov. 30 at Howze Field, and the winners will get the chance to light the post Christmas tree.

By Nathan Pfau
Army Flier Staff Writer

The holidays are fast approaching, and the Fort Rucker Directorate of Family, and Morale, Welfare and Recreation invites children to let their creative juices flow this season to create handmade ornaments for its annual contest.

The DFMWR Handmade Ornament Contest will run until Nov. 21 and children are encouraged to create their most imaginative ornaments to be featured on this year's post Christmas tree.

"The contest is a wonderful opportunity for children to use their imagination and personal creativity to create something unique to their individual personality," said Lynn Avila, DFMWR community recreation special events coordinator. "It also gives them a sense of accomplishment and pride to see their masterpiece displayed on the post Christmas tree,

whether they win a prize or not. It's a great feeling to pass by the post Christmas tree and see their own ornament hanging for all to enjoy."

Contest entry is free and open to children ages 3-11. Ornaments may be turned into the youth center, child development center or the special events office inside Bldg. 5700, Rm. 390, through Nov. 21.

Ornaments should be constructed using materials appropriate for display on a tree located outdoors and parents should try to avoid using anything breakable, added Avila.

"Parents and guardians are allowed to help with the ornament, but it should be the child's creation," she said. "Be creative. There is no limit to the variety of materials that can and have been used in the past. Use your imagination to create the perfect ornament for the perfect tree."

The contest usually receives 20-30 ornament entries each year, she added, and prizes will be awarded to first-place entries in the three different categories: 3-5 years old, 6-8 years old and 9-11 years old.

"All entries will be displayed on the post Christmas tree," said Avila. "Please label your entry with the child's name and age, and the guardian's name and contact information. It's not required, but it would be great to place your creation in a (zip) bag with a note card with your contact information."

Awards will be presented at this year's Christmas tree lighting ceremony Nov. 30 on Howze Field at 5 p.m. and the overall winner will light the tree. The ceremony will also feature an evening of music, hot chocolate and a visitor from the North Pole.

For more information, call 255-1749.

ON POST

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

Camping Under the Stars

Fort Rucker will host its seventh annual Camping Under the Stars Friday at West Beach, Lake Tholocco. The free event will feature a night of camping out, s'mores, hot chocolate, games, a story reading and two movies on the big screen. The event begins at 5 p.m., with story reading under the gazebo at 6 p.m. The two movies will run from 6:30-10 p.m. Some tents will be available through outdoor recreation – all for availability. The event is open to military families and authorized patrons.

For more information, call 255-4305 or 255-1749.

Ornament Contest

The Directorate of Family, and Morale, Welfare and Recreation hold its handmade ornament contest for children ages 3-11 through Nov. 21. Ornaments may be turned into the youth center, child development center or to special events in Bldg. 5700, Rm. 390. 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. Awards will be presented at this year's Christmas tree lighting ceremony. The overall winner will light the tree at the ceremony scheduled for Nov. 30. All handmade ornament entries will be displayed on the post Christmas tree. Parents need to label children's entries with the child's name, age, and guardian's name and contact information.

For more information, call 255-9810.

Comedy show

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will host a comedy show Saturday from 7-9 p.m. at The Landing. The Army Entertainment Comedy Tour will feature Felipe Esparza, Finesse Mitchell, and Seaton Smith. People can buy \$10 advanced tickets at MWR Central, Coffee Zones, Mother Rucker's and The Landing. Tickets will cost \$12 at the door. VIP tickets will cost \$100 per table – 10 seats per table on a first-come, first served basis – and be sold at The Landing. Doors will open at 6 p.m. The event will be open to the public for ages 18 and up.

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

About bees

The Center Library will host an educational program on bees Wednesday at 3:30 p.m. The presentation will be aimed at school-aged children. No registration is required.

For more information, visit the library or call 255-3885.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Nov. 9. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required.

For more information, call 255-2594.

Blue Angels air show trip

MWR Central will host a day trip to Pensacola, Florida, to see the Blue Angels Homecoming Air Show Nov. 11. Cost is \$18 per person.

For more information, call 255-2997.

Thanksgiving craft

The Center Library will host a Thanksgiving craft making session Nov. 14 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 40 children to register. The event will be open to authorized patrons and will be Exceptional Family Member Program friendly.

For more information or to register, visit the Center Library or call 255-3885.

WWI presentation

The Center Library will host a WWI presentation by Eric Kaempfer titled "Chemical Warfare in WWI" Nov. 14 at 5 p.m. The presentation is part of a year-long commemoration of the U.S. entry into WWI. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

For more information, visit the library or



NAVY PHOTO

Blue Angels air show trip

MWR Central will host a day trip to Pensacola, Florida, to see the Blue Angels Homecoming Air Show Nov. 11. Cost is \$18 per person. For more information, call 255-2997.

call 255-3885.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB's app. Visit <http://www.ftuckerarmw.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.

Book club

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. The club is open to authorized patrons. For more information, call 255-3885.

Financial Well-Being Seminar

The Army Community Service Financial Readiness Program will present a Financial Well-Being Seminar Nov. 14 from 6-7:30 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 350. Topics include: financial goal setting, attitudes toward money, banking and credit union services, budgeting, credit and debt management, credit histories and credit scores, consumer rights, protection against identity theft and insurance. Pre-registration is required by Nov. 13. Free child care is available with registration.

For more information and to register, call 255-3765 or 255-9631. Registration can also be completed by going to <http://rucker.armymwr.com/us/rucker/programs/financial-readiness>.

Blended Retirement System Seminar

The Army Community Service Financial Readiness Program will present its Blended Retirement System Seminar Nov. 14 from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will be a discussion of the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by Nov. 13. Free childcare is available with registration.

For more information and to register, call 255-3765 or 255-9631.

Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night Nov. 16 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

DFMWR SPOTLIGHT

ARMY COMEDY Entertainment TOUR

FELIPE ESPARZA




FINESSE MITCHELL



SEATON SMITH

Saturday, November 4, 2017
Doors open at 6pm/ Show starts at 7pm
The Landing, Fort Rucker

Tickets \$10 in advance/ \$12 at the door
VIP Tables are \$100 and seats 10 (Limited VIP
Tables available, contact The Landing to RSVP)

Tickets locations: MWR Central, The Landing,
and Coffee Zones
Fort Rucker Family & MWR, (334)255-9810
The Landing, (334)255-0769
Rucker.ArmyMWR.com

ADULTS ONLY 18+




For more information, call 255-0768.

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

Newcomers welcome

A newcomers welcome is scheduled for Nov. 17 from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the newcomers orientation. A free light breakfast and coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

Turkey Wobble Skate Night

The Fort Rucker School Age Center will host its Turkey Wobble Skate Night Nov. 17. There will be prizes for the best Turkey Wobble dance and the best turkey call. Safety Skate, which will cost \$2, will be from 5-6 p.m.; and regular skate, which will cost \$5, will be from 6-8 p.m. Only cash payments will be accepted for skate night. All participants must have a current pass with child and youth services.

For more information, call 255-9108.

FORT RUCKER MOVIE SCHEDULE FOR NOVEMBER 2-5

Thursday, November 2

Flatliners (PG-13)7 p.m.

Friday, November 3

Thor: Ragnarok (PG-13)4 & 7 p.m.

Saturday, November 4

Thor: Ragnarok (PG-13)4 & 7 p.m.

Sunday, November 5

Thor: Ragnarok (PG-13)1 & 7 p.m.

Medal of Honor recipient inducted into Hall of Heroes

By Devon L. Suits
Army News Service

WASHINGTON — Medal of Honor recipient Capt. Mike Rose's military service number, RA18846904, was one of the many things on his mind Oct. 24 as he prepared for his induction into the Hall of Heroes at the Pentagon.

Given to him by an NCO back in April 1967, Rose said he remembers the sergeant telling him then "by the time you get off this bus ... that number, beginning with RA, will be embedded in the back of your eyeballs," Rose recalled.

Receiving that military service number, Rose said, is the moment when he transitioned from being "just another kid on the block," to the Soldier and veteran he is today. He said also that he never believed the things he might do as a Soldier would one day warrant him receiving the nation's highest military honor.

But that's exactly what happened.

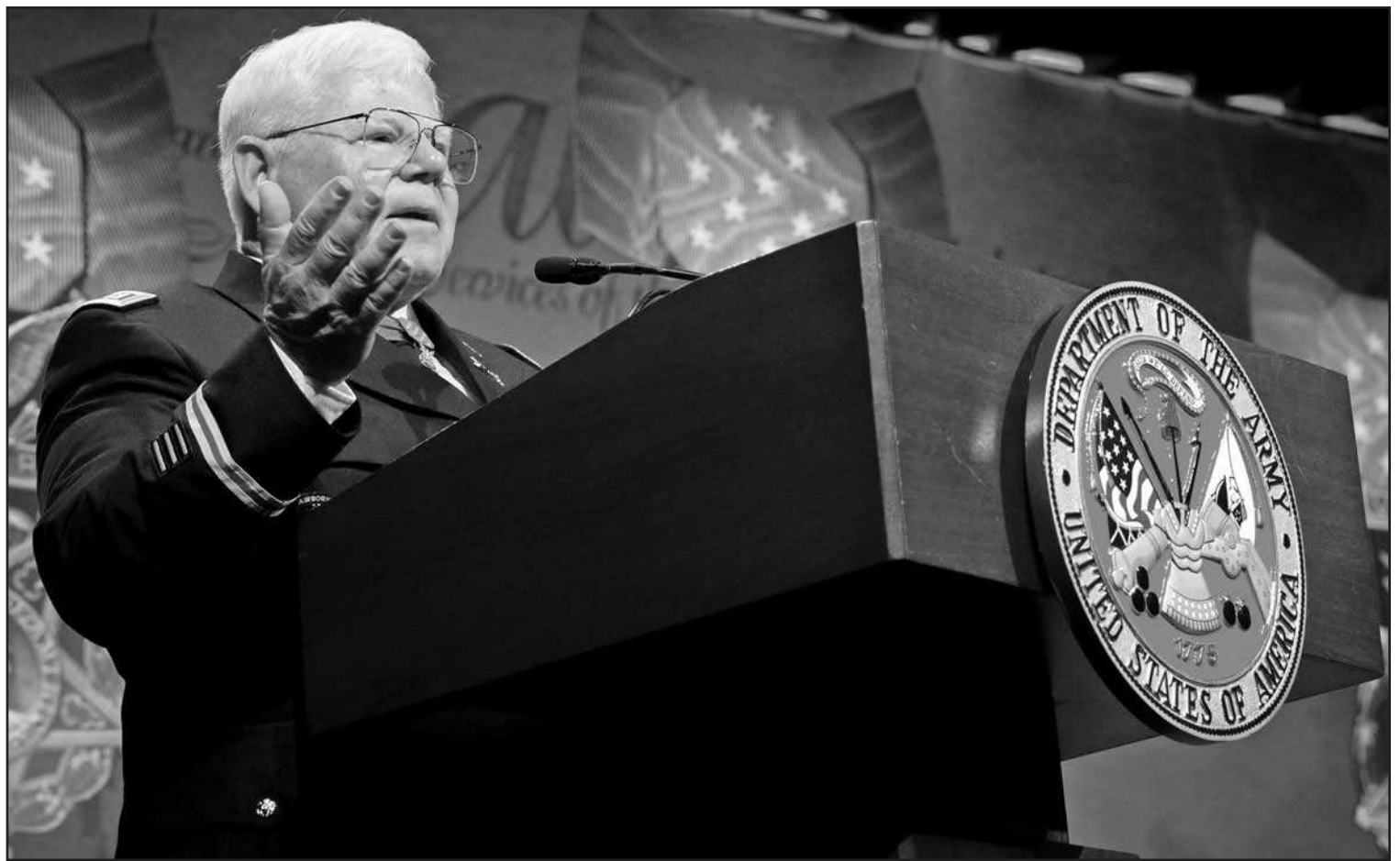
Rose, who served as a Special Forces medic in the Army, was awarded the Medal of Honor for his actions in Laos, Sept. 11 through 14, 1970, as part of Operation Tailwind. President Donald Trump placed the medal around Rose's neck during an Oct. 23 ceremony at the White House.

The day after the ceremony at the White House, Rose attended a second ceremony at the Pentagon, where his name was placed on a wall within the Hall of Heroes there — alongside the names of every other Medal of Honor recipient. Rose said the recognition for his actions as a Soldier exceeded the expectations he had for what would come of his time in uniform.

"I have always considered it to be a great privilege to be a member of the U.S. Army," Rose said. "To be a part of Special Forces is a privilege. If I walked away at the end of my three to four years with my National Defense Ribbon and Good Conduct Medal, I would have been the proudest young man that could be."

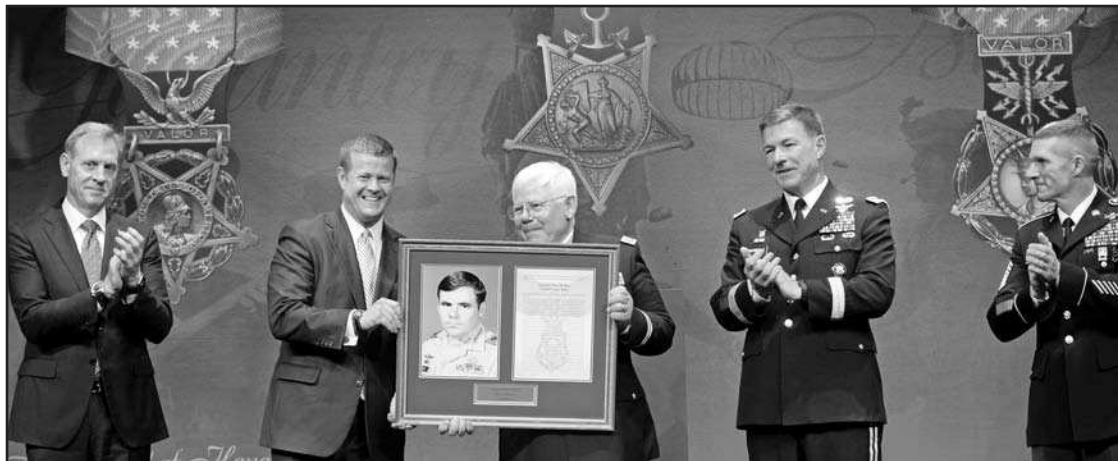
Rose is the 3,500th Medal of Honor recipient, said Vice Chief of Staff of the Army Gen. James C. McConville. He is also the 174th Soldier to receive the medal for extraordinary heroism during Vietnam War. Furthermore, the 5th Special Forces Group (Airborne), the unit to which Rose had been assigned, was the most decorated unit of its size during the Vietnam conflict.

"Today we honor Capt. Mike Rose for his extraordinary valor," McConville said. "By honoring him, we honor the heroes ... that fought by his side. And [we hon-



PHOTOS BY JOHN MARTINEZ

Medal of Honor recipient Capt. Mike Rose spoke at an Oct. 24 ceremony at the Pentagon, where he was inducted into the Hall of Heroes.



Deputy Secretary of Defense Patrick Shanahan, Acting Secretary of the Army Ryan D. McCarthy, Medal of Honor recipient Capt. Mike Rose, Vice Chief of Staff of the Army Gen. James C. McConville, and Sgt. Maj. of the Army Daniel A. Dailey participated in a ceremony.

or] those that sacrificed for this nation. The Green Berets, and every Soldier, Marine and Airman that was there, that raised their hand to defend the Constitution and all that it stands for."

In attendance during the Hall of Heroes ceremony were Rose's wife, Margaret, and their children, Michael, Cynthia, and Sarah, along with grandchildren. Additionally, some of his battle buddies from Operation Tailwind, and others from the Military Assistance Command, Vietnam — Studies and Observations Group, or MACV-SOG, were present at the ceremony.

"It's no surprise that Mike considers his Medal of Honor to be an award for all of his comrades in MACV-SOG," said Acting Secretary of the Army Ryan D. McCarthy.

"There's no way of knowing exactly how many American lives Mike Rose and his comrades saved during Operation Tailwind, which tied down and disrupted

thousands of North Vietnamese troops," McCarthy said. "But we do know that Mike personally saved many lives over the course of those four days. It is a fact that there are veterans whose names are not inscribed on a black stone wall just across the Potomac because of Capt. Rose."

The son of a Vietnam veteran, McCarthy reflected on how servicemembers returning from that conflict had been "unfairly tarred and libeled with false accusations, [and] misunderstood, overlooked and forgotten by too many of their fellow Americans."

"This Medal of Honor is a long-overdue vindication of both Rose and the quiet professionals who served in MACV-SOG and similar units," McCarthy said.

"America is looking you straight in the eyes at long last and finally saying: Thank you. You were right. You served bravely, and well. You stood by each other, both during the war and in the decades since. And although you

are too humble to say it of yourselves, you are heroes."

Rose's honor comes at a critical moment, as the Defense Department recently observed the 50th anniversary of the start Vietnam War, according to Deputy Secretary of Defense Patrick Shanahan, who spoke on behalf of Secretary of Defense Jim Mattis.

"Captain Rose, you came to the aid of your brothers in arms," Shanahan said. "Forty-seven years ago, you preserved their lives. Today, you preserved their legacy. You give us a chance to remind our country of the sacrifices and heroism of the whole Vietnam generation, just when we need that reminder the most."

Having grown up in Southern California, Rose said he had humble beginnings. His teachers, he recalled, instilled in him a love of reading and the English language. And a neighbor, a veteran who had fought in France during World War I, would help develop in Rose an affinity for American

history, including the great conflicts the United States had played a part in.

"The more I read [about] and talk to people who participated in places like Guadalcanal, Mundy, Tarawa, and Normandy," Rose said, the more he considers those people to be heroes. "At least they were my heroes."

These influences, combined with knowledge of his own father's service with the U.S. Marine Corps during World War II, are part of what inspired Rose to join the Army in April 1967.

During his 20-year Army career, Rose served in Thailand, Vietnam and Panama. And while he initially enlisted in the Army, he later sought greater leadership opportunity, and accepted a commission as a second lieutenant in December 1973. He retired from the Army as a captain in May 1987.

"[Rose's] service offers us powerful lessons," Shanahan said. "[The Medal of Honor] represents the ideals we try to inspire in America's warriors: courage, selflessness, love for country and each other. These are virtues upon which our whole enterprise rests. Without them, nothing else matters. Not our gear, gadgets, bombs or budgets.

"The Medal of Honor is a marker of courage — our most precious national resource," he added. "Captain Rose takes his place in the Hall of Heroes, where his name will become one star in a great consolation of courage. By those stars, we chart our course on land, sea, and air. They burn brightest when the night is darkest."

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.

Bringing People Together Thru Faith

ARMY FLIER Church Directory

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

First United Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the Fellowship Hall..... 11:00AM
Contemporary C-3 - in the Fellowship Hall..... 8:45AM
The Gathering (Youth)..... 6:00PM
Sunday School..... 9:55AM
Nursery CareEvery Service

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

Holiday classic comes to Wiregrass stage

Army Flier
Staff Reports

A new holiday classic graces Dothan's Cultural Arts Center stage this season.

"A Christmas Story," arrives just in time for the holiday season with a dinner theatre setup.

All 9-year-old Ralphie wants for Christmas is a Red Ryder Carbine Action 200-shot Range Model air rifle with a compass in the stock and "this thing which tells time."

The beloved story, based on the humorous writings of author Jean Shepherd

and viewed on television by millions every Christmas Eve, returns to the SEACT stage in a holiday dinner theatre for the whole family Dec. 4-9 beginning at 5:30 p.m. each day. Ralphie spends most of his time dodging a bully and dreaming of his ideal gift. But every adult in his life says he'll shoot his eye out.

Doors open at 5:30 p.m. and attendees may grab refreshments, dinner is served at 6 p.m. Show seating begins at 6:45 p.m. and the performance begins at 7 p.m.

The menu includes a classic green salad, "Not Your Mom's" bacon-wrapped meatloaf, herb-roasted new potatoes, a zucchi-

ni-tomato bake and old-fashioned apple crisp. Tea, water and adult beverages will also be available.

Dinner seating and show-only seating are available. SEACT presents Each performance runs about two hours with one 15-minute intermission. This production is appropriate for most viewers age 8 and older.

Tickets for "A Christmas Story" are \$40 with dinner or \$20 each for show-only seating.

For more information or to purchase tickets, visit www.SEACT.com or call 794-0400.



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.

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

DOTHAN

ONGOING — Disabled American Veterans Chapter 87 meets the third Thursday of each month at 6 p.m. at the Doug Tew Recreation Center. For more information, call 334-86-0217 Ext. 122 or email davchapter87@gmail.com. The chapter maintains office hours at 545 West Main St. (Mixon Business Center, Rm. 122), Mondays, Tuesdays, Wednesdays and Thursday from 9 a.m. to 2 p.m. to assist, free of charge, disabled veterans and their spouses with disability compensation claims and other benefits.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 6:30 p.m. Meetings are held at the post's facility at 3087 Hwy. 605, which is Brannon Stand Road at the intersection of Park Avenue. For more information, call 400-5356.

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

SATURDAY — The Experimental Aircraft Association Chapter 351 will host free airplane rides for children ages 8-17 at the Enterprise Airport from 9 a.m. to 3 p.m. The

event is designed to help children gain an understanding of aviation and introduce young people to the joy of flying. For more information, call 601-329-1334.

ONGOING — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For more information, call 334-464-1171 or the auxiliary at 334-464-2222. The post also has a Facebook site at vfwpost6683.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Town Hall (old armory building) at 706 McKinnon 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 334-406-6700.

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

OZARK

NOV. 5 — The Altrua Club will host its annual charity auction at 1:30 p.m. at Pleasant Hill Methodist Church, 2926 Andrews Avenue. There will be fall and Christmas

items, items donated by merchants, cakes, gifts and more. All proceeds will go to local families in need, charities and a scholarship fund. Refreshments will be served. For information, call 334-774-9448 or 334-797-7335.

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

NOV. 14 — The Retired Officers Wives Association will host is Thankful Nation luncheon, featuring food, fun and friendship, according to organizers, to honor veterans at 10:30 a.m. at The Landing at Fort Rucker. All wives and widows of retired officers are invited. To make a reservation, call 334-347-4966 by noon Nov. 10. Cancellations need to be made by noon Nov. 13.

ONGOING — AMVETS Post 23 monthly meeting is held the second Thursday of each the month at 7 p.m. at the AMVETS Service Center, 203 MLK Dr., in Opp. For more information, call 334-493-0785 or visit www.amvetpost23.com.

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.

Beyond Briefs

Alabama National Fair

The Alabama National Fair continues through Nov. 5 at Montgomery's Garrett Coliseum and Fairgrounds. The event will feature more than 60 rides, food, information and commercial booths, livestock competitions and more, according to organizers. All performances are free with the purchase of a general admission ticket.

For more information, including ticket prices, visit <https://www.facebook.com/al-nationalfair/> or www.alnationalfair.org.

Ironman Florida

Panama City Beach, Florida, will host the Ironman Florida competition Nov. 4 at the Boardwalk Beach Resort. One of the most storied North American races, Ironman Florida began in November 1999 and takes place in Panama City Beach, according to organizers. The swim takes place in the Gulf of Mexico, where athletes will have a short beach run in between laps. The two-loop swim course gives spectators a bird's eye view of the entire course. After exiting the water, athletes are challenged by a fast, flat, one-loop bicycle course. The terrain pushes the body in way that most athletes are not accustomed to: the absence of rolling hills or steep inclines forces consistent pacing. The

two-loop run course, while flat, has many turns throughout the local neighborhoods. In the spectator-friendly area, thousands of residents and visitors emerge for fall get-togethers while supporting the competitors. The course also winds through St. Andrew's State Park, a favorite among participants for its shaded areas and wildlife. After the second loop, athletes round the last corner for the final quarter mile to the finish.

For more information, visit <http://www.ironman.com/triathlon/events/americas/ironman/florida.aspx#axzz4RVT7GEBp>.

Zoo Veterans Appreciation Week

Nov. 5-11 the Montgomery Zoo will honor Veteran's Appreciation Week by offering all veterans, active-duty military and their immediate family members a 50-percent discount on regular daytime admission to the Montgomery Zoo and Mann Wildlife Learning Museum. Participants must provide a valid military identification to receive the discount.

For more information, including prices and hours of operation, call 334-625-4900 or visit <http://montgomeryzoo.com/hours.html>.

Emerald Coast Cruizin

Panama City Beach, Florida, will host its Emerald Coast Cruizin, billed as the South's

best blast from the past family-fun event, Nov. 8-11 at Aaron Bessant Park next to Pier Park. The event will feature thousands of classic cars, hot rods, custom cars; a swap meet; a parade; cruiz-ins; a block party; and more.

For more information, visit <https://emeraldcoastcruizin.com/>.

Blue Angels Practice

People can observe the Blue Angels, the U.S. Navy Flight Demonstration Squadron, practice most Tuesdays and Wednesdays between March and November at the National Naval Aviation Museum viewing area in Pensacola, Florida. Practices typically begin at 11:30 a.m. and last about an hour. The outside viewing area for the Blue Angels practice is located on the museum flight line north of the museum. Signs are posted to direct visitors to viewing and parking locations, including limited parking for handicapped visitors.

Open bleacher seating is available for 1,000 people. Chair service is provided at each practice session—chairs are available for a fee of \$3 per chair good for that day's practice session. Concessions and merchandise are also available, and there is a 100-percent ID check for all visitors 16 years old and over to access the museum flight line. Backpacks, daypacks, luggage and similar items are not allowed on the flight line. Small purses, bags

containing medications, and diaper bags are allowed, but are subject to search by Naval Air Station Pensacola Security personnel.

Cancellations due to weather or maintenance are made at the team's discretion and may not be made until the morning of the practice.

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

Mobile Delta: Glass & Light

The Mobile Museum of Art is hosting the exhibit, "The Mobile Delta: Glass & Light" through March 11. Rene Culler's site-specific work is a mural in glass that celebrates the species-rich delta and its atmospheric qualities. The delta is a changeling environment that is constantly shaped and molded by the weather and waterways, according to museum officials. As the grasses, almost transparent, catch the light, Culler's drawings and painting in glass suggest the landscape that southern Alabama holds so dear. The composition is a wall of natural light utilized as a glass canvas for drawing, painting and printing with vitreous enamels. The museum is located at 4850 Museum Drive in Mobile. Admissions is \$12 for adults, \$10 for seniors, \$8 for military members and students, and children under 6 are admitted for free.

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

ARMY STRONG

California Army National Guard unit brings 1900-plus Soldiers to wildfire relief support

By Staff Sgt. Edward Siguenza
For Army News Service

SANTA ROSA, Calif. — Never before has this battlefield been seen.

Even with the 49th Military Police Brigade's storied career — one of multiple successful overseas deployments and a current homeland security mission — this California Army National Guard unit has never witnessed a natural disaster so destructive as October's fire inferno in northern California.

"From Jan. 1 to Oct. 8 of this year, we saw almost 234,000 acres burned," said CAL FIRE's Scott McClain, public information officer. "But from Oct. 8 until (Oct. 22), we were looking at over 263,000 acres burned. This, by far, is the worst fire season California has ever been in."

This led the 49th's entire command into an emergency activation. At its peak, more than 1,500 troops responded, with hundreds more from other commands falling under the 49th task force that stretched into three North Bay counties northeast of San Francisco. The bulk of the Soldiers activated were military police, while others were comprised of drivers, mechanics, food services and more supporting members.

This marked the first time since the 1992 Los Angeles riots that the 49th was activated entirely. Subordinate units have assisted in fire missions before, but hardly more than a company size.

"We got the call to deploy forces in support of local law enforcement in Sonoma County and the request quickly escalated," said Command Sgt. Maj. Richard S. Gibson, 49th operations command sergeant major. "The 49th has become the premiere unit for civil support on the ground during times of disaster or civil unrest. We are trained to quickly alert and mobilize for all hazard response as shown during the Oroville Dam crisis earlier this year. We have shown that we can quickly respond with a multitude of assets and attain results."

The 49th's Fairfield headquarters was the main operations site for three battalions that are based in Pittsburg, Lancaster and Santa Rosa. Nearly two dozen subordinate units were called up, some coming from Los Alamitos and National City in southern California about 500 miles away. The mission was to supplement several thousand local and state police officers, and assist agencies under the California Office of Emergency Services with security.

Hundreds of military policemen hit the streets, controlling traffic points and other areas of entry. Additional Soldiers performed assistance patrols along hard-hit areas in Napa and Santa Rosa. "We're sending Soldiers out in vehicles to show our presence," said 1st Sgt. Frank Camacho of the 330th Military Police Company. "It's to let the community know we're there if they need us. The local police [are] doing so many things, and we're here to help them and the community in any way we can."

Gibson tracked more than 100 official tasks that were completed. In addition to controlling traffic points, troops were sent



PHOTOS BY STAFF SGT. EDWARD SIGUENZA

Spc. Kenneth D. Johnson, Spc. Justice Hayes and Sgt. Luis Quinonez of the California Army National Guard's 1040th Quartermaster Company and 340th Brigade Support Battalion, assist a group of California Conservation Corps employees by loading truckloads of water onto pallets at the Napa County Airport. The water was delivered to areas affected by the northern California wildfires.

to help secure emergency shelters. They were sent to schools, colleges, and local businesses to transport food, hygiene and medical supplies to other areas of need. Soldiers united with civilian volunteers to build up a donation site, while others were called to break down evacuation centers once residents were allowed to return to their homes. The task force also utilized its bilingual Soldiers to serve as interpreters at disaster centers where they assisted FEMA representatives helping non-English speaking victims.

"This was our chance to truly help our community and lend a hand wherever needed," Gibson said. "Our Soldiers performed traffic control, security and tent setup for evacuation centers, cleanup efforts at Sonoma County Developmental Center, decontamination of first responders during search and rescue operations and more."

Gibson continued, "We helped in the transportation of evacuees, cleanup of high schools, clearing debris from roads, and filled buckets with masks, gloves, and sifters to assist civilians searching for personal belongings left behind in the fires."

California Gov. Edmund G. Brown Jr. activated the Cal Guard in early October, declaring, "the circumstances of these fires by reason of their magnitude, are, or are likely to be beyond the control of the services ... of any single local government; the California National Guard shall mobilize ... to support disaster response and relief efforts."

In an official release, CAL FIRE announced that the Tubbs Fire, which killed at least 22 people in Santa Rosa, was the most destructive wildfire in California history. Three other North Bay fires that

swept through the region on the same morning — two of them in Sonoma County — rank in the state's Top 20 list: the Nuns Fire in Sonoma Valley is No. 6; the Atlas Fire in Napa Valley at No. 10; and the Redwood Valley in Mendocino County fire ranks 16th.

In these October blazes alone, more than 8,000 homes and structures burned; more than 100,000 people were displaced, many of them finding temporary homes in evacuation centers; more than 40 killed and more than 500 were unaccounted for, per CAL FIRE statistics.

"That fire," says McClean, referring to the Tubbs Fire that decimated an area called Coffey Park in Santa Rosa, "was like a blowtorch laying on its side and blowing through whatever it came across."

Since the start of the fire on Oct. 8, CAL FIRE responded to 250 new wildfires. At the peak of the wildfires, roughly 11,000 firefighters were battling 21 major wild-

fires that consumed 245,000-plus acres. Cal Guard forces were assigned to areas that were affected by the Tubbs, Pocket, Atlas and Nuns fires, the most destructive wildfires in the wine counties.

"Out of the 20 most destructive wildfires in the state of California, Tubbs is now No. 1," said Santa Rosa Fire Chief Tony Gossner. "Nuns is No. 6, and we were dealing with both of those fires under this one incident management team, and they're complex."

This fire season marked one of the Cal Guard's most historic in terms of assets used. As the 49th dispersed its land troops, Cal Guard air assets continued the fight from above with helicopters and air tankers dropping millions of gallons of water and fire retardant. A force of 300 troops was training at the Cal Guard's Camp Roberts in preparation for ground support, where they follow fire lines and perform mop up operations.

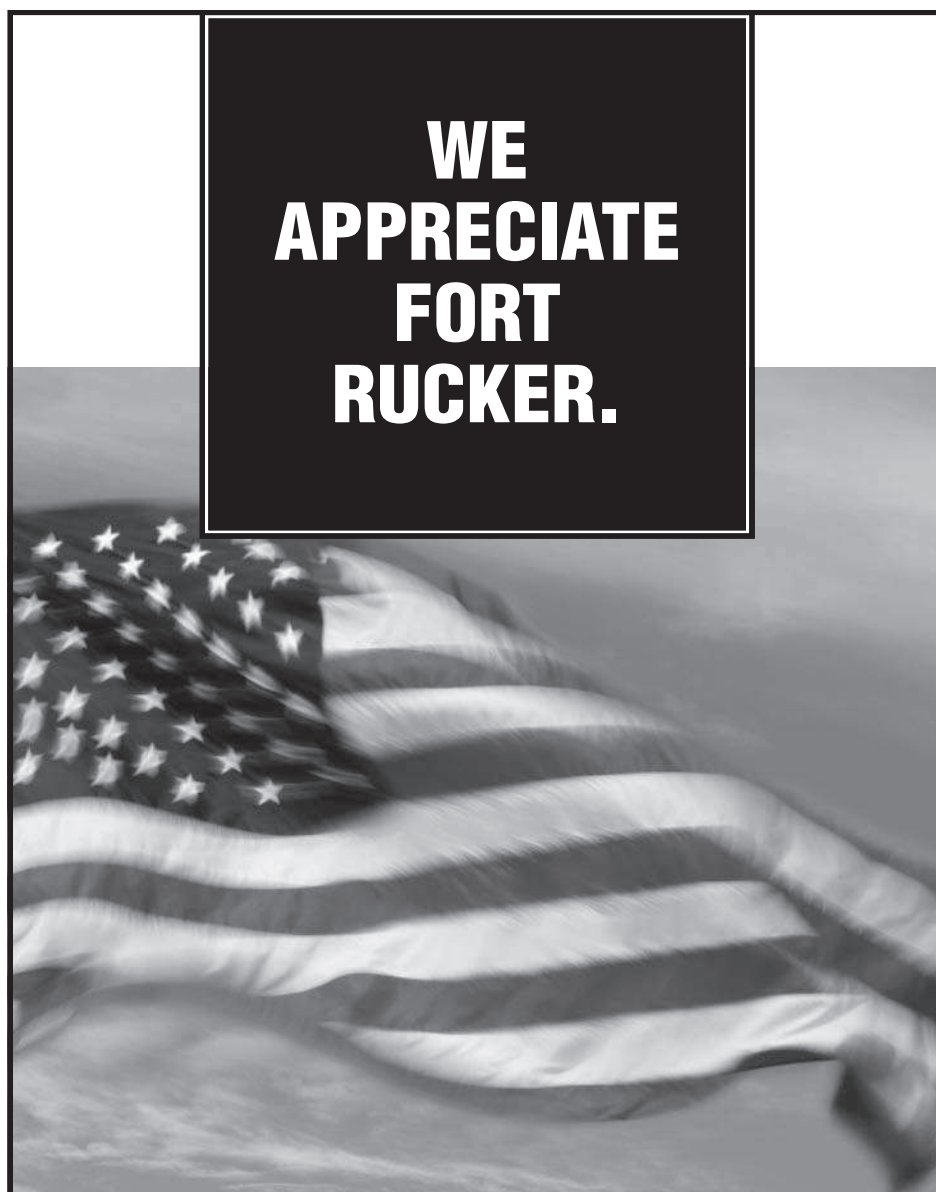
**WE
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Spc. Michael Clay Carroll of the California Army National Guard, receives a free taco from a private vendor during the height of the 2017 Northern California wildfires. Private businesses and local organizations stepped forward to not only assist victims of the fires, but Soldiers and first responders, as well.



Second Lt. Daniel Tsoi-A-Sue and Staff Sgt. Sergio Soto of the California Army National Guard's 49th Military Police Brigade connect with command staff on a mission at Coffey Park, one of the hardest hit areas in Santa Rosa, California, at the height of the 2017 Northern California wildfires.



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

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Power restoration remains top concern in Puerto Rico, U.S. Virgin Islands

By Terri Moon Cronk
Defense Media Activity

WASHINGTON — Power restoration remains the No. 1 priority in Hurricane Maria-ravaged U.S. territories Puerto Rico and the U.S. Virgin Islands, Defense Department spokesman Lt. Col. Jamie Davis said Friday.

DOD is responding to the islands with about 11,400 active duty and National Guard service members, he said.

The U.S. Army Corps of Engineers is partnering with the Puerto Rico Electric Power Authority, the Energy Department and the Federal Emergency Management Agency to unite in repairing the fragile Puerto Rico power grid, Davis said.

Troops also are continuing response efforts in the U.S. territories to distribute power generators and commodities such as food and water. Work also is ongoing to expand the distribution network, supply medical support, perform route clearance, provide aviation support, provide planning support to FEMA and supporting the Corps' repair of the Guajataca Dam in Puerto Rico.



PHOTOS BY STAFF SGT. EDWARD SIGUENZA

Prime power transmission and distribution specialists assigned to D Co., 249th Eng. Bn., repair power lines in Rio Grande, Puerto Rico, Oct. 19.

RESPONSE TO RECOVERY

DOD is supporting FEMA's stabilization plan for transition from disaster response to recovery, the spokesman said.

As progress increases and improvements are made in ground lines of communication, FEMA and the commonwealth of Puerto Rico assess the needs for further federal support and explore contracting solutions to mitigate water shortfalls through contracted water trucks to augment existing municipality capabilities, he said. Some municipalities are reporting they have received enough assistance, while others are reporting they have not received enough. FEMA is adjusting distribution to meet the demand.

PROGRESS UNDER WAY

- Of 67 hospitals, 65 are open — 45 on the power grid, 21 on generator power and two with unknown status.
- 26.2 percent of customers have electricity on the island.
- 75 percent of customers have drinking water, but boiling orders remain in effect. Thirty-nine of 51 wastewater treatment plants are operational.
- 87 percent of the population has cellular services available, 84 percent of gas stations are open and so are 119 schools.
- U.S. Northern Command continues to deliver food, water, sustenance and aviation support capabilities. Eleven U.S. Transportation Command flights with personnel, helicopters and a cargo loader were scheduled for delivery Friday.
- DOD's providing 67 rotary-wing and five fixed-wing aircraft.
- Logistical base camps have been set up Aguadilla and Roosevelt Roads.

MEDICAL CARE

- The USNS Comfort is providing medical support operations and is transiting to San Juan to support Centro

Medico — 196 patients have been seen since Oct. 5. The 14th Combat Support Hospital is fully operational and seeing patients in Humacao. The 633rd Expeditionary Medical Support hospital has attained initial operating capability in Aguadilla. The 285th Area Support Medical Company and 335th AMSC are operating in Ponce and Aguadilla. U.S. Transportation Command is postured to support patient movement to the continental United States with requests from FEMA and Health and Human Services.

- DOD completed 642 of 802 requested generator pre-installation inspections and has installed 280 units.
- Progress continues with persistent route clearance as-

essments and execution by U.S. Army Reserve engineers, Puerto Rico National Guard, and 24th Marine Expeditionary Unit personnel.

- -The 3rd Expeditionary Sustainment Command continues water production and distribution, and is focusing its distribution operations on the interior of Puerto Rico.
- Defense Logistics Agency efforts are centered on FEMA mass care, feeding support and Corps' power missions. In the U.S. Virgin Islands, the 575th Area Support Medical Company is fully operational and seeing patients in St. Croix, while the 602nd ASMC is seeing patients in St. Thomas.

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November 3 - 12, 2017

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COREY SMITH

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SATURDAY,
NOV. 4TH

MICHAEL RAY

7:30 P.M.
SUNDAY, NOV. 5TH

38 SPECIAL

7:30 PM,
WED., NOV. 8TH

BRETT YOUNG

7:30 P.M.
THURS., NOV. 9TH

2017 Gate & Ride Specials

GATE & RIDE SPECIALS

Regular Price Gate Admission (ages 6 and over) - \$7 • Ages 5 and under admitted free every day

FRIDAY, NOVEMBER 3

Regular Price Gate Admission — \$25 Armband

SATURDAY, NOVEMBER 4

Regular Price Gate Admission • \$35 Armband sold only from 10:00 a.m. to 4:00 p.m.
Armbands may be used until closing time

SUNDAY, NOVEMBER 5

\$6 Gate Admission for anyone ages 6 and over • \$20 Armband

MONDAY, NOVEMBER 6

Pre-registered farmers and their families get in free • Alfa Farmers Members Admission \$5 with Membership Card
Regular Price Gate Admission for all others • \$20 Armband

TUESDAY, NOVEMBER 7

Alfa Farmers Members Admission \$5 with Membership Card • \$20 Armband

WEDNESDAY, NOVEMBER 8

Dream Big Food Drive for the Wiregrass Food Bank
Bring a minimum of 3 cans of food or 1 jar of peanut butter & receive \$2 off gate admission and \$5 off ride armband
Without food donations: Admission - \$7 and Armbands - \$20

THURSDAY, NOVEMBER 9

Seniors (55 & over) admitted free from 11:00 a.m. until 3:00 p.m. • Senior Admission \$5.00 starting at 4:30 p.m.
Military, Veterans and their family members with ID admitted free starting at 4:30 p.m.
Regular Price Gate Admission for all others — \$20 Armband

FRIDAY, NOVEMBER 10

No Gate or Ride Specials

SATURDAY, NOVEMBER 11

\$35 Armbands sold from 12:00 noon to 4:00 p.m. • Armbands may be used until closing time

SUNDAY, NOVEMBER 12

\$22 Armbands • No additional gate admission charged
Fun Cards purchased from the Carnival may not be used on Sunday, November 12

Advance Sales: Gate & Ride Tickets

Advance Ticket Outlets*	Advance Admission — \$6.00 • Megapass* — \$25.00
Check With The Outlets Regarding Times and Cut-Off Dates Of Sales. • All South Urgent Care • Eagle Eye Outfitters • Calvary Weekday Ministry • Fieldcrest Apartments • Five Star Credit Union • Henry County Health & Rehab Facility	(Includes Admission & Armband that can be used any one day of the Festival) On Sale until 5:00 p.m., Thursday, November 2nd at the NPF Ticket Office, Online & Eagle Eye Outfitters. Megapass at McDonald's (in Dothan, Abbeville, Daleville, Enterprise, Geneva, Ozark & Troy) (\$1 from each Megapass sold at McDonald's will be donated to Ronald McDonald House)

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NOVEMBER 2, 2017

FIT IN FALL

Regular exercise during colder months can boost energy, mood, immune system

By Jeremy Henderson
Army Flier Staff Writer

Fluctuating south Alabama temperatures can make it difficult to maintain a healthy autumn fitness schedule, but numerous options exist on post to help keep anyone on track and in shape.

According to Zea Urbiztondo, Fort Rucker fitness program specialist, a wide range of group fitness classes are available to patrons.

“Group exercise classes are a great way for patrons to get their workouts in without having to worry about what to do,” she said. “Instructors program the classes to ensure the patrons work hard, but still have fun.”

Classes are held at both the Fort Rucker Physical Fitness Center and Fortenberry-Colton PFC, and are varied to provide training for every fitness goal, she added.

“In addition to long-time favorites such as spinning and yoga, group exercise also offers several classes that introduce patrons to elements they might not have experienced,” Urbiztondo said. “Group exercise class calendars are available at both fitness facilities and are updated monthly to include new class options.”

WellBeats, an interactive instructional fitness video series available at Fortenberry-Colton PFC, provides an additional indoor fitness resource for patrons who can’t attend regularly scheduled classes.

“WellBeats is a great resource for those who are interested in group exercise classes, but unable to attend a scheduled class,” Urbiztondo said. “Virtual instructors lead the class, complete with modifications for patrons using the system.”

Fortenberry-Colton PFC also hosts basketball courts, volleyball courts, and a rock climbing wall that patrons can enjoy when temperatures drop during autumn and winter.

“The functional fitness area, found within the Fort Rucker PFC, offers a wide range of equipment to enhance workouts, including an indoor turf, sleds, tires, and plenty of pull-up bars and climbing ropes,” Urbiztondo said. “Treadmills, rowing machines and stationary bikes are also available at either facility for those who normally enjoy running or biking outdoors in warmer weather.”

According to Urbiztondo, the functional fitness area recently grew in offerings and



PHOTO BY JEREMY HENDERSON

Jessica Ingalls, Fort Rucker physical fitness specialist and personal trainer, guides participants through strength training sets during a recent ‘Hardcore’ group fitness class. The class, which focuses on a variety of strength and cardio conditioning routines, aims to help patrons boost their fitness to the next level.

now hosts six squat racks, monkey bars, six double wall-ball targets and two sets of gymnastic rings.

Some patrons may choose to brave the colder weather and continue their training outdoors. Urbiztondo offered a few tips to ensure safe and productive training sessions in colder climate.

“One of the most important things to re-

member when exercising outdoors in colder weather is to dress appropriately,” she said. “You do not want to dress too warmly – exercise generates heat and, by having too many layers on, you may feel warmer than you really are during exercise. Your sweat then evaporates, leaving you feeling chilled and at risk for hypothermia.

“If you choose to exercise outdoors,

you want to dress in layers that you are able to remove as you work out, then put back on as you cool down when finished,” she added. “Always remember to protect your head, hands and feet from the cold elements and use lip balm to help protect against wind chill.”

In addition to dressing for the weather, Urbiztondo emphasized the importance of hydration and properly warming up cold muscles.

“Hydration is still just as important when exercising in cold weather versus hot weather,” she said. “Even though you may not feel as thirsty or sweaty after working out in the cold, it is important to continue to hydrate before, during and after exercise.

“Dynamic warm-ups are the best way to ensure your muscles are ready to exercise and helps minimize the risk of muscular injury,” she added. “Think about what exercise activity you are about to participate in and perform warm-ups that mimic that activity and to get your blood moving and your muscles warm.”

Urbiztondo suggests beginning with stationary, isolated movements such as arm circles or trunk twists, then progress to more complex movements such as mountain climbers or high knees.

“For example, if you are going for a run outdoors, do some jumping jacks, high knees, skips and lunges,” she said.

Why is it important to remain active even when the weather outside is less than desirable?

“It is important to remain physically active, even during the colder weather months,” Urbiztondo said. “It helps keep energy levels up, especially when the days feel shorter and things get busy with the holidays. A lot of people find that maintaining a regular exercise program helps keep them from feeling overwhelmed during the holiday season.

“By continuing to exercise regularly, you can also help ward off colds and other symptoms common during cold weather months,” she added. “Improved overall health boosts your immune system, making you less susceptible to sniffles and coughs that many other people are plagued with during the winter.”

For more information about group fitness classes or amenities offered at PFCs on post, call 255-2296 or visit <https://rucker.armymwr.com/programs/fitness-centers/>.

Online patient portal saves time, improves experience

Military Health System
Communications Office

SILVER SPRING, Md. – Air Force Maj. Stephanie “Jill” Raps is a busy nurse. Before departing for advanced schooling at the Uniformed Services University of the Health Sciences, Raps was assigned to the Defense Health Agency where she developed digital tools to help patients, doctors, and other health care providers access information in the Military Health System.

Raps spends her free time chasing around a 2 year old

and a 4 year old. One evening as she waited outside her older daughter’s ballet class, she remembered she needed to make an appointment for a physical for her daughter’s day care.

“I looked at my watch and realized, ‘Shoot, the appointment line just closed!’” said Raps.

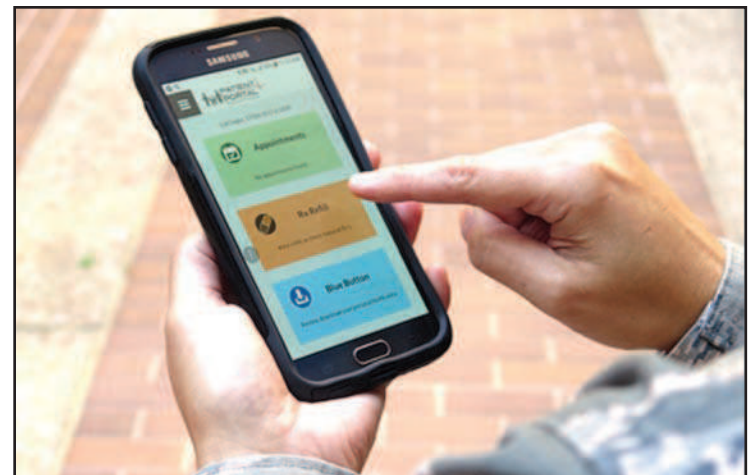
Rather than wait to call the next day – or worse, forget to call at all – Raps used her smartphone to access the TRICARE Online Patient Portal, also called TOL Patient Portal, a secure website that connects registered users with online health care information and ser-

vices at military hospitals and clinics.

“You can access the Patient Portal with any device, including your smartphone,” said Col. Richard Wilson, a division chief in the Health Information Technology directorate at the Defense Health Agency. “Users can manage appointments for themselves and their authorized family members.”

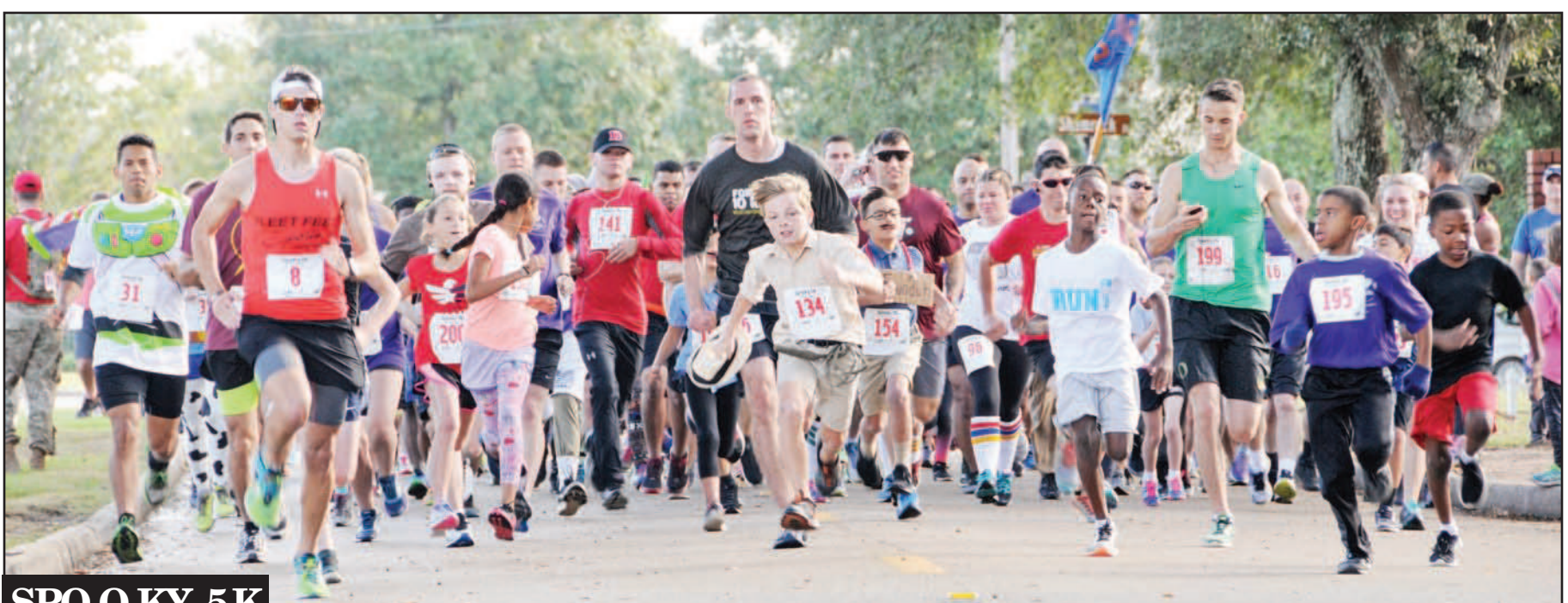
Wilson believes patients who can more easily access their own health information using TRICARE Online will be more

SEE ONLINE, PAGE D3



DOD PHOTO ILLUSTRATION

The TRICARE Online Patient Portal connects registered users with online health care information and services at military hospitals and clinics.

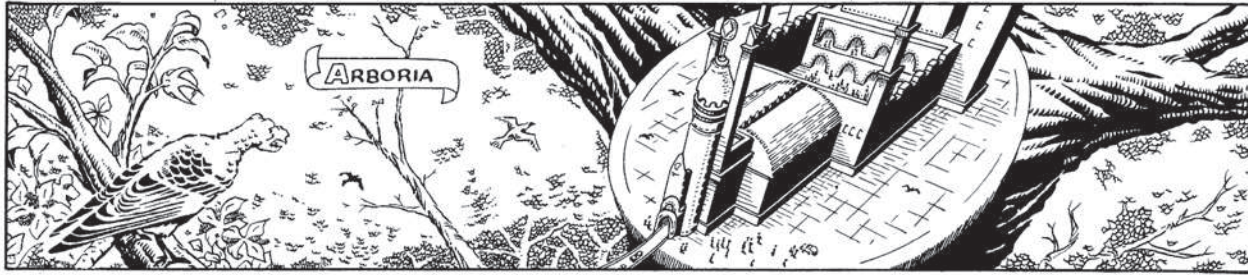


SPOOKY 5K

Runners sprint off the line during the Spooky 5K run in front of Fortenberry-Colton Physical Fitness Center Saturday.

PHOTO BY NATHAN PFAU

DOWN TIME



Just Like Cats & Dogs by Dave T. Phipps



Trivia test by Fifi Rodriguez

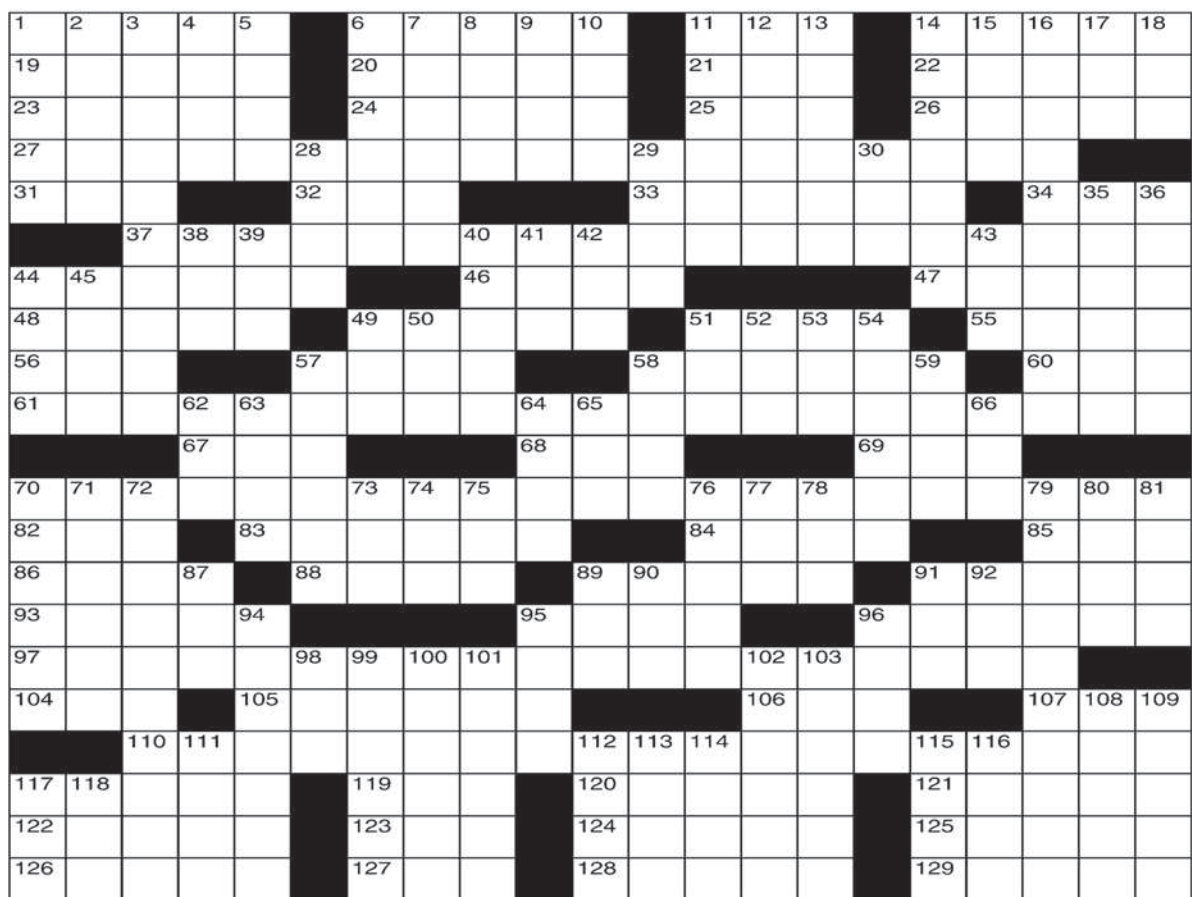
T R I V I A

- HISTORY:** Where was the Manhattan Project, the atomic bomb, developed?
- LITERATURE:** Who wrote the 19th-century poem "The Raven"?
- TELEVISION:** How many castaways were on the sitcom "Gilligan's Island"?
- HISTORY:** What Byzantine city was later renamed Istanbul after being captured by the Ottoman Empire?
- ACRONYMS:** What do letters in SCUBA stand for?
- STYLE:** What kind of hairdo did The Beatles inspire in the 1960s?
- GEOGRAPHY:** The Mexican border city of Tijuana is close to which major U.S. city?
- MOVIES:** What kind of dog was Toto in "The Wizard of Oz"?
- ENTERTAINMENT:** What is the name of Donald Duck's significant other?
- FOOD & DRINK:** What is the word for Vietnamese noodle soup?

See Page D3 for this week's answers.

Super Crossword SPIRITUAL ADVANCEMENT

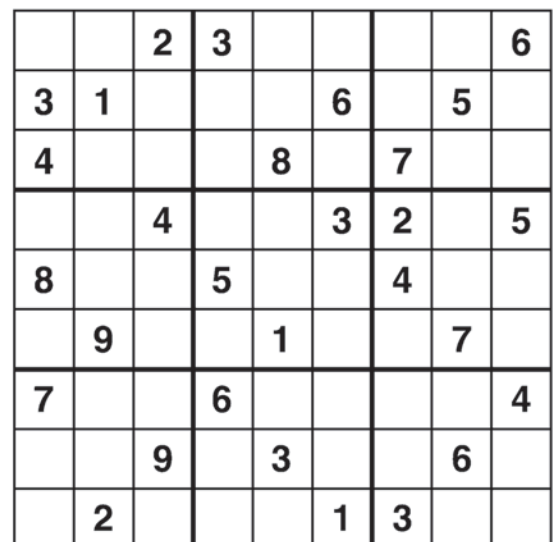
- ACROSS**
- 1 Carried, as a load
 - 6 University in Druid Hills, Georgia
 - 11 Old TV's "Mayberry"
 - 14 Mythical man-goat
 - 19 Sub in WWII
 - 20 Coloratura Callas
 - 21 The "E" of REO
 - 22 Milo of films
 - 23 Toot one's own horn
 - 24 Tidy up
 - 25 Seoul soldier
 - 26 Bridle straps
 - 27 Start of a riddle
 - 31 Volcano stuff
 - 32 Basilica seat
 - 33 — -Lorraine (region of France)
 - 34 Break bread
 - 37 Riddle, part 2
 - 44 Made up for
 - 46 Cupid's counterpart
 - 47 Mello — (drink brand)
 - 48 Paint type
 - 49 Trembly tree
 - 51 Pepsi or Tab
 - 55 Picnic spoiler
 - 56 Pitching star
 - 57 Clog or pump
 - 58 Skylight?
 - 60 No-frills shirt
 - 61 Riddle, part 3
 - 67 Actress Long or Vardalos
 - 68 Hurry-scurry
 - 69 People with power
 - 70 Riddle, part 4
 - 82 Lac liquid
 - 83 Bumper finish
 - 84 Assistant
 - 85 Man-mouse connector
 - 86 eBay offers
 - 88 Stitches
 - 89 Signed one's name to
 - 91 Up and about
 - 93 Weeps
 - 95 Slushy drink
 - 96 Gave in exchange
 - 97 End of the riddle
 - 104 Me, in Lyons
 - 105 Old game consoles
 - 106 Near-infinite time span
 - 107 Shiny stone
 - 110 Riddle's answer
 - 117 Student
 - 119 Hill VIP: Abbr.
 - 120 Sky hunter
 - 121 Feel jubilant
 - 122 Beneficial
 - 123 Ending for Sudan
 - 124 "Pippin" Tony winner
 - 125 Lamp spirit
 - 126 Overly fond type
 - 127 Old JFK flier
 - 128 Paid to play
 - 129 Braying ones
 - DOWN**
 - 1 Friend of Forrest Gump
 - 2 Some double reeds
 - 3 Household insect trap
 - 4 Curiosity org.
 - 5 Caesar's dying words
 - 6 Was a roast host, say
 - 7 African land
 - 8 Russian city
 - 9 Iranian coin
 - 10 Yin's partner
 - 11 Throw again, as dice
 - 12 Like silky down
 - 13 Authoritarian decree
 - 14 Black magic
 - 15 On a cruise
 - 16 Sleeping bag fabric brand
 - 17 Osaka coin
 - 18 Coll. dorm supervisors
 - 28 Barreled
 - 29 Fezzes, e.g.
 - 30 Learning loc.
 - 35 More homely
 - 36 Gives a call
 - 38 "Liftoff!" preceder
 - 39 Really annoy
 - 40 Ward off
 - 41 Prior to, to a bard
 - 42 Swindle
 - 43 Beyond, to a bard
 - 44 "Wool!"
 - 45 Tijuana nosh
 - 49 "I caught ya!"
 - 50 Fa-la link
 - 51 Bovine chew
 - 52 Eye, to a bard
 - 53 Mauna —
 - 54 Make it
 - 57 Mown paths
 - 58 Before long, to a bard
 - 59 Ex-governor Carlson
 - 62 Savings acct.
 - 63 Blu-ray —
 - 64 Unvarying
 - 65 Suffix with block
 - 66 Suffix with balloon
 - 70 Skype setup
 - 71 Coiffure
 - 72 An amplifier receives it
 - 73 "— you in?"
 - 74 Drag
 - 75 Ambulance inits.
 - 76 "Star Trek" actor George
 - 77 Rush along
 - 78 Mix in
 - 79 Holders of frankfurters
 - 80 Maumee Bay's lake
 - 81 36 inches
 - 87 Month no. 9
 - 89 German "I"
 - 90 Born, in Lyons
 - 91 Klee's forte
 - 92 Took a chair
 - 94 Waldorf's Muppet partner
 - 95 Formal reply to "Who's there?"
 - 96 Scads
 - 98 Biblical verb suffix
 - 99 Lectern platforms
 - 100 "Hondo" actor
 - 101 Official seal
 - 102 Lie at rest
 - 103 Bewailed
 - 108 "The Office" actress
 - 109 Deals (out) Kemper
 - 111 Belgian/French river
 - 112 Den fixture
 - 113 Pressing tool
 - 114 Nasal spray, e.g.
 - 115 Dreamcast company
 - 116 Firewood splitters
 - 117 Peas' place
 - 118 ET carrier



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ♦♦

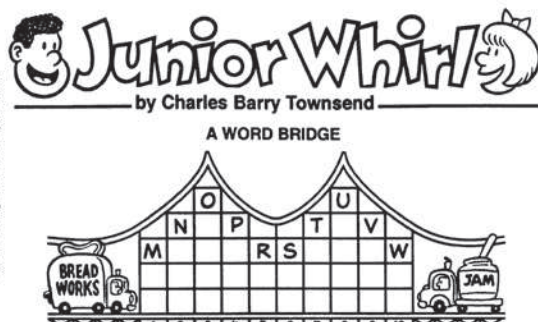
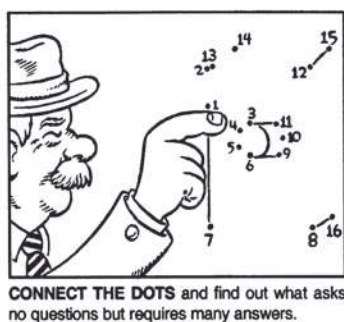
♦ Moderate ♦♦ Challenging

♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID'S CORNER



A FRIGHTENING PUZZLE? To solve this problem you must replace the letters in our AlphaMath puzzle with the digits 0 through 9, so that you have a correct addition expression. The same letters get the same digits. See if you can get a higher total than we did.

The bridge above contains 10 supporting words. We give you the first letter of each, plus plenty of hints.

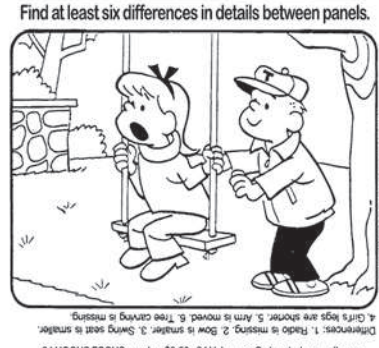
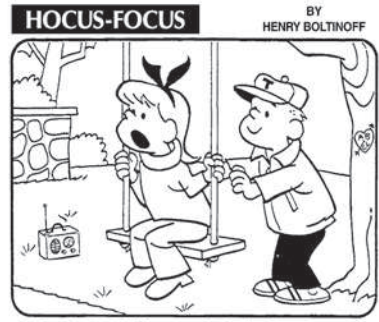
- A very small unit of measurement.
- A small corner recess.
- A U-shaped bend in a river.
- A ringing of a set of bells.
- A teasing remark (sl.).
- To drench in a liquid.
- To pack down tightly.
- To consolidate.
- To sell by machine.
- A large amount of cash.

FIND THE SEVEN WORDS PUZZLE! In the word square at the right, we've removed six of the letters to spell out the word "LANCET." See if you can replace these letters in the squares so that you will have four three-letter words across and three four-letter words down. Time limit: 60 seconds.

Wishing Well

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

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.



Wounded warrior pushes limits

By Annette P. Gomes
Warrior Care and Transition

WASHINGTON — Veteran Sgt. Brandi Evans is always up for a challenge. A long-time sports enthusiast, the Colorado native played volleyball, basketball and ran track all her life.

Her active and athletic lifestyle was placed in jeopardy in 2003 when she was hit by a car while crossing the street, fracturing her hip and shattering her right knee. She spent three months in a wheelchair and 14 more in physical therapy.

“At one point, my doctor told me that my new sports would include golf, biking and swimming. I was like, you are kidding, right?” Evans laughed as she recounted the conversation with her doctor.

She would go on to learn the hard way that he was partially right. She has had three revisions to her full knee replacement since the doctor told her about her new sports. However, Evans has since discovered a new way to play the sports she’s been playing her whole life and not have to keep reinjuring herself.

“Adaptive sports saved my joints. It was an accident that I ended up in adaptive sports and I never imagined doing some of the things I have done in this program,” Evans said. “After my accident, I was in a wheelchair for four months before my hip healed. I thought, ‘How hard could adjusting to adaptive sports



PHOTO BY PFC. SEARA MARCSIS

Army veteran Brandi Evans reaches for the ball during the wheelchair basketball semi-finals competition matchup between Team US vs. Team Denmark at the Games at the Ryersons Mattamy Athletic Centre during the 2017 Invictus Games in Toronto.

be? Particularly wheelchair basketball. It was definitely a challenge,” she said.

Evans would go on to embrace the challenge as she began practicing on the court.

“I just keep pushing through. Earlier this year at Operation Rebound Camp, I was struggling with ball handling. I thought maybe I didn’t have the right coordination to be a good ball player. I had to really think if wheelchair basketball was something I should continue playing,” Evans recalled. “I ultimately decided to stick with it and just worked more and more at it every day until I felt a little more confident handling the ball.”

Evans confidence level grew as she continued to work on her game and that hard work

was rewarded when she found out she was named to the Team U.S. wheelchair basketball team to compete at the 2017 Invictus Games in Toronto. She was notably the only female on the team.

“I was nervous about playing wheelchair basketball [at Invictus Games]. I was playing with National Wheelchair Basketball Association players, an athlete that plays competitively in France, and against Paralympians, so I just started worrying about whether or not I could keep up with these guys,” Evans said.

Not only did she keep up, but she contributed valuable minutes and points as Team U.S. went on to beat the Netherlands for gold and be named the 2017 Invictus Games champions.

“We couldn’t believe it. We

played the Netherlands earlier that week and we won by about 20 points. I have to say Netherlands really wanted gold just like we did,” Evans said. “The whole game we were going back and forth. I know that we kept the celebrities and Prince Harry on their toes. It was amazing to see the faces in the crowd and to know that we had the support of all those wonderful people cheering for us was incredible.” She said.

Evans continued celebrating this week as it was announced she will be playing with the National Wheelchair Basketball Association’s Arizona Storm for their 2017-18 season. She says the support she received on the road to this opportunity has been overwhelming.

“I’m at a loss for words. I played at a tournament in Arizona in March with the El Paso Airwheelers. I Played against some amazing women, some Paralympians,” Evans said of the experience. After the tournament, at which Evans was the only female on the Air-wheelers, started getting calls to play with women’s wheelchair basketball teams.

She credits Cruz Gutierrez, her mentor and an advocate for people with sports disabilities and her Air Wheelers teammate, for helping her for the Warrior Games and the Invictus Games.

“If it wasn’t for Cruz asking me to go to that tournament earlier this year I would not be where I am today,” Evans said. “He

took a chance on a rookie and he pushes me to give it my all and push through. The opportunities I have awaiting me have opened because of the adaptive sports program and Cruz. I am forever grateful to him.”

Evans attended a three-day camp over the summer at the University of Arizona where Jenn Poist, a Team USA Paralympian, was assisting the coaches. As expected, the camp had plenty of talent and Evans learned a great deal about the game and herself.

“I have met some amazing athletes that challenge me to push myself harder. You can only get better when you push yourself.”

When Evans trains and competes, she thinks about all of her friends and finds motivation from her husband, Todd and her kids who have supported her through it all. She considers herself lucky to have walked away from that pedestrian accident with a broken knee and hip.

“Many of my friends can’t stand up and they struggle everyday with debilitating injuries or illnesses,” she said. “I am so excited for this new journey, but sometimes it doesn’t seem real. I love this sport and I have been working hard to get better.

“I’ve been through a lot, but others have been through much more,” she added. “As the great basketball coach John Wooden said, ‘Don’t let what you cannot do interfere with what you can do,’ so I continue to push on and learn just how much I can do.”

Online

Continued from Page D1

inclined to use the health benefit.

“Beneficiaries can use the service 24 hours a day, seven days a week, instead of trying to call and book appointments at times that might not be the most convenient for our beneficiaries,” said Wilson. “This makes our patients better engaged in their own health care, which tends to produce better health outcomes.”

To access the mobile TOL Patient Portal, beneficiaries will need to register for a Department of Defense

Self-Service – better known as DS – Logon account through the Defense Manpower Data Center at <https://www.dmdc.osd.mil/appj/dwp/index.jsp>.

The TOL Patient Portal also has a mobile prescription refill function. Soon, another feature will be activated that will provide patient access to personal health information, such as lab results, vital signs, and immunizations, to name a few.

“What we really want patients to realize is they have these awesome tools out there,” said Wilson, “that speed things up, help them become more informed, and

ultimately, let them be more healthy and have a better quality of life.”

Using the mobile access of the TRICARE Online Patient Portal when it was convenient for her, Raps quickly made her daughter’s appointment while avoiding the hassle of making a phone call during limited hours, and saving time, a commodity she values greatly.

“At the end of the day, the most important thing for a military member is time. We just don’t have a lot of time,” said Raps. “This access gives me information and the time I need.”

FORT RUCKER SPORTS BRIEFS

Deer season

The Fort Rucker 2017-2018 Deer Season has begun. Archery season continues through Feb. 10. Gun season runs from Nov. 18 through Feb. 10. Antlered bucks only, with three points or better on one side for both archery and gun deer season.

For more information, call 255-4305.

Turkey Trot 5K

The annual Fort Rucker Turkey Trot 5K and 1-Mile Fun Run will be held Nov. 11 starting at 9 a.m. at the Fort Rucker Physical Fitness Center. Participants are encouraged to pre-register at either PFC. Pre-registration fee is \$20 by Nov. 5. Nov. 6 and up to race day, entry fee is \$25. The no T-shirt option fee is \$12. Teams of eight people will pay \$120 (\$15 per team member), each additional person pays the normal registration fee. Only eight medals will be awarded per team. The Top 3 teams will be awarded streamers. All pre-registered competitors will receive a T-shirt. After Nov. 5,

all teams will pay \$160 (\$20 per team member). Competitors registering after Nov. 6 will receive T-shirts while supplies last. Fun run registration is free to all children 12 and under, and each child will receive a medal. T-shirts are \$10. Turkeys will be awarded to the overall winners in the male/female, master/grandmaster male and female, and 14 age group categories.

For more information, call 255-2296.

Trail ride

Fort Rucker Outdoor Recreation will host its all-terrain vehicle and dirt bike trail ride Saturday from 7 a.m. to 1 p.m. Pre-registration is required and the cost is \$20. Drivers must pass the safety driving test through ODR before participating. Participants must provide their own ATV or dirt bike, and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. The event is open to the public for ages 16 and up.

For more information, call 255-4305

or 255-2997.

Saturday Afternoons on the Range

Silver Wings Golf Course hosts its Saturday Afternoons on the Range with PGA professional Ty Andersen Saturdays from 1-2 p.m. Cost is \$10 and can be paid at the pro shop before the session starts at the driving range. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

Rucker Gold Fitness Jump Start

The Fortenberry-Colton Physical Fitness Center will host its Rucker Gold Fitness Jump Start Wednesday from 11 a.m. to noon. The class is designed for people over 50 who want to enhance their quality of life by learning how to become more physically active. Jump Start will go over the basics of yoga, posture and cardiovascular programming. The instructor will lead participants through movements and answer questions on how to be stronger and live longer.

Due to limited space, organizers recommend people pre-register. To register or get more information, call 255-2296 or 255-3794.

Youth deer hunt

Fort Rucker Outdoor Recreation will host a youth deer hunt Nov. 11. The cost is \$20 and it is open to the public for youth ages 7-15. Parents and escorts of youth hunters must have an Alabama State Hunting License and a 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 Nov. 11 youth hunt. Door prizes and lunch will be provided. Prizes will be awarded for first, second and third place.

People can sign up at the ODR service center located on West Beach of Lake Tholocco. For more information, call 255-4305.

Weekly SUDOKU

Answer

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

Trivia

Answers

- Los Alamos National Laboratory (New Mexico)
- Edgar Allan Poe
- Seven
- Constantinople
- Self-Contained Underwater Breathing Apparatus
- The mop-top
- San Diego
- Cairn Terrier
- Daisy Duck
- Pho

PUZZLE ANSWERS

Super Crossword

Answers

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

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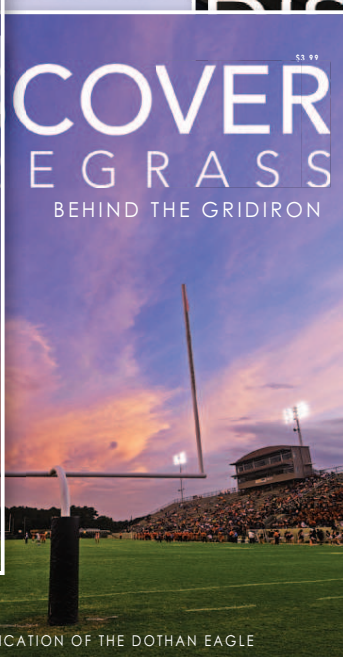
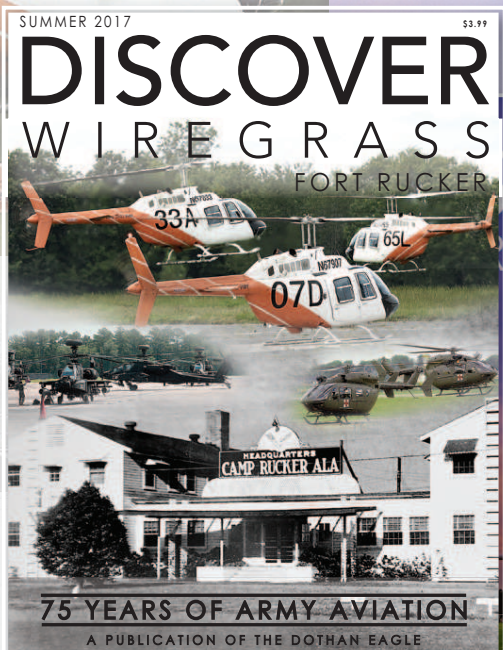
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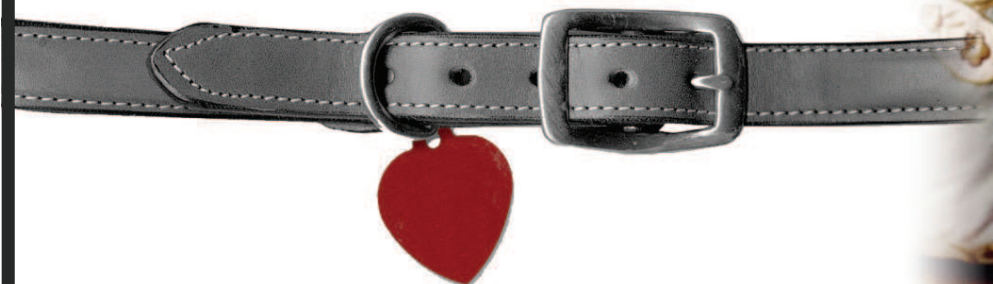
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