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ARTS & CRAFTS
Center helps

Center helps people get creative

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WINTER FITNESS

PFCs offer options for keeping fit, warm

Story on Page D1





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

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FORT RUCKER ★ ALABAMA

DECEMBER 8, 2016



Post lights up Christmas season



DIOTO DVALATILIANI DEALI

Children react as they meet Santa Claus after the tree lighting ceremony at the Howze Field Dec. 1.

By Nathan Pfau *Army Flier Staff Writer*

Fort Rucker officially kicked off the holiday season with a full evening of festive events to get people in the holiday spirit.

The installation kicked off the night of holiday cheer with the annual Christmas tree lighting ceremony at Howze Field Dec. 1, where the smell of hot cocoa and sounds of Christmas music filled the air.

Throughout the event, hundreds of people were treated to holiday music by the Maneuver Center of Excellence Fort Rucker Detachment Band, as well as a caroling sing-along with different choirs, including the child development center choir, the Girl Scouts of America choir and the post chapel choir.

Maj. Gen. William K. Gayler, Fort Rucker and U.S. Army Aviation Center of Excellence commanding general, was on hand during the ceremony to welcome and wish everyone a happy holiday season before the tree lighting.

"This is truly a time when we should all be thinking very clearly about the blessings that we have in life, and each one of you, each of your family members, each of your loved ones and you should truly dedicate this time of the year to those who mean the most to you," he said, encouraging people to keep those who can't be home for the holidays at the forefront.

"We have many family members around the globe today whose loved ones are somewhere else ... separated from their families, so please do keep them in your thoughts and prayers," he



PHOTO BY NATHAN PFAU

Eddie Phillips, guest performer, reads "Twas the Night Before Christmas" to children during the Commanding General's Holiday Concert at the Post Theater Dec. 1.

said. "This is a time of giving, this is a time about healing and this is a time about peace, so please all of you take that time to enjoy what is special to you during this holiday and Christmas sea-

Following the commanding general's remarks, awards were presented to children who created ornaments that adorned the post Christmas tree before they were invited to flip the switch and officially ring in the holiday season on

Following the tree lighting, Santa Claus, with the help of his elves, made an appearance and greeted children and

family members to help get people in the Christmas spirit.

After the ceremony, people were treated to even more festive fun during the Commanding General's Holiday Concert at the post theater where the Maneuver Center of Excellence Fort Rucker Detachment Band pulled out all the stops to bring the sounds of the holidays to the installation.

The live concert consisted of holiday favorites like "Run, Rudolph, Run," "Baby, it's Cold Outside," and "Santa Claus is Coming to Town," which played as the man in red made his way down the aisles to greet children and parents.



PHOTO BY TORI EVAN

Members of the Maneuver Center of Excellence Fort Rucker Detachment Band perform Christmas classics during the Commanding General's Holiday Concert.

Dorothy Bainbridge, civilian, said this was her second year attending the holiday concert with her children, Matthew and Camilia, and she relishes the opportunity to get into the holiday spirit.

"The music is what always gets me every year," she said. "Christmas music is one of the greatest memories of my childhood and I wanted to make sure my children were able to have that same kind of memory when they grow up.

"I just want them to have a fondness like I do for the season, because this really is my favorite time of year," she continued. "I just think it's great that they put this on for the community."

SPIRIT OF GIVING

Post raises \$100,000-plus for CFC

By Nathan Pfau

Army Flier Staff Writer

As the year winds down and the season of giving is in full swing, Fort Rucker raised more than \$100,000 during this year's Combined Federal Campaign season.

With the help of countless donors and multiple organizations on post, Fort Rucker was able to raise \$104,939 to help put the Southeast Tri-State Re-

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gion over \$1.1 million in donations for this year's campaign, according to Lt. Col. Jon Baker, U.S. Army Aeromedical Center commander and CFC Global Federal Coordinating Committee repre-

"This year's campaign was all about bringing people together," he said during a closing ceremony at the U.S. Army Aviation Museum Monday. "We have

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PHOTO BY NATHAN PFAU

Command Sgt. Major Gregory M. Chambers, command sergeant major of the Aviation Branch, and Col. Shannon T. Miller, Fort Rucker garrison commander, present a check to Ron Denson, CFC Southeast Tri-State Region vice president, during the CFC closing ceremony at the U.S. Army Aviation Museum Monday.

BLENDED RETIREMENT

Seminar informs Soldiers on new system

By Nathan Pfau *Army Flier Staff Writer*

The way people in the military save for retirement will be changing in the coming year, and Fort Rucker Army Community Service wants to make sure people are in the know when it comes to their nest egg.

ACS will host a bended retirement system seminar Wednesday from 6-7 p.m. in Bldg. 5700, Rm. 282, where people can learn about the new system and whether they would like to opt in or stay with their legacy plan, according to Jo Close, ACS accredited financial counselor.

"This (seminar) will be a snapshot of what the new retirement system is," she said. "This new system will offer a Thrift Savings Plan matching system, much like many companies 401k matching plans."

As of Dec. 31, 2017, for active-duty service members, if they have had fewer than 12 years of total service, they have the option to opt in to the new retirement system, said Close. For those with over 12 years of total service by the given time, they must stay in the legacy system.

For Reservists, those with fewer than 4,320 retirement points will have the option to opt in.

Those who are eligible will have all of calendar year 2018 to decide whether

ON POST ■ C2



COURTESY GRAPHI

they wish to opt in or out, she said, and members who wish to stay with the current system don't need to do anything. No one will be automatically moved or opted into the BRS.

With current military retirement plans, there is no option for monetary matching plans that traditional 401k plans offer, said the financial counselor. For that reason, a change is being implemented to give service members that option.

"Only 19 percent of people who come into the military stay for 20 years or longer, so when they leave (before retirement), some would say they leave with nothing (in terms of retirement benefit,)" said Mike Burden, ACS accredited financial counselor. "Now, with this, if they separate before their retirement, they still have their retirement TSP that they can take with them, because the TSP is basically a 401k. Now they have the option if they separate before their 20

SEE BLENDED, PAGE A7

HEALTH • D1-4

PERSPECTIVE

USAACE CG issues holiday message

By Maj. Gen. William K. Gayler U.S. Army Aviation Center of Excellence and Fort Rucker Commanding General

During this special time of year, it's always a joy to see our communities come alive with festive light displays, parades, and events. Like many of you, Michele and I want to take a moment during this holiday season to reflect on the past year and the things we are so thankful for in our lives. One of those blessings is serving at Fort Rucker.

Truly the Wiregrass is a special place to be afforded the opportunity to live, work, and play, and we couldn't be happier to be able to call Fort Rucker and the Wiregrass "home."

We are humbled to be able to serve alongside some of the finest Army Aviation professionals in the world. For all of our Soldiers and Army civilians who stand watch every day, we appreciate all you do for our Nation. You are the heart and soul of our Army and Army Aviation.

We offer a special 'thank you' to our Families — it is their understanding, love and support, every day and through challenging times, that re-centers our lives on what matters the most.

We are thankful for our Nation's legacy of service that has been handed down from heroes across history, by proud veterans who risked — and some gave — their lives, to establish, protect and defend our freedom and the values we hold dear. This time of year is a great time to say a much-deserved thankyou to them.

Our Army community is famous for its

spirit of giving, and I encourage each of you this holiday season to reach out to someone in need, to volunteer, or find a way to help make a life better.

For those who will be absent a family member at your gatherings, we join you in remembering. We also ask that everyone keep our Soldiers who are in harm's way in your thoughts and prayers during the holi-

For those of you who will be on the highways traveling as you enjoy some well-deserved time with your families, please keep safety in mind as you celebrate the holiday season.

On behalf of the command group, Michele and I wish you all the blessings of a safe and happy holiday season and a Merry Christmas.



Gayler

Master application important part of job search

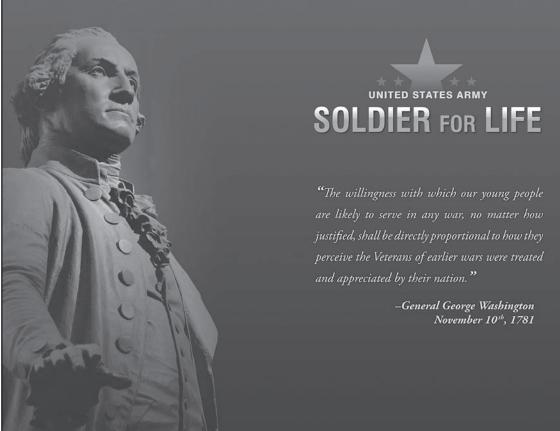
By Bryan Tharpe Fort Rucker Soldier for Life Transitions Services Manager

Have you gone for a job interview lately? Chances are, if you have, you were asked to arrive a few minutes early to complete your job application.

This is something that everyone has to complete before they begin work for the new employer. Filling out the application is a breeze if you are prepared, but if you are not prepared it can be a nightmare and may cost you the

Frequently, the employer does ask the job candidate to arrive a few minutes before the job interview to fill out the application. If you are not prepared, you may go into the interview with a negative mindset from having to rush through the lengthy application.

The application asks for a vast amount of information including your previous experience and skills, completed education and schools, dates and addresses of employment, names and contact



for leaving each job, and more.

information of previous em- All of this information must be the employer finds out that the ployers, salary history, reason verifiable and accurate. Other-information is false, you could wise, even if you get the job and lose the job.

To make the application process easier and to maintain a positive mindset going into the interview session, it is crucial to develop a master application to take with you to the interview. This master application will have all the details of your previous jobs - usually going back 10 years – to include the information listed above. The details of your previous jobs must also be in terms that are familiar to the employer.

Having this information handy in the form of a master application, will help you feel prepared as you fill out the application, and you can be confident that the information you are providing is accurate. However, you still can't just hand in your master application; you will still have to fill out the application.

For more information on job search skills, transitioning Soldiers and their spouses should contact the Fort Rucker Soldier for Life Center at 255-2558 to register for SFL services, and schedule additional events and appointments.



66 Winter is here and the cold will soon be upon us. What tips can you offer to help keep warm during the colder months?



CW3 Rourk Peterson, 1st Bn., 14th Avn. Regt.

"It depends on what you're doing. If you're sitting around the house, just wear layers."



Yong Keen, military spouse

"Wear proper jackets and clothing, and exercise. I just came from walking and it keeps



Elizabeth Partridge, military spouse

"Wear jackets and sweatshirts, and wear a scarf and a hat to keep your ears warm.'



Sybil Little, military spouse

"Just exercise."



Gary Williams, retired military

"Just stay inside."

COMMAND

Maj. Gen. William K. Gayler FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller

FORT RUCKER GARRISON COMMANDER Lisa Eichhorn

FORT RUCKER PUBLIC AFFAIRS OFFICER

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

MOCKTAILS

Event showcases alternative to alcohol over holidays

By Nathan Pfau

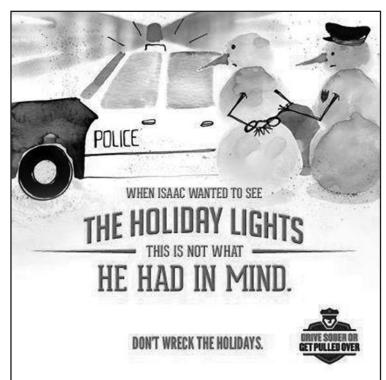
Army Flier Staff Writer

The holiday season is a time where family and friends gather to enjoy one of the most festive times of the year, but that holiday cheer can be marred by one deadly mistake – driving under the influence.

In 2014, nearly 10,000 people were killed in alcohol-related automobile accidents, according to the National Highway Traffic Safety Administration, and Fort Rucker is doing what it can to make people aware of the dangers of driving under the influence of alcohol or drugs, said Rebecca O'Brien, Army Substance Abuse Program drug and alcohol prevention coordinator.

During the month of December, which is National Drunk and Drugged Driving Prevention Month, O'Brien wants to remind people to "Don't Wreck the Holidays" with potentially deadly decisions.

"The holidays can be very stressful, and alcohol is the No. 1 issue in the Army and also on college campuses across the country, so it hits a lot of people," said the ASAP coordinator. "If you're



COURTESY GRAPHIC

a mother, a father, a sibling or spouse, or whether you're a drinker or not, everyone is affected by choices made with respect to alcohol.

"The holiday season is the highest time of the year for parties, family interactions, and events and celebrations where alcohol is involved and many people are out of their norm," she said. "There are a lot of DUIs around this time of year and this is a prominent time of year for an ugly problem with innocent intentions."

O'Brien said people should always make a plan before they decide to drink – either designate a driver or be the designated river. People tend to have the misconception that they are capable to adapt when it comes to drinking and driving, but they can't and the decision to drive if they've been drinking should always be no.

One way people can avoid drinking and driving is by providing mocktails, or cocktails that don't contain any alcohol, said O'Brien. She will host a demonstration during Holiday Mocktails! at Lyster Army Health Clinic's Lifespace Center today from 1-3 p.m.

"This event is a fun event that would welcome people and open them to a message they've heard a million times about a problem they know exists but do not think applies to them, but it does," she said. "Our mocktail party is an option for people who are not drinkers or if they have people who attend their parties who are non-drinkers. It's not just for the designated driver.

"This is the deadliest time of the year with regards to alcohol," said the prevention coordinator. "We've also seen in the clinic an increase in prescription drug use, and that coupled with alcohol, without any intent, simply because people aren't aware. We want people to be aware of mixing medications with alcohol."

The mocktail event is a great way to help people become aware of the dangers of not only drinking, but mixing medication with alcohol, as well, she said.

Lorita Baughman, LAHC patient educator, works alongside primary care managers to take care of patients' needs, and said the mocktails event was a good way to interact with people and help them make healthier, smarter life choices.

"When patients are here, they don't leave here until I've covered every aspect of their needs," she said. "We call it the Life Space Center because the goal is to get into the patient's life space – to help them determine whatever their needs and goals are to become healthier – and one of the things we wanted to ensure was that people aren't mixing alcohol and medicine because a lot of the medication people take they aren't allowed to have with alcohol."

The overall goal is to make sure people stay safe throughout the holiday season and make the right choices, added O'Brien.

SecDef addresses the Defense Senior Enlisted Leader Council

By Jim GaramoneDefense Media Activity

WASHINGTON – Defense Secretary Ash Carter thanked the senior NCOs he calls his "eyes and ears" with the force as he addressed the 2016 Defense Senior Enlisted Leader Council at the Pentagon Nov. 30.

Chaired by Army Command Sgt. Maj. John Troxell, the senior enlisted adviser to the chairman of the Joint Chiefs of Staff, the council consists of the service and combatant command senior enlisted advisers.

Troxell calls it "the Top 25." The council is the only time all the senior enlisted leaders get together each year.

Carter said the senior NCOs play a crucial role in conveying the concerns of the enlisted force to Defense Department leaders and serving as conduits of information from the top down. "I hope when you speak with these young men and women, you tell them how proud we are of all of them and how proud we are of what they chose to do with their lives."

The secretary spent much of his time with the senior NCOs discussing readiness. Each armed service has different readiness issues, he told them, which means that no one solution will apply to all.

The Army and Marine Corps are returning to full-spectrum operations after a generation of concentrating on counterinsurgency, he said. The Marine Corps has

aviation issues it must address. In the Navy, shipbuilding and overhauling are affecting readiness. The Air Force is working with an air fleet that is the oldest in the service's history.

"There is a bill to be paid for 15 years of war in Iraq and Afghanistan," Carter said, but he added that he does not begrudge the money spent, noting, "If you are in, you have to be all the way in."

Nevertheless, there are costs and the Department of Defense must address those shortfalls. A new administration will need to take a serious look at the readiness issue, he said, and he believes that it will.

"The world is the world," Carter said. "So our major strategic directions will, I think, basically remain the same – in the sense that the problems aren't going to change, but approaches to them might."

The defense secretary also spoke of the four-plus-one litany of threats – Russia, China, Iran, North Korea and violent extremism. Those threats aren't likely to change, but events elsewhere could alter the overall equation.

The secretary specifically discussed the current efforts against the Islamic State of Iraq and the Levant. "As far as ISIL is concerned, obviously there is the complete necessity to destroy this thing," he said. "And we are going to do that."

Carter doesn't want to leave behind any vestige of the group that could potentially reconstitute the group in a couple of years.



PHOTO BY SGT. AMBER I. SMITH

Defense Secretary Ash Carter speaks with the Senior Enlisted Adviser to the Chairman of the Joint Chiefs Command Sgt. Maj. John Troxell during the Defense Senior Enlisted Leader's Council at the Pentagon in Washington, D.C., Nov. 30.

Stabilization and economic efforts have lagged behind the military campaign against the group, he said, and those lagging efforts remain a concern. Providing hope and jobs for young Arab men are keys to ensuring the ideology loses its appeal.

Overall, the military must continue to innovate and encourage agility to build the force of the future. "Generations change, kids change, societies change; it requires a constant effort," he said. "A force that has seen the future and grasps the future and gets there before anyone else does is what we need to continue to nurture."

More than any other personnel issue, Carter said, he is concerned about the geographical base of the military. The armed services need to reach into areas that are underrepresented in the armed force in order to offer every American the opportunity to serve

The council continued through Friday.

News Briefs

Clinic closures

Lyster Army Health clinic will be closed the following dates in December:

- Monthly training will be Dec. 16, starting at noon;
 Dec. 23, Christmas day of no scheduled
- activity (no patient appointments);
- Dec. 26, for Christmas Day (observed);Dec. 30, New Year's DONSA (no pa-
- tient appointments); and
 Jan. 2 New Year's Day (observed).

Mocktails

Lyster Army Health Clinic and the Fort Rucker Army Substance Abuse Program will host their Mocktails event in the Lifespace Center at LAHC today from 1-3 p.m. to kick off the National Drunk Drugged Driving Prevention Campaign.

Military personnel closure

The military personnel division will be closed from 11 a.m. to 1 p.m. Dec. 21 for its annual Christmas party. This includes the ID card section, transition services, personnel services branch, personnel reassignment branch, personnel management branch, in and out processing, casualty office and the retirement services office.

Military pay office closure

The Defense Military Pay Office will close at noon Dec. 16. All customers are asked to visit the DMPO with pay inquiries or clearance papers prior to the closure. The office will reopen from 3:30-4 p.m. to accommodate Soldiers who do not have the opportunity to clear prior to the noon closure. Normal business hours will resume Dec. 19 at 7:30 a.m.

Soldiers with a military pay emergency during this time should call 317-319-7604 for assistance.

Savings at Fort Rucker Exchange

The Army and Air Force Exchange Service is ensuring authorized shoppers always find the lowest price this December with a holiday extended price guarantee. Through Dec. 24, all purchases made at the Fort Rucker Exchange are guaranteed to offer the best value in town as shoppers who find an identical item elsewhere for less will receive an exchange gift card for the difference, according to local AAFES officials.

"The Fort Rucker Exchange wants to be military customers' first choice this holiday season," said Ralph Kleemann, general manager. "This price guarantee, combined with our everyday low prices, price matching and tax-free shopping, should help lighten the load on shoppers' wallet."

To receive a gift card, shoppers should bring the original exchange receipt along with a current local competitor's advertisement. The holiday extended price guarantee includes shopmyexchange.com as compared to local retailers.

ID card section closure

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

Lyster update

People are welcome to check out the Lyster Army Health Clinic Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times.

The Lyster Twitter feed is at @Lyster-AHC.

Yoga classes

Lyster Army Health Clinic offers free

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

Lost and found

People who have lost or misplaced property while on Fort Rucker can call the Directorate of Public Safety's lost and found point of contact at 255-3239 to inquire if their property has been turned in. To claim their property, people must be able to demonstrate ownership of the property. DPS retains property found or turned in at special events held on the installation, such as Freedom Fest – the most common items turned-in are keys, cell phones and wallets.

Weight control

The Lyster Army Health Clinic Fit for Performance Weight Control Program consists of six sessions taken over a sixto 12-week period. The program is available to all active-duty military, retirees and family members. Classes are held on Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call 255-7986.

DEPUTY SECDEF:

Offset strategy depends on deterring great powers

By Cheryl PellerinDefense Media Activity

SIMI VALLEY, Calif. — Russia and China are rising in importance among the state powers that occupy the attention of Defense Department officials these days, and deterring those nations is the entire focus of the Pentagon's third offset strategy, Deputy Defense Secretary Bob Work said Saturday.

At the annual Reagan National Defense Forum, Work participated in a panel discussion on "Restoring Deterrence in an Era of Revanchist Powers," in which defense leaders discussed deterring states practicing the political policy of recovering their lost territory or status. Joining Work on the panel, among others, were U.S. Pacific Command Commander Navy Adm. Harry B. Harris Jr., and Army Chief of Staff Gen. Mark A. Milley. David Feith of the Wall Street Journal moderated the panel.

Work referenced political scholar John Mearsheimer's definition of a great power: a large state that could take on a dominant state like the United States conventionally and also has a nuclear deterrent that could survive a nuclear strike against it.

"It's a very simple definition for a great power from the Department of Defense's perspective," Work said, "because it focuses on capabilities."

AGGRIEVED CHALLENGERS

Russia and China, both large nuclear powers, are starting to challenge the United States conventionally, disagree with the global order that the United States has been working to build since World War II and are aggrieved, he added.

"The Russians believe that they have been humiliated since the end of the Cold War," Work said, "and China still smarts from the [so-called] century of humiliation [between 1839 and 1949] that drives so much of its thinking."

The Russians and the Chinese believe that competition is the natural state of affairs, and within that competition, the United States must have three things – strategic deterrence and conventional deterrence, and "we have to manage strategic competition on a day-to-day basis."

Work added, "If you think of strategic deterrence at the top, conventional deterrence in the middle and managing strategic competition at the bottom, the link between the bottom two is crisis management and the link between the top two is escalation control."

The third offset, he said, focuses on conventional deterrence within the framework of comprehensive strategic stability.

DETERRENCE EQUATION

Harris said he thinks of deterrence as an equation: capability times resolve times signaling equals deterrence.

"If any of those things ... capability, resolve or signaling ... are zero, then you've got no deterrence. You could have the greatest military in the world, which we do, the greatest resolve to use [military force] if threatened, which we do, but if you don't have the signaling or if you signal incorrectly, you've got no deterrence," the admiral said.

Capability – the military – is only part of the equation, he said, noting that deterrence is a whole-of-government effort and the United States must work with China and Russia inside the international system.

"I look at all that ... from my vantage point in the Pacific through a dark lens," Harris said, "and everything we do is aimed at giving the National Command Authority the ability to manage that in a complex way."

To Milley, deterrence works when a nation is strong to begin with.

For the past 15 years, he said, all the services "have been focused on a single typology of war – insurgency and counterinsurgency and counterterrorism. We've optimized our force structure to do that ... and sub-optimized other parts of our force structure, and capability gaps have



PHOTO BY SGT. AMBER I. SMITH

Deputy Defense Secretary Bob Work, second from right on stage, and other defense leaders participate in a panel discussion at the Reagan National Defense Forum in Simi Valley, Calif., Saturday.

emerged."

COMPETETIVE ADVANTAGE

The United States still has the competitive advantage, Milley said, but it also has capability gaps that are clear, dangerous and closing fast.

"While it's true the United States military is strong and very ... capable and, you're not going to hear anything different from me, let's be careful about beating our chest on that stuff," the general said.

The world is a serious place with dangerous actors, he said. Those actors must be deterred and, as a nation, the United States must accept the reality that there are significant threats to the international order.

"Do we want to continue that international order or not?" Milley said. "Because it is under challenge by Russia, China, North Korea, Iran and terrorists. Coming to grips with that means maintaining capabilities in order to assure our allies and deter our adversaries."

"It's done through strength, which is a combination of size and capability," he added, "and we've got some work to do on that. I think the current [DOD] leadership has acknowledged that, and I think the future leadership will do the same."

STRATEGIC COMPETITION

Work says that what's different in U.S. strategic competition with China and Russia is that America's national strategy values allies.

"What every president since World War II has said is that Article 5 [of the North Atlantic Treaty] is ironclad ... [and] I don't think anybody in Russia or China doubts our resolve to NATO and to our allies of the Western Pacific," Work added, noting, "That is a very big help for deterrence against both these great powers."

Parties to the 1949 treaty agree that an armed attack against one or more of them in Europe or North America will be considered an attack against all, and all will help, with military force if necessary, the party or parties attacked.

In response to a question about how Russia and China see the U.S. deterrence balance and U.S. capabilities today, Work said that he knows for certain that the Chinese conception of deterrence is on demonstrated capabilities.

TREND LINES

"I know for certain that the Chinese and Russians both are trying to ... duplicate our level of jointness," he continued, "and I know that they're trying to gain technological parity. At this point in time, I am confident that both Russia and China believe the United States ... has a competitive advantage today."

The deputy secretary said, "the irony is, [believing] that is forcing them to put a lot of money into capabilities ... so the trend lines are what I think concern the Department of Defense – how do we make sure that ... the trend lines at the end of 10 years still have them thinking that we have a competitive advantage?"

In the months ahead and with a new administration transitioning into the White House, Work said the nation must debate America's role in the world.

Get vour

"I think the American people will take part in that debate and tell us," he added, "what they stand for and ... [understand] who do we want to deter, how we want to deter them, who we want to have as allies [and] who will we protect. All those questions need to be answered."

Work attended the defense forum as part of a four-day trip that began with a stop in Tucson, Arizona, where he met with Raytheon defense contracting officials and then visited Davis-Monthan Air Force Base airmen. After arriving in California, he visited Boeing Defense, Space and Security in Huntington Beach.



Sat-Sun: 2:00, 4:20, 7:10 & 9:20

Mon-Fri: 7:00 & 9:20 Sat-Sun: 2:00, 4:20, 7:00 & 9:20

ROGUE ONE ★ December 15

ALLIED - 🛭

CHRYSLER





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Army releases Army Installations 2025 Strategy

Deputy Assistant Secretary of the Army for Installations, Housing and Partnerships Staff Report

PENTAGON — Katherine Hammack, the assistant secretary of the Army for Installations, Energy and Environment has released the 'Army Installations 2025' strategy.

"Army Installations 2025" presents the Army's strategy to ensure installations remain ready, resilient and capable of meeting the demands placed upon them. It represents a foundation to assess Army investments in Army installations.

As the Army's perspective changes to view the critical role of land, facilities, and infrastructure as mission enablers, Army Installations 2025 will guide and shape current and future program actions at all levels within

the Army.

"Army Installations 2025" provides an implementing framework in support of the larger "Installations, Energy and Environment Strategy 2025'.

This guidance applies to every Army installation, and serves to guide and direct activities and investments at a local level.

This strategy is the foundation and vision to support the Army as it transitions, adapts and improves to meet the demands of the future.

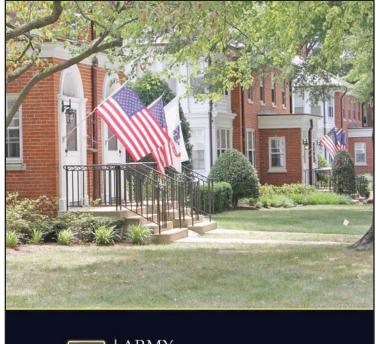
"The Installations, Energy and Environment Strategy 2025' is our holistic strategy which focuses on three key business drivers – installations, energy and environment," Hammack said.

"'Army Installations 2025' describes the first key business driver (installations) in more detail. Specifically, enhancing Installation resiliency, prioritizing

facility investments, optimizing infrastructure, setting conditions for a future base realignment and closures, building the National Museum of the United States Army and Contingency basing capabilities."

Hammack added that "Army Installations 2025" joins the "Energy Security and Sustainability" strategy that describes the second key business driver in more detail and the "Environment Strategy 2025," that will describe the third key business driver.

She added that in order to fight and win the nation's wars, the Army must ensure it remains ready as the world's premier combat force. Its collective strength depends on how the Army takes care of Soldiers, civilian, and families. Without question, these are the Army's most important resources.





ARMY GRAPHIC

IMCOM digital photography contest calls for submissions

By Jessica Marie Ryan Installation Management Command Public Affairs

FORT SAM HOUSTON, Texas — Army Installation Management Command is hosting its annual Army Digital Photography Contest to showcase the creative and artistic talents of the military community.

The contest, which is run by IMCOM's G9 Family and Morale, Welfare and Recreation Directorate, is open to active-duty military members and MWR-authorized patrons, including families, retirees and Department of the Army civilians. Contest entries are being accepted through Jan. 31.

The contest is meant to encourage novice and accomplished photographers to capture their favorite views, moments and adventures from all across the world. Participants can submit photos to compete in the following categories: animals, design elements, digital darkroom, military life, nature and landscapes, people and still life.

Participants may enter up to three photos per category at the garrison level. All categories include monochrome and color photographs, according to the contest rules. Prizes are \$300 for first place, \$200 for second place and \$100 for third place.

In 2015, more than 2,500 entries were submitted to the Army Digital Photography Contest. The entries represented 58 installations and were submitted by contestants from the Army National Guard, Army Reserve and non-Army installations.

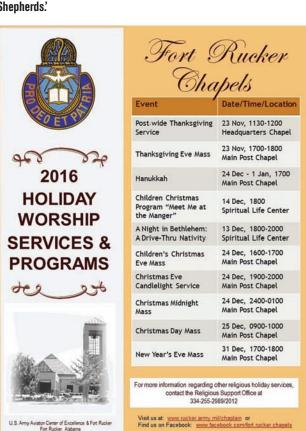
Participants may submit their entries at the contest website at http://www.armymwr.com/digital-photo.aspx.

For garrison-specific instructions and additional information, call 255-9020.

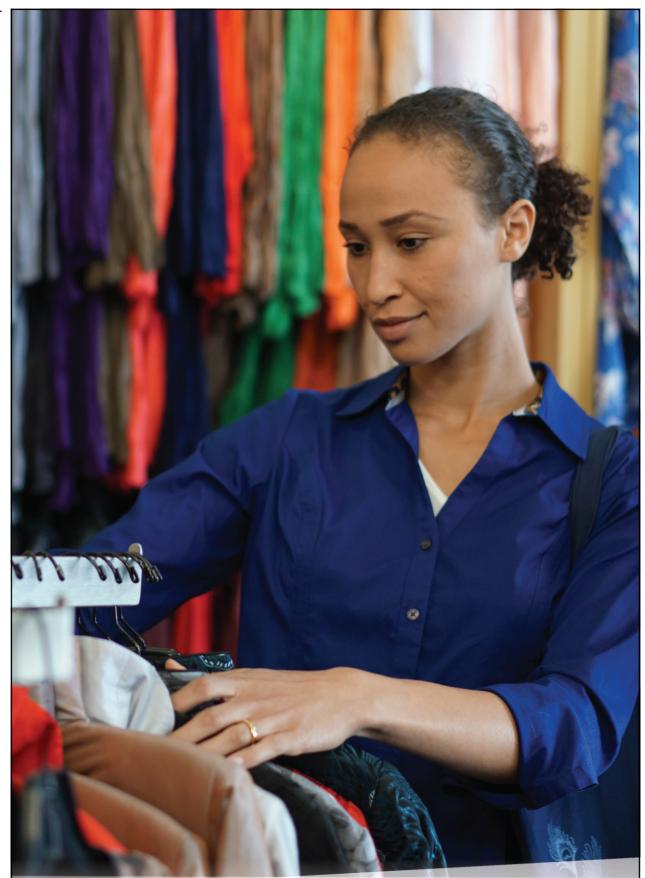


PHOTO BY KIMBERLY KENDALL

Military family member Kimberly Kendall, representing U.S. Army Garrison Wiesbaden, Germany, won first place in the people category in the 2015 Army Digital Photography Contest with 'Uyghur Shepherds.'







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ARMY ENGINEERS:

Smart card might save lives, make CAC cards obsolete

By David Vergun Army News Service

WASHINGTON — The Army recently invented a device that could one day replace the current Common Access Card, according to engineers from the Communications-Electronics Research, Development and Engineering Center who are developing it.

The device, which might take the form of a card or something else such as a dog tag, could do much more than provide access and authentication for getting inside buildings, installations, computers and securely store data. It could possibly help save lives, as well, said Bill Toth.

The card was so unique that U.S. Patent number 9,177,133B1 was granted for it on Nov. 3, 2015, said Toth, secure voice technical lead for the Cryp-Modernization tograph Branch, Cyber Security and Information Assurance Division, Space and Terrestrial Communications Directorate, CERDEC, at Aberdeen Proving Ground, Maryland.

WHAT IT DOES

Toth, who is an electronics engineer, said the card may be used to act as a "security token" to access various levels of sensitive and non-sensitive information. That means that the information contained in the card can be shared with other Soldiers, Army contractors and civilians who have been granted access to its contents.

The beauty of this is that the information contained in the card can be compartmentalized in a "needto-know" manner, he said. For instance, a medic could access medical data, but a contractor might not for privacy concerns, depending on who the Army deems has a "need to know." Access is controlled by the credentials presented by the person attempting to write to or retrieve data from within the card.

In this particular example, having instant access to a Soldier's medical data might make the difference in saving his or her life, Toth added. So this does much more than a CAC card.

"We were told years ago that injured Soldiers on the battlefield received morphine and the medic would put literally a post-it note on them saying this person was administered morphine at such and such a time," Toth said. If the note fell off, another medic might come by and give another shot of morphine and the Soldier would overdose. The new smart card would do away with such antiquated procedures.

Another application might apply to a forward observer who has acquired a large amount of intelligence data about the enemy, but cannot transmit it back to friendly forces because he or she doesn't want to compromise their position by providing adversaries with the radio-frequency

FEATURES every Thursday in the Army Flier signature, Toth said.

In that case, the information could be downloaded would be stored securely via encryption, he said. Even if the card is lost, the data remains protected within the card since it's encrypted. That's very important, Toth pointed out.

Another asset of the card is that it can be used for control of access to networks or physical locations, he said. For an example of the latter, a commander could determine who is allowed access within his or her sector based on the information on the card and he can also allow specific individuals to go from Point A to Point B. This would provide enhanced security for the force.

HOW IT WORKS

The card can function as a "secure container of encrypted keys and secure data, or as a short-range communications device with the capability to communicate securely with a computer, a personal electronic device, or a network in a wireless capacity via Bluetooth or Near-Field Communications technology to pass credentials or data," Toth said.

Furthermore, the card "can restrict access to sensitive containerized information by way of password protection or biometric recognition and is planned to be powered by various methods including solar energy," he said.

"A secure token that the card affords, allows you to do multifactor authentication," he said. "The authentication method may include such things as voice Dave and Matthew Lazrecognition or fingerprint scanning. Some laptops and smartphones have fin- GUTS OF THE DEgerprints, but nothing on VICE that scale.

Since they are Field Programmable Gate Array based, the cards can be tailored for specific applications. Additional memory will be included within the card providing the capabilamounts of data, he added.

A prototype of the card is now in development, Toth said. The target is to have a working prototype by the spring. The final design is up to the Army. Besides a card or dog tag, it might

even be woven into the fabric of a uniform.

Once the prototype to the smart card, where it comes out, user testing would follow, Toth said. For instance, a proof of concept to replace existing CACs with the invention for use with laptops or other devices may be performed. The prototype is targeted to provide multifactor authentication via PIN and fingerprints which may be used to define role based access control of applications and files.

The card can potentially be used government-wide for both civilians, as well as members of the military, he said.

Civilian entities that would find this particularly useful include law enforcement, the medical community, manufacturing, the financial industry, or any other entity needing access control or the ability to store and retrieve data securely he noted.

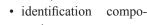
For instance, in the medical field, medical data could be entered on the card so that a person going into surgery has information such as which part of the body needs to be operated on, medication requirements, allergies and so forth. In the past, mistakes have been made by bad handwriting or miscommunications. This would make the procedure much less prone to error, Toth said.

CREDITS

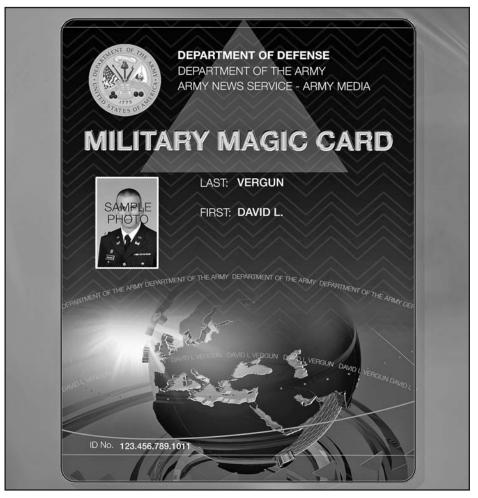
The inventors listed on the Multi-Function Smart Communication Card patent are, in the order: Toth, Stanley Fong, Todd Lutton, Uday Shenvi, Ghanshyam

The patent (see link), diagrams several key components of the device, including:

- · chip; • power component;
- · user image;
- user data;





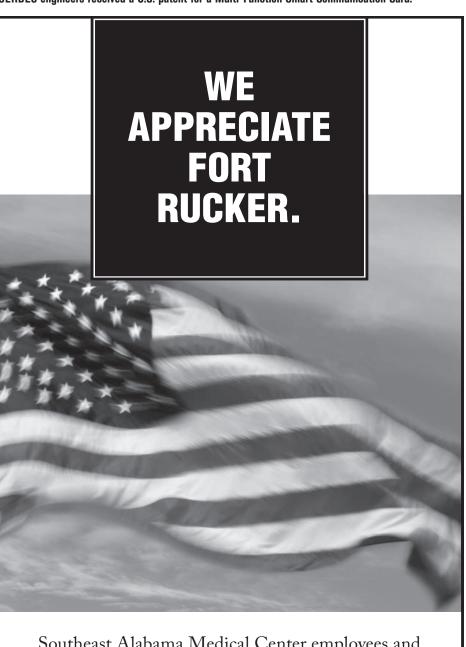


The Army recently invented a device that could one day replace the current Common Access Card.



ARMY PHOTO

CERDEC engineers received a U.S. patent for a Multi-Function Smart Communication Card.



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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'PRACTICE WHAT WE PREACH'

Army moves to integrate electronic warfare, cyber

By Sean Kimmons *Army News Service*

WASHINGTON — Electronic warfare Soldiers will soon be working more closely with their cyber counterparts, as Army officials plan to move both specialties into the same career field and put new doctrine to the test.

Within two years, Army officials hope to have a cyber electromagnetic activities operational detachment ready to train for future warfare.

"We're going to look at an operational capability that we're going to deploy to a theater to practice what we preach," said Brig. Gen. Patricia Frost, director of cyber for the Army's G-3/5/7.

The electronic warfare 29-series career field will also fall under the cyber operations 17-series career field by October 2018, she said. Before that happens, new electronic warfare operators will



PHOTO BY SEAN KIMMON

Brig. Gen. Patricia Frost, director of cyber for the Army's G-3/5/7, talks about the efforts behind integrating cyber and electronic warfare during a panel discussion hosted by the Association of the Old Crows in Washington, D.C., Dec. 1.

begin training on a foundation that also includes cyber and signals intelligence.

"That is really critical when

we look at what the foundation is needed to operate in this space," Frost said Dec. 1 during a panel discussion hosted by the Association of the Old Crows, an international organization specializing in electronic warfare and information operations.

The changes are in furtherance of her directorate's top priority of integrating cyber with electronic warfare and information operations in order to keep Soldiers at the cutting edge.

"We maneuver in the electromagnetic spectrum," Frost said.
"Almost all joint warfighting functions require access if you're going to perform an electronic war at its max efficiency."

In multi-domain battle, access to those capabilities could also be spread much easier among the Army, its sister services and allies if they all share a holistic approach to defense.

"How we defend and share defense technologies is very important," she said. "You want every commander to be able to see every domain. We want them to be well informed going forward in combat operations."

But this may be complicated if the Army and its joint partners decide to use cyber and electronic warfare differently.

"At the end of the day, it's not an Army fight, it's a joint fight," the general said. "So we need to understand all the capabilities across the joint warfighting force that's operating in this space."

That's one of the reasons the focus now is on training up and forming the cyber force before rolling out equipment.

"I'm not concerned about the resourcing today," Frost said. "I'm more concerned about the reorganization and the training of the personnel.

"You can deliver a material solution and capability to a theater," she added, "but if you don't have the people who trained behind that, that material will just sit somewhere in a container."

Giving

Continued from Page A1

come to the end of another challenging year, but despite those challenges, we are here today to recognize the success of Fort Rucker's contributions.

"It's the American spirit to be generous and kind hearted, and that spirit permeated throughout our campaign," he continued. "I'm proud of our accomplishments. We have some great volunteers who went out enthusiastically to connect the donors to these very worthy charities. As a result of these extraordinary efforts, the charities represented by the CFC program will get funding to help continue their great work throughout the year."

During the closing ceremony, organizations were recognized for their contributions throughout the campaign.

Blended ==

Continued from Page A1

years in service, they have this retirement benefit to take with them."

The seminar will hit on the specifics of the BRS, and Burden said that the seminar isn't just for those who have the option to opt in.

"There is no formal training in place at this time for newer Soldiers until January, so if leadership wants to come to be able to counsel their Soldiers on this topic, it would be good for supervisors or leadership to attend this," he said. "It's also good for spouses to sit in with their Soldiers because this type of thing should be discussed together."

Close said the seminar is also a good opportunity to weed out any misinformation that might be floating around about the new retirement system.

"This seminar will clear up some of the (details) for a lot of people because there are different theories floating around on what's going to happen, how its going to be affected and who's going to be affected," she said. "This is meant to clarify some of the training that will be coming available, as well as putting out the right information."

the right information."

People must preregister for the seminar by Tuesday and free childcare will also be available with registration

tion.
For more information or to register, call 255-3949, 255-9631 or 255-2341.

"Although we recognize a few today – some of our heavy hitters – they represent the generosity of spirit and dedication of all the men and women that contributed during this campaign," said Col. Shannon T. Miller, Fort Rucker garrison commander. "Not only do we get to recognize those unit coordinators who have made a tre-

mendous difference, but today is special because it serves as a reminder of the American spirit.

"The American spirit is powerful," she said. "Our spirit can literally change the world with the generosity that we have shown during this campaign. I can think of no greater deed as Americans than to give back to our commu-

nities and to one another. We never know when we ourselves may be the ones that need a helping hand."

It's that generosity that allowed people and organizations to give so much of themselves throughout the campaign season not only in donations, but also in service through volunteerism, said Miller.

"The DOD often leads

the effort in the Combined Federal Campaign because our men and women are committed to serve, and it's that commitment to serve that many of our Soldiers and civilians portray that extends beyond the realm of our service to one another," she said. "Many of our men and women choose to dedicate themselves to serving their

fellow Americans by contributing to the charitable organizations or services. That is why we are here today – to celebrate Fort Rucker's spirit of giving, recognize the hard work of those that work tirelessly, to ensure that thousands of members of our work force could be part of another successful campaign season."



REAL ESTATE SHOWCASE





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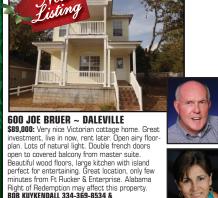


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180 ROSEMOUNT: Thoughtfully designed, custom built brick traditional 2 story set at end of cul-de-sac. Covered front porch wraps around to sunroom, screen porch overlooking patio & landscaped backyard. Features 2 double sided gas fireplaces, 4BR/2.5BA, formal dining & breakfast room, large kitchen with stainless appliances & beautiful glass front cabinets. 2-story family room...over 3, Impeccable condition, quality & superb comfort. JUDY DUNN 301-5656 .over 3,100 SF.







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\$78,000



459 SANDY OAK: Come view this awesome 2BR/2.5BA town house that features bathrooms & walk-in closets in BOTH bedrooms!!! Newer appliances, tile in kitchen ng area, deck out back for relaxing evenings under the stars!!! Don't miss out. CHRIS ROGERS 406-0726





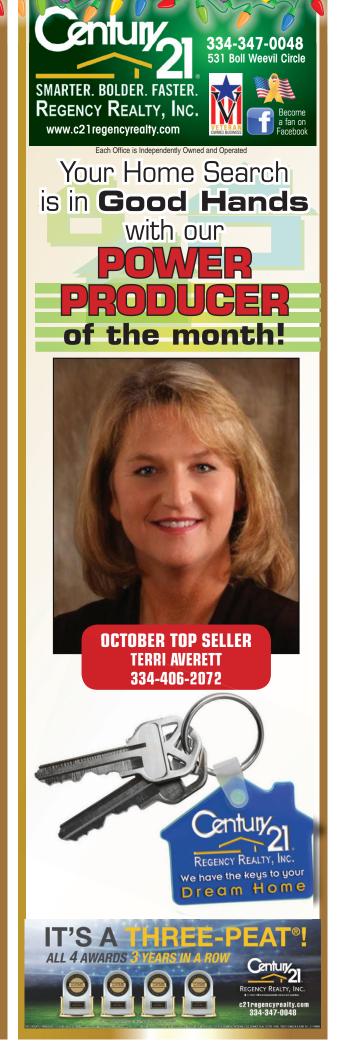
300 JASMINE CIRCLE: Tucked in the woods off Boll Weevil Circle. While providing they offer the convenience to schools, shopping, golf, restaurants & minutes from Fi Rucker. Security system, carpet & tile floors, stainless appliances, natural gas heat/cooking/vater heater, low E windows, irrigation system,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



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



406 WEST LEE: This property is in the renovation process. Quite a bit of work has been completed with the kitchen having new cabinets & appliances, full bath with shower & clawed tub, extensive work done on the foundation to make it solid, hardwood floors need refinishing, second bathroom can be added along with laundry room. Extra room upstairs. Nice partially wrap-ground porch. Make your appointmen to see this property & finish it to make it YOU!! EVELYN HITCH 406-3436



DECEMBER 8, 2016

ARMY TAKES LEA

Service members begin preparations for 58th presidential inauguration

By David Vergun Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. — More than 6,000 service members are part of a military task force preparing for the 58th presidential inauguration, which will take place in Washington, D.C., Jan 20.

"This peaceful transfer of power is so important for this country," said Maj. Gen. Bradley A. Becker, commander of the Joint Task Force - National Capital Region.

"[My troops] have the honor of representing the more than two million men and women in all the services, many of whom are deployed," Becker said. The Army is the lead service on the task force, which plans and carries out the military portion of the inaugural.

This tradition goes back to 1789, when the Army, the militia, and Revolutionary War veterans escorted President-elect George Washington into Federal Hall in New York

City, Becker noted, speaking at a media roundtable here, Thursday.

WHAT THE SERVICES WILL DO

Michael D. Wagner, chief of National Events Planning, JTF-NCR, said the official inaugural period, codified in public law, lasts from Jan. 15-24.

The first event will take place Jan. 15, when there will be a large-scale rehearsal across the district involving military assets and the Presidential Inaugural Committee, the Joint Congressional Committee on Inaugural Ceremonies, and interagency partners.

A wide variety of military assets will be in attendance, from each of the services' premier bands and color guards to all of the service academies, including the Coast Guard and Merchant Marine academies. All service components, including active, National Guard and Reserve will be represented, Wagner said.



SEE INAUGURATION, PAGE B4 The Old Guard participates in a retirement ceremony.

OPERATION HARVEST DROP

Alaskan paratroopers give back to local community

By Spc. Donald Williams U.S. Army Alaska Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — The 6th Brigade Engineer Battalion (Airborne), along with other paratroopers from across the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, gave back to the citizens of the greater Anchorage and Joint Base Elmendorf-Richardson communities by participating in a canned food drive Nov. 16-17.

The food drive was the key feature of Operation Harvest Drop, which rewarded paratroopers who donated food items with the privilege of jumping "Hollywood," meaning without any attached combat gear, during the next day's airborne operation at Malamute Drop Zone on JBER.

"I started the whole thing with the idea that since we do jump proficiency on a regular basis, why not have our Soldiers help out the community in various ways of serving and giving back," said Capt. Douglas Cummings, command chaplain for the 6th BEB and officer in charge for the operation.

The operation was set up and executed similarly to that of Operation Toy Drop at Fort Bragg, North Carolina, with the idea of expanding the effort to provide food to members of the local community who are in need.

After counting the number of canned goods donated, the total weight of all food donated amounted to about 3,000 pounds. The food was then divided between the Food Bank of Alaska and the Armed Services Young Men's Christian Association.

"This being the Thanksgiving period, we wanted to look at something to give back to needy military families, as well as needy local civilian families out there in the Anchorage area," said Lt Col. James Moulton, commanding officer of the 6th BEB. "[This was a way] to show the local community and JBER the spirit of giving that paratroopers have and that we're here to not only to support and defend the Constitution, but also support, defend and contribute



A paratrooper jumps out of a CH-47 Chinook over Malamute Drop Zone.



PHOTO BY AIR FORCE SENIOR AIRMAN JORDAN CASTELAN

A UH-60Q MedEvac helicopter lands at Qayyarah West Airfield, Iraq, Nov. 19. The UH-60Q provides a six-patient litter system, on-board oxygen generation and a medical suction system. According to officials, the UH-60Q delivers exceptional patient care, increased survivability, longer range, greater speed and added mission capability.

STREAMLINING

Exercise helps controllers, Aviators deal with adverse weather

By Sgt. Aaron Ellerman Camp Buehring Public Affairs

CAMP BUEHRING, Kuwait - Air traffic controllers from the 1st Airfield Operations Battalion, 245th Aviation Regiment, played an integral part of an inadvertent instrument meteorological conditions training exercise at

Camp Buehring, Kuwait Nov. 22. The group of controllers facilitated communication and movement of aircraft and emergency responders in the area throughout the training event in which they help pilots who have lost the ability to pilot their aircraft by visual cues due to weather condi-

"We are the eye in the sky, so our

SEE WEATHER, PAGE B4



Spc. Gardenia Garibo, an air traffic control operator with the 1st Battalion, 245th Aviation Regiment (Airfield Operations), inputs data during an inadvertent instrument meteorological conditions training exercise at Camp Buehring, Kuwait Nov. 22.

Ist AD CAB keeps cavalry tradition alive



Its practice of wearing spurs is rooted in medieval knighthood, and although the calvary no longer rides horses, instead scouting through vehicles such as AH-64 Apaches, Soldiers continue to keep the Order of the Spur tradition alive.

FORT BLISS, Texas — Like most military units, the cavalry possesses a long history and love for tradition.

By Staff Sgt. Tanjie Patterson 1st Armored Division Combat Avia-

tion Brigade Public Affairs

While the Soldiers serving in a cavalry unit, referred to as Troopers, may receive gold spurs for serving as a

Spur Ride candidates evaluate a map as they prepare to ruck march to their next lane Nov. 17.

SEE TRADITION, PAGE B4

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ANNOUNCEMENTS

GENERAL & SPECIAL NOTICES

★☆ GUN SHOW ☆★ **December 3rd & 4th** * National Peanut Festival Building * Hwy 231 S. Dothan, Alabama * Over 275 Tables * **Sat. 9-5** • **Sun. 10-4** Call 334-279-9895

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To be considered for employment completion of an on-line application is required. For a listing of positions and to access the on-line application please visit: www.alsde.edu/TeachinAlabama or www.coffeecountyschools.org . Please call Jennifer Piland at 334-897-5016 if additional information is required. EOE- The Coffee County Board of Education is an E-Verify Employer.

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JOB ANNOUNCEMENT

The Coffee County Highway Department has an opening for the following position:

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Closing date: December 31st, 2016. Please apply at the Alabama **Career Center, Enterprise, AL.** Coffee County is an Equal Opportunity Employer.

EXECUTIVE DIRECTOR

FOR THE ELBA/NEW BROCKTON HOUSING AUTHORITIES

All interested parties should contact Consultant, Mickey McInnish, Attorney at Law, Montgomery, Alabama, at the following email address: mmcinnish@gmail.com. Application and job description will be furnished by Mr. McInnish and must be returned to Mr. McInnish by email. The deadline for submitting an application is January 5, 2017, 5 PM.

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Inauguration

Continued from Page B1

In addition, there will be the parade itself, street cordons and honor cordons for the Capitol and White House, he said. Also participating will be logistical and other supporting assets like movement control teams, engineering units, public affairs and transportation elements.

Many military members will also attend the balls and galas held after the inauguration, he added.

Although public law specifies the end of currently undergoing the process of standing

the inaugural period as the 24th, tradition holds that the end is the 21st, concluding usually with some sort of service at a church, Wagner said.

What the armed services won't do, Becker said, is take the lead on security. The Secret Service does that, with help from the metropolitan police, Capitol Police and National Park police.

PREPARED FOR SURPRISES

The Presidential Inaugural Committee is urrently undergoing the process of standing

up, Wagner said. Committee members will make decisions about any special events like opening ceremonies or special concerts.

Wagner, who has participated in 10 previous inaugurations, said surprises are the norm, but the military is used to that.

"Until the [Presidential Inaugural Committee] stands up, ... there are always changes on different parts of the ceremony from the opening to the inaugural ball to the galas," Becker said. "We have a lot of great Soldiers and noncommissioned officers who are agile and adaptive, and we have a range

of options

The planning for the next inauguration begins even before the current inauguration takes place, Wagner noted. "It has to do with manpower and budget cycles, which run four or five years ahead of real time," he explained

The real surprise this year, Wagner said, may be the weather. He still recalls the 1985 inaugural when the temperature never rose above 9 degrees. That year, for safety concerns, ceremonies were held inside the Capitol Rotunda.

Harvest

Continued from Page B1

to our local community."

To ensure their spot on the jump paratroopers had to donate canned goods or other non-perishables.

"I love jumping and I believe [donating cans of food] for a good cause is a good thing," said Sgt. Clement Scharf, a cavalry scout with 1st Squadron (Airborne), 40th Calvary Regiment. "I need to jump and people need to eat."

Canned goods that were donated went to the Food Bank

of Alaska to help the local community and dry food went to ASYMCA to help needy military families on JBER.

"What we tend to find is a lot of seasonal need [around] Christmas time and the holidays in general," said Alita McClain, marketing and public relations specialist for the ASYMCA. "There is a lot more money going out the door because you're trying to do something nice for your kids, but there is not always any more money coming in"

Every item of food donated is appreciated, said Mc-Clain, who went on to encourage those looking to donate to contact their local food bank to find out exactly what is of higher need so that needy families receive well balanced, nutritional meals.

"It gives us a surplus of food for this time of year, but the surplus doesn't always last so there are those lean months in the year [where we] encourage food drives to happen," said Mark Redmon, food donation coordinator for Food Bank of Alaska.

And this may not be the last food drive that the Spartan Brigade conducts as Cummings already has plans in the making for another around next summer.

Weather =

Continued from Page B1

role is very important because we make sure the pilots aren't landing blindsided in the event of low visibility," said Spc. Gardenia Garibo, an air traffic control operator with the 1st AOB and Oklahoma City native.

The event was designed to test abilities and response times to aircraft landing under distress and in inclement weather. Garibo, on her first deployment and first experience operating in the tower, said she gained valuable knowledge of operating procedures during the event.

"I was a little nervous, but I feel we did well overall. It's always good to prepare for this type of scenario so when an actual event happens we are ready," said Garibo.

CW2 David Zahn, event coordinator and airfield operations safety officer with the 1st AOB, came up with the idea for the

event during a mission at the beginning of this deployment. He was flying a medical evacuation aircraft with an injured person on board and had to return to base due to worsening weather conditions.

"The process then could have been more streamlined, so I recreated the scenario based off those events so everyone could learn and gain the experience," said

Many elements were involved in the event,

including military police and fire rescue.

Zahn said he is hoping to expand agency involvement for the next training event to include hazardous material cleanup, chemical, biological, radiological, nuclear, and explosive response and emergency medical services.

"The exercise went well today, and the minor deficiencies we found were a great highlight because they will help us learn and become better," said Zahn.

Tradition

Continued from Page B1

member of a cavalry unit in combat, to be inducted into the Order of the Spur with silver spurs they must successfully complete a Spur Ride, said CW4 Paul Bretey, 3-6th Cav. squadron standardization officer and member of the Spur committee.

During the Spur Ride, candidates must pass a series of physical and mental tests held over multiple days. These tests evaluate leadership skills, as well as technical and tactical proficiency. It also tests their ability to operate as a team while under high levels of stress and fatigue, he said.

"Continuing the Order of the Spur helps to instill cavalry traditions, as well as teach Soldiers cavalry lessons along

the way," Bretey said.

The Spur candidates were tested on multiple events for more than 24 hours. It started with a packing-list inspection and continued with a physical fitness test, but eliminating the typical 10-minute rest period between events, he added.

Soldiers then qualified on their rifles and completed teambuilding obstacles at the leader reaction course. The Spur candidates also completed lane training events that tested their reconnaissance skills – a necessity for Cavalry Scouts, Bretey said.

"It was a challenge for sure. I think it was 75 percent mental and 25 percent physical," said Pvt. Ty Guillotte, an intelligence analyst with 3-6th Cav.

First Lt. Tavia Clark, a signal officer in the 3-6th Cav., agreed, adding that "it was definitely a more mentally challenging thing, but you come out with the knowledge of knowing what it's like to be in a cavalry unit, as well as the camaraderie that you build with your team along the way."

The candidates concluded the Spur Ride with an oral board, demonstrating their knowledge of cavalry history, led by Lt. Col. Jonathan Shaffner, commander of 3-6th Cav.

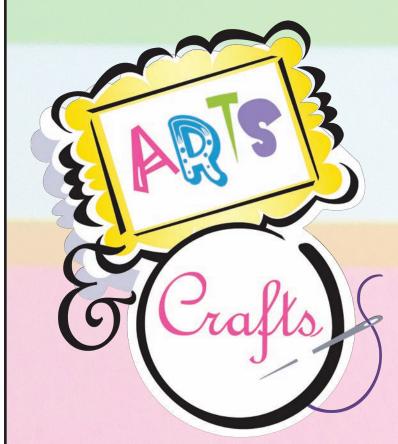
Successful candidates were then inducted into the Order of the Spur, and received their silver boot spurs during a dinner and ceremony.

"Receiving my spurs was an astonishing feeling," Guillotte said.



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DECEMBER 8, 2016



Center helps people get creative with gifts

By Nathan Pfau Army Flier Staff Writer

Holiday gift shopping can be stressful with trying to decide what the perfect gift might be, but people on Fort Rucker have the option to get creative when it comes to gift giving.

The Fort Rucker Arts and Craft Center offers imaginative gift ideas from handcrafted items, from engraving to monogramming and more - many of which they can create themselves or have someone create for them, according to Heather Norris, Arts and Crafts Center program

"We provide services to people on post for lower cost than they would find off post,"

In addition to the savings, people can give a gift that truly comes from the heart and their hands, since the center offers classes on things from pottery and framing to wood-

The center has more than 2,000 ceramics molds for people to choose from and a wide variety of hobbies and skill classes are offered monthly ranging from sewing, quilting, mosaics, drawing and painting, as well as classes for children. The center also offers a fully equipped woodshop with an experienced staff to help people build anything from a jewelry box to custom furniture, added the program manager.

"People are in there making furniture and cabinets, so it's a perfect place for people to create their gifts," said Nor-

To use the woodshop or take classes in the woodshop, par-



Kelly Randolph, then a recreation assistant, shows what an experienced mat cutter can do at the Fort Rucker Arts and Crafts Center, in this file photo.



Cecilia Peterson, military spouse, sends a piece of wood through a wood planer at the Fort Rucker Arts and Crafts Center woodshop last year.

ticipants must first complete a one-hour safety course, which will help people become familiar with the equipment and how it works. Safety classes are available Saturdays from 9-10 a.m.

Most classes have age requirements and are available by appointment only, so it's suggested that patrons sign up for all classes at least 24 hours before class time, with the exception of the regular

woodshop safety class. If people would rather have

someone do the work for them, the center also offers a host of services, including framing, gifts, engraving, custom embroidery, screen printing and sublimation, which allows people to customize just about anything from clothes, bags, mugs and more.

"People can come up here and get monogramming done, which is really popular," said Norris. "People can have just about anything monogrammed. Color sublimation is also popular, which allows



PHOTO BY NATHAN PFAU

Alex Swepston, arts and crafts center operations assistant, creates molds of Sgt. Ted E. Bear Tuesday.

us to put photos on coffee mugs and things like that. We also offer custom T-shirts and screen printing."

There is also plenty of merchandise that people can purchase and engrave, including the miniature sculptures of Sgt. Ted E. Bear; silver, bronze and copper award eagles; various plaques and trophies; as well as personalized name plates and office gifts.

For more information on service or classes, call 255-9020.

HOLIDAY TREAT

Families welcome to share 'Breakfast with Santa'

By Jeremy Henderson

Army Flier Staff Writer

The Fort Rucker community is invited to kick off the holiday season and enjoy a wholesome meal during Breakfast with Santa at The Landing Saturday from 9 a.m. until noon.

"Breakfast with Santa is a great way to kick off the holidays and get into the holiday spirit," Kaylee Mikuteit, Fort Rucker Directorate of Family, Morale, Welfare and Recreation marketing and promotions coordinator, said. "It is an opportunity for family and friends alike to come together, create memories, and celebrate all of the components that the holiday season encompasses. Breakfast with Santa features a buffet-style brunch that the whole family will enjoy, and children have the opportunity to meet Santa and take pictures with him."

The breakfast will feature a buffet-style

menu with kid-friendly favorites. "Attendees can expect a variety of brunch favorites, including eggs, bacon, sausage, pancakes, grits, hash browns, fruit, pastries, juice and coffee," Mikuteit said. "All of the items are all-you-can-

"None of the food will contain nuts and none of the food is made with peanut oil," she added. "If there are individuals with special food considerations, we will be happy to point them in the direction of items they can enjoy at the buffet."

According to Mikuteit, the event provides a home away from home for military families who may be new to the community or unable to be with family during the holidays.

"Oftentimes, it is hard for families to take time out of their busy schedules to



A child gets his photo taken with Santa during a previous Breakfast with Santa.

come together and focus on what's most important – each other," she said. "Events like Breakfast with Santa allow families to step back from their busy lives and relax as a whole. The holiday season is about sharing laughter, spreading positivity and taking care of one another. The simplest way to do this is by enjoying quality time together.

"Breakfast with Santa is a great way for families that are new to the Fort Rucker community to meet other families and to see firsthand the types of events and activities that Fort Rucker offers," she added. "We are dedicated to offering a variety of events and activities for Soldiers and their families, civilians and retirees in hopes of maintaining an amazing community on Fort Rucker."

The breakfast buffet costs \$12.99 for individuals age 13 and older, \$6.99 for ages 3-12 and is free for children ages 2 and under. A military family special is available for \$32.99, which includes two adults and up to two children ages 12 and under. Space is limited and reservations are highly recommended.

"We encourage parents to bring their children to Breakfast with Santa because it is an opportunity for families to come

together during the holidays and spend quality time with one another," Mikuteit said. "We are dedicated to making Breakfast with Santa an event that every family member will enjoy, no matter their age. Christmas decorations will be displayed throughout the ballroom, Santa will be available for pictures and, of course, the food will be delicious."

For more information on upcoming events for the holiday season, visit https:// rucker.armymwr.com/us/rucker.

For more information or to make a reservation for Breakfast with Santa, call 255-0769.

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

Single parent family game night

Army Community Service, and the Army and Air Force Exchange Service will host single parent family game night today from 5-7 p.m. at the AAFES post exchange food court. Free giveaways will be included. This will be an Exceptional Family Member Program-friendly event. This is an initiative of Fort Rucker Community Health Promotions Council Family Resiliency Work Group and it is open to authorized patrons. Registration deadline is Friday. Attendance will be limited to the first 20 families to register. The event is open to single parents who are active duty, retired, DOD employees and their families.

People can pre-register by calling 255-3359 or 255-9647.

Montgomery Zoo trip

MWR Central will offer a day trip to see the Montgomery Zoo transformed into a Winter Wonderland, sparkling with thousands of lights and festive decorations, Saturday. The bus will depart Fort Rucker at noon and travel to Montgomery. The cost of this trip is \$35 per person and includes a ticket to the zoo, zoo lights viewing, and transportation to and from the zoo.

For more information and to register, call 255-9810.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30-11 a.m. at The Commons. The playgroup is for families with children ages birth to 3 years old.

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

Holiday craft, sing-along

The Center Library will host a holiday craft session and community sing-along with the Maneuver Center of Excellence Band Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. The event will be open to authorized patrons only and will be Exceptional Family Member Program friendly.

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

Blended retirement system seminar

The Army Community Service Financial Readiness Program will present a blended retirement system seminar Wednesday from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. This 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. This discussion will be facilitated by ACS accredited financial counselors. Preregistration is required by Tuesday. Free childcare will be available with registra-

For more information and to register, call 255-3949 or 255-9631. Registration can also be completed by visiting https://rucker. armymwr.com/us/rucker/programs/armycommunity-service.

Tot Time

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

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

Right Arm Night

The Landing Zone will host Fort Rucker Right Arm Night Dec. 15 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 255-0768.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Jan. 5. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going



PHOTO BY NATHAN PFAU

Breakfast with Santa

The Landing will host its annual Breakfast with Santa Saturday from 9 a.m. to noon. The event will feature a buffet-style menu, including pancakes, eggs, bacon, fruits and assorted pastries. For more information, call 255-0769. Pictured is a scene from a previous event.

to the multipurpose room. The class will end at about noon. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Monster Jam day trip

MWR Central will host a day trip to the Monster Jam Triple Series in Birmingham Jan. 7. The trip features pre-race pit passes and seats at the event. Trucks expected to be at the event include Grave Digger, Zombie, Scooby Doo, El Toro Loco, N.E.A. and Monster Mutt Rottweiler. Cost of the trip is \$57 per person. This includes transportation, pre-race pit pass and ticket to the show. The buses will depart from the Bldg. 5700 parking lot at 6:30 a.m. and return around 6 p.m.

For more information or to make a reservation, call 255-2997. For people who would rather go to the event on their own, MWR Central will also sell tickets for just the show for \$40. All tickets are for Jan. 7 at 1 p.m. Pre-race pit pass is included in the price of the ticket and is from 10:30 a.m. to noon. Hearing protection is highly recommended for this show, according to organizers.

Bahamas cruise

MWR Central is offering people spots on a cruise to The Bahamas during spring break, March 25-20. People need to sign up for the cruise by Jan. 23. People will set sail on Carnival Elation for a five-night cruise and MWR Central will provide transportation to and from Jacksonville, Florida. Cruise itinerary: Saturday, depart from Jacksonville; Sunday, Freeport, Bahamas; Monday, Nassau, Bahamas; Tuesday, Half Moon Cay, Bahamas; Wednesday, fun day at sea; Thursday, arrive back at Jacksonville. Prices range from \$520-660, and a \$150 deposit is required to hold a reservation. People can make payments through the MWR Central office. Final payments will be due on or before Jan. 23.

For more information, including exact costs and room options, call 255-2997.

Thrift Savings Plan 101

The Army Community Service Financial Readiness Program will present a Thrift Savings Plan 101 Seminar Jan. 11 from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will include a discussion of the significant aspects of the TSP, including: why invest with the TSP, how to start contributing, risk tolerance, traditional and Roth accounts, TSP funds and diversification. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by Jan. 10. Free child care will be available with registration.





For more information and to register, call 255-3949 or 255-9631. Registration can also be completed by going to http://rucker. armymwr.com/us/rucker/programs/armycommunity-service.

Family emergency preparedness

Army Community Service will host family emergency preparedness training Jan. 12 from 8 a.m. to noon in Bldg. 8950, The Commons. When it comes to emergencies and disasters, it's not a question of if, but when, according to emergency preparedness officials. This class is designed to help families be as prepared as they can be for emergencies that could impact them for a lifetime.

For more information and to register, call 255-9578 or 255-3161. Pre-registration is required three days in advance. Free childcare will be available by calling 255-3564 in advance.

RUCKER MOVIE SCHEDULE FOR DECEMBER 8-11 FORT

Thursday, December 8

Friday, December 9

BOO! A Madea Halloween (PG-13) 7 p.m.

Saturday, December 10

Trolls (*PG*)4 *p.m.* **Sunday, December 11**

Trolls (*PG*)4 *p.m.*

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

'WARNING'

Veteran recalls friend's lifelong regret over Pearl Harbor

By Katie Lange Defense Media Activity

WASHINGTON — At his kitchen table in Allentown, Pennsylvania, Pearl Harbor veteran Richard Schimmel shows me a small, laminated piece of paper. It's yellow and smudged from decades of aging, but the handwriting is legible, and it has a simple title: "Warning."

It's a note the 94-year-old wrote down in the early-morning hours of Dec. 7, 1941, cautioning of a large group of planes coming toward Oahu, Hawaii. Those planes turned out to be the Japanese heading toward Pearl Harbor, an attack that killed thousands of Americans and ushered the U.S. into World War II.

Schimmel wasn't on duty that morning, so he wasn't the one who received the actual warning. His friend and counterpart, Joe McDonald, did, and what happened with that note weighed heavily on him for the rest of his life.

"It really bothered him that he didn't do more. At the time, it would have been wrong, but I guess it would have been right, too," Schimmel said.

So what was it that bothered McDonald so much? Here's their story.

THE BEGINNING OF RADAR

Schimmel enlisted in the Army in late August 1940 and was shipped to Oahu a few months later to join the newly formed Signal Aircraft Warning Service.

"They asked me where I wanted to go, and I said, 'The cavalry,'" Schimmel joked. "The [recruiter] said, 'We don't have the cavalry anymore.' So he put me in Signal Aircraft Warning. I said, 'What's that?' And he said, 'I don't know."

Schimmel's job was to become a plotter and switchboard operator at the information center at Fort Shafter, just east of Pearl Harbor. But first, he had to help install the mobile radar stations that would bring in the data. Radar, after all, was new technology that England had just shared with the U.S.

"We didn't know what we were doing half the time because radar was so new and nobody knew anything about it," Schimmel recalled. "But we finally got it working not much earlier than September of 1941."

The 19-year-old private first class and his Army friends learned the ropes of radar over the next few months, but because leaders were worried they would wear the equipment out, they were only allowed to use it a few hours a day. No one was scheduled to be working at the Opana Radar Station in northeast Oahu the morning of Dec. 7, 1941, but by happenstance, two technicians were.

"It just happened that on Dec. 7, a guy by the name of George Elliot was learning to use the radar and he was up at the [Opana] unit. Joe Lockard was over him and was teaching him how to use it," Schimmel remembered.

"George picked up the group of airplanes that were coming in. Joe at first dismissed it, but then he looked at it a second time and saw there was a lot coming, so he decided to call into the information center, which is where I normally worked at that time. But I had been relieved by Joe McDonald the night before."

A POSSIBLE MISSTEP

McDonald got the warning from Elliot and Lockard, and he passed it to the lieutenant in charge. The lieutenant assumed it was American planes, so he did nothing about it. McDonald remained concerned; however, and brought it to the lieutenant's attention again – and was again told to forget about it. So he did.

"When McDonald left, he came up and gave me that message. He had written it down," Schimmel remembered, making his own copy of the note then and there. "He no sooner gave it to me and we were talking, then all of a sudden we heard noise and we looked out, and we could see smoke com-

Pvt. Joe Lockard mans a radar station.



A photo of Bob McKenney (left), Richard Schimmel (center bottom), and two other Pearl Harbor survivors hangs in Schimmel's home office.



PHOTO COURTESY OF THE NATIONAL WORLD WAR II MUSEUM

A view of the Opana Radar Station in northeast Oahu, where George Elliot and Joe Lockard were practicing using radar when the Japanese attacked.

ing from toward where the ships were."

The bombing of Pearl Harbor had be-

"George Elliott was the first person to know, then he told Joe Lockhart, who told Joe McDonald. Joe McDonald told the lieutenant and I was there with them, so I was the fifth person to know," Schimmel

He and the others watched the attack for a few minutes, then quickly ran to the information center, where they would spend the rest of the day taking down details about the attacks.

LIFELONG REGRET

McDonald did what he was supposed to do that day, but following the rules was something he questioned for the rest of his

"He thought he should have gone over the lieutenant's head, to call somebody else. And I said, 'Joe, you can't do that, because you can't go over an officer's head - not when you're an enlisted man.' And that bothered him," Schimmel said.

working near Honolulu, they would have been picking up the planes coming in from the states, which were coming west. But these planes were coming east, and if they realized that, they would have looked into it a little more," Schimmel said.

Whether or not that would have made a difference will always be debatable. As for Schimmel, his only regret was, "Having only one life to give to my country."

After Pearl Harbor, Schimmel was sent to several other Pacific islands to help set up more information centers. He spent a total of 56 months overseas before the war ended in 1945. Schimmel left the Army soon after, got married and had two boys, Rick and

Bringing People Together Thru Faith

Terry -- his proudest accomplishments.

75 YEARS LATER

At 94, Schimmel stays physically and mentally sharp by hitting up his local YMCA three days a week and planning group excursions to various destinations, including an upcoming trip to Hawaii for Pearl Harbor's 75th anniversary.

That busy lifestyle could be why his memories are still so vivid – that's not the case for the recollections of many other WWII vets. So, for the younger generation who may not know much WWII history, Schimmel said, "Just remember Pearl Harbor. What happened there can happen any time."



ARMY PHOTO



MEMORIES

Pearl Harbor attack, as remembered by the nurses who were there

By Katie Lange Defense Media Activity

WASHINGTON — Teresa Stauffer Foster was strolling through a garden near Hawaii's Tripler Hospital on a quiet Sunday morning when a low-flying plane approached. The pilot waved in her direction, so naturally, the Army nurse waved back.

A few minutes later, the attack on Pearl Harbor began. Foster didn't realize it at the time, but that plane was one of the many Japanese bombers that pulverized U.S. battleships and aircraft.

Foster's is just one of many stories of military nurses who survived the attacks on Dec. 7, 1941, although you probably haven't heard them.

"You hear stories about Pearl Harbor and they're all about the men. You hear very few stories about the women," said Winnie Woll, Foster's daughter.

Woll, 73, is actually named for two of her mom's best friends from Pearl Harbor, who were also nurses. She now gives lectures to spread the stories of how they were pioneers of their time, having joined the services long before the Women's Army Corps and the Navy's Women's Reserve program were established in 1942.

RULES FOR MILITARY WOMEN

When Woll's mother joined, there were stringent rules for the women who wanted to enlist.

"The women had to be single. The minute they were married, they were out the door," Woll said, noting that the need for more nurses eventually led to a rule change. "In 1943, that was the first time you could marry and still legally be in the military – until you had your first child. Then you're out again."

Foster was sent to Pearl Harbor six months before the attacks. On the morning of Dec. 7, she was walking with other nurses who had finished their shifts when that plane flew past.

"The man was waving at them. And you know what you do in a situation like that – you wave back, because you don't really realize what's happening," Woll said. They realized soon after that, though, and were ordered back to their units.

Woll said the nurses got to work helping patients who were carted in, often help with triage. "If it was somebody off to the side, and go on and work with whoever they could."

KEEPING THE PAST IN THE PAST

In today's era of connectivity, when people constantly post about their experiences on social media, it's hard to imagine a time when people were more reserved about their thoughts and feelings. But the World War II generation is well known for that kind of stoicism. with many of them never discussing what they went through.

"It traumatized them to the point where they didn't want to share what happened. They just wanted to forget it," Woll said.

She has made it her mission to give a voice to the stories of the Pearl Harbor nurses, one of which was uncovered only by accident.

AN UNEXPECTED DISCOVERY

Ann Danyo Willgrube joined the Navy Nurse Corps in 1940. She was an operating room nurse on the newly commissioned hospital ship USS Solace when the war began.

But she never shared anything about her military life with her family. Her brother, Joe Danyo, who was 8 when Pearl Harbor was bombed, said he didn't even know she had been there until the late 1950s.

"She never talked about anything regarding her career," Danyo said. "She was a dynamo, but she just plain refused to talk about the past."

So, needless to say, he never expected to find a letter detailing what had happened to her that day. But he did, as he was cleaning out her house in the mid-1980s.

"I was surprised to find that," Danyo said.

The letter was addressed to a high school student who was doing a report on Pearl Harbor and had discovered she was there during the attack. The teen wanted to hear her story, so it was then – in 1981 – that she finally decided to tell it.

SMOKE, EXPLOSIONS, SHAKING

In the letter, Willgrube talked about be-



Tripler General Hospital around the time of the Dec. 7, 1941, Pearl Harbor attacks.

ing "the envy of all the nurses" because she was assigned to the Solace – a cushy assignment - only 18 months after enlisting. The ship arrived in Pearl Harbor in late October 1941 and was docked at Ford Island near several of the battleships. All was going well until 7:55 a.m. on Dec. 7, when Willgrube was jarred awake by what she initially thought was a boiler explosion.

"The ship shook and everyone ran out on deck to see what happened. I looked out the porthole in my room and saw smoke pouring out of the [USS] Arizona," Willgrube wrote. "The next minute, our chief nurse burst into the room and told me to dress quickly and report to the quarterdeck for duty because the Japs were bombing us."

The Solace's nurses worked around the clock that day to care for more than 130 patients who were brought aboard, 70 percent of whom were burn victims. The nurses were too busy to worry about the roar of the guns, the shaking of the ship and the planes flying overhead.

The surprise attack destroyed the Arimarking their foreheads with lipstick to zona, the Oklahoma and the Utah, and damaged several other U.S. ships and they couldn't save, they had to put them aircraft. More than 2,400 people were killed, half of whom had been on the Arizona, which still sits at the bottom of Pearl Harbor to this day.

> It was the worst attack America had ever seen, but Willgrube said it took days to realize how bad it actually was.

> "We were so thankful that the Japanese did not realize how they crippled us, because they could have taken over the islands had they known the truth," Willgrube wrote.

PASSING THE MEMORIES ON

"We never had disaster drills, yet when we realized that we were actually at war, every person on board that ship seemed to know instinctively what to do," Willgrube said. "It simply proves how important discipline in the military is. It not only saves lives, but wins wars,

Willgrube was one of the first women to become a Navy shellback, one of many firsts for her over the years.

"When I entered the Navy, nurses had no specific rank but enjoyed the privileges of officers. In 1942, we received relative rank, and in 1947, we were classified as Nurse Corps with the same rank and privileges as the other officers," Will-

After 27 years of service, she retired as a commander and married retired Medical Services Corps Cmdr. Wayne Willgrube, who was also aboard the Solace during the Pearl Harbor attacks.

Willgrube died in 1988 after a battle with Parkinson's disease.

MORE PEARL HARBOR STORIES

Willgrube had some other interesting stories to tell in her letter, including about rumors that ran rampant directly after the attacks. To read her entire letter, http://www.dodlive.mil/index. php/2016/11/pearl-harbor-nurse-pensletter-describing-experience/.

Woll shared the details of a few other nurses' experiences, too, including a love story, a returned Purple Heart, and one story involving Gen. George Patton at http://www.dodlive.mil/ index.php/2016/11/more-tales-of-pearlharbor-nurses/.



The USS Solace played an integral role in helping survivors during the Pearl Harbor attacks, as well as



BORN DURING PEARL HARBOR ATTACK:

Veteran shares his remarkable story, early life journey

By Katie Lange Defense Media Activity

WASHINGTON — It was dark at Pearl Harbor's Tripler Hospital on the evening of Dec. 7, 1941. The bombings by the Japanese had stopped, but the fear of more attacks continued. Window blinds were still drawn and lights were still out. The injured and dying lay everywhere.

It was an extraordinary time, especially for one young mother who gave birth in that chaos.

"There was a baby born in the evening, in the dark. They had a flashlight. That's what [the nurse] used to illuminate for the doctor," said Winnie Woll, the daughter of Army Pearl Harbor nurse Teresa Stauffer Foster. "This baby came into life when all these other people around were dying."

When Woll first told me the story, I was a bit shocked, but I was even more curious to find out who that baby was. It turned out that he was one of two infants born that day. The military pretty much became the theme for his whole

"My name is David Burpee. I'm a retired Army colonel,

and I was born at Pearl Harbor on Dec. 7, 1941." That's probably a great icebreaker at parties, right?

When I told colleagues I would be interviewing Burpee, many jokingly asked whether we would discuss what he remembered from that day. Clearly, the answer is nothing, but he can definitely recall the details from the story his parents told him.

MOM AND DAD

Burpee's father, Harry, had enlisted into the Army Signal Corps and was stationed at Schofield Barracks in Hawaii before being sent to Wake Island to help install bomber beacons.

"On the way out, his sergeant talked to the commander and said, 'Don't forget, Sergeant Burpee is going to have a baby. You're going to send him back, right?"" Burpee recounted. Apparently, it took a while for that promise to be kept, but eventually, his dad was shipped back.

"He was halfway in between Wake and Hawaii when the attack occurred. His unit was all shot up in Hawaii, and everybody on Wake was killed or captured and died in a prison camp," Burpee said, referring to the Japanese attack on Wake Island around the same time as the Pearl Harbor attack.

As for Burpee's mother, Amney? She'd been in Tripler for three days already, expecting his arrival.

"Three times, during the day I was born, they had to move her – from one maternity ward to a makeshift maternity ward to just a regular ward – because they were bringing in the wounded so fast," Burpee said.

Much like many Americans who were intimately involved in World War II, Burpee's mom seldom discussed her experience.

"It was strange – she was like a Soldier who had really been on the front lines. They're the ones who don't talk about it much, and she didn't either," he said.







NOT ALONE

He had a nickname from Day 1 – and he wasn't the only

"There was one other child, a male, born in Tripler that day," he said. "There were privacy concerns, as well as wartime concerns, so rather than release names, they gave the babies nicknames."

The other child was born during the attack, so his nickname was Blitz, and Burpee was born after the attack, later at night once things had quieted down. His nickname was Blackout.

Three weeks after the attack, because of concerns of a land invasion, officials moved all female civilians and children onto a troop transport to take them to California. So, Blackout's stint on Hawaii didn't last long, but in time he came to appreciate its significance.

"I think the first time was [when] I was in high school and a local newspaper found out that I was a Dec. 7, 1941, baby," he remembered.

"So, they came out and did an interview. And I thought, 'OK, that's kind of interesting."

A MILITARY LIFE

Burpee went on to become a lifelong Army man himself,

included a combat tour in Vietnam.

Burpee served in several public affairs positions, too, including as the media officer when U.S. Central Command formed. He was the personal public affairs adviser to NATO's supreme allied commander for Europe during the Gulf War. He also worked at the Pentagon's press room and for the Office of Secretary of Defense before he retired in 1993.

"I loved every minute of it. One job was better than the next," Burpee said. "For me, it's been the interaction with the people, being exposed to the Army, Navy, Air Force, Marines and Coast Guard, because most of my time has been spent in joint or unified or international commands. It's really very gratifying to see."

As for that other baby, Blitz? Burpee said his name is Stan, he lives in Oregon, and while they've never met in person, they have talked. Both men will be returning to Pearl Harbor for the 75th anniversary in December, so maybe they'll get a chance to meet.

Though his parents have since passed, Burpee plans on returning to the scene of his birth to attend the remembrance ceremonies at Hickam Field, where his parents had lived.

"Myself, the wife and several other members of the family – nine of us total – are going back to Hawaii to celebrate the



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Monday - Friday 9AM - 6PM Saturday 9AM - 5PM

Georgia State Parks offer winter deals

Georgia State Parks Public Affairs Press Release

ATLANTA — Fans of Georgia's State Parks can save on getaways and gift cards this winter season.By day, enjoy peaceful hiking trails and open vistas, and by night kick back with cozy campfires and starry skies.

Gift Card Deals

From Friday through December 24, patrons get a \$5 gift certificate for every \$50 purchase of Georgia State Park gift cards.

Gift cards can be tucked into a stocking for later use on cabins, campsites, historic site admission, retail items, picnic shelters, boat rentals, golf fees and many other outdoor activities.

Give the card to a loved one or keep the gift certificate for yourself. The \$5 certificates are valid January 1-31, 2017; \$20 minimum must be spent. Not valid on ParkPass fees or Friends memberships.

Buy gift cards at park offices or online at GeorgiaStateParks. org/gift-card with promo code \$5GIFTCERTPROMO16. Learn more at GeorgiaStateParks.org/ specials.

Winter Yurt, Camping Retreats

Enjoy a peaceful winter wonderland while saving on your wallet. This December and January, save 50 percent on campsites and 25 percent on "glamping" yurts, Sunday through Thursday nights. Yurts are like a cross between a cabin and a tent, with furniture inside, a cozy fire pit outside and hot showers nearby. Yurts usually rent for \$75 to \$100 per night. Georgia State Park campsites feature water and electric hookups (some sewage hookups) and a central bathhouse. Campsites usually rent for \$25 to \$40 per night. During holiday season, many families gather at state parks to enjoy parties and reunions in group shelters.

Use promo code WinterPromo16 when booking at GeorgiaStateParks.org/reservations or calling 1-800-864-7275. For a list of participating state parks, visit GeorgiaStateParks.org/map; not valid at Crooked River, Skidaway, Reed Bingham, Fort McAllister and Laura S. Walker state parks. Learn more at GeorgiaStateParks. org/specials.



COURTESY PHOTO ILLUSTRATION

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

ONGOING — Disabled American Veterans Dothan Chapter 87 maintains a service officer at its office at 545 West Main St. (Mixon Business Center) Tuesdays and Wednesdays from 9 a.m. to 2 p.m. The chapter will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims and other veterans benefits. All veteran services provided are free of charge.

For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ENTERPRISE

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County meets the second Thursday of each month at 6:30 p.m. at Shane's Rib Shack. For more information, call 308-2480.

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 vfw post 6683.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

OZARK

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

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

information, call 774-5480.

PINCKARD

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

For more information, call 983-3064.

SAMSON

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

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

TROY

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

For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

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

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

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

ONGOING — Mount Calvary Missionary Baptist Church, 970 County Road 528, Elba, offers Sunday school the first, second, third and fourth Sundays of the month at 9:45 a.m., and worship the first and third Sundays of the month at 11 a.m. Bible study is Wednesdays after the first and third Sundays from 6-7 p.m. For more information, call 334-774-1738.

Beyond Briefs

Montgomery Christmas Parade

The 2016 Capital City Christmas Parade is scheduled for Dec. 16 from 6-8:30 p.m. in Montgomery. The parade will run from the Alabama State Capitol, down Dexter Avenue to the Court Square Fountain.

For more information, call 334-625-2118 or visit www.montgomeryal.gov/Home/Components/Calendar/Event/2417/190?cur m=12&cury=2016.

'The Great Russian Nutcracker'

The Moscow Ballet will perform its production of "The Great Russian Nutcracker" Dec. 26 at 7:30 p.m. at the Montgomery Performing Arts Centre. Tickets run from \$28 to \$175. Tickets can be purchased through Ticketmaster or at the MPAC Box Office.

For more information, call 334-481-5100 or visit www.mpaconline.org/events/.

Montgomery New Year's Eve

Montgomery will host its Downtown Countdown New Year's Eve Street Celebration Dec. 31 from 9 p.m. to 1 a.m. in the Commerce Street Entertainment District. The event will feature live entertainment, plus fireworks and confetti once the clock strikes midnight.

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

Panama City Beach New Year's

Panama City Beach, Florida, will host its New Year's Eve Beach Ball Drop festivities Dec. 31.

The festivities will kick off with a family celebration along the boardwalk on Pier Park Drive. The event will feature face painting, costumed characters and exclusive giveaways, as well as live entertainment. At 8 p.m., local dignitaries will release 10,000 inflated beach balls along Pier Park's beachfront boardwalk. This awe-inspiring activity, heralded as the nation's only family beach ball drop, will be followed by a dazzling fireworks display, according to organizers.

At 8:30 p.m., the official countdown celebration will begin with live musical performances throughout the evening. Just before midnight, attendees will countdown to 2017 as an 800-pound LED lighted beach ball descends nearly 100 feet, followed by a second fireworks display.

The ninth annual New Year's Eve Beach Ball Drop at is free and open to the public. For more information, visit http://www.vis-

itpanamacitybeach.com/events/new-years-eve-beach-ball-drop/.

Christmas Lights Festival

The Montgomery Zoo has transformed into a Winter Wonderland sparkling with thousands of lights and festive decorations during its annual Christmas Lights Festival through Dec. 31. People can enjoy the lights by walking through the zoo, taking the train or riding the Zoofari Skylift Ride. Santa mamkes regular appearances and the event also includes live nightly entertainment, hot chocolate and fresh baked cookies. Regular

For more information, call (334) 240-4900 or visit montgomeryzoo.com/special-events.html#12-2016.

night time admission is \$15. Ticket includes

entry and one Christmas Lights Festival

Governor's Mansion open house

train ride.

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

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

'The Nutcracker'

Montgomery Ballet is proud to announce its 41st annual performance of Tchaikovsky's "The Nutcracker," Dec. 8-11 at Troy University's Davis Theatre in Downtown Montgomery. Founded in 1958, Montgomery Ballet is the only professional dance company in the city of Montgomery and is one of two in the state of Alabama. Tickets cost \$10-\$30 and can be purchased online at http://www.brownpapertickets.com/event/2604847.

For show times and more information, call 334-409-0522 or visit montgomeryballet.org/.

Old Alabama Town holiday open house

Mongomery's Old Alabama Town will host its annual holiday open house Dec. 13 from 4-6 p.m. The event will resemble a true 19th century experience with a variety of live music, children's pioneer-style crafts, candlelight house tours, history of the holidays, and cookies and cider, according to organizers. Admission will cost a donation of a non-perishable food item for HandsOn River Region's Christmas Clearinghouse.

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

CANDY BOMBER

Air Corps veteran visits Berlin Airlift Monument for rededication

By Sgt. 1st Class Crista Mary Mack U.S. Army Europe Public Affairs

FRANKFURT, Germany — Knows as the Candy Bomber, retired Army Air Corps Col. Gail Halvorsen, a famed pilot who dropped food and candy to children in Germany from 1948-49, visited Frankfurt for the rededication of the Berlin Airlift Monument at the Frankfurt Airport Nov. 21.

"I just knew that it was better to be dropping food than bombs," said the 96-year old Halvorsen, who was especially known for dropping chocolate bars attached to tiny parachutes from the sky. "Why did I drop the chocolate? Because of gratitude – the sincere, unabashed gratitude and thanks exhibited by those beautiful children in Berlin."

Operation Vittles was the name of the original mission that Halvorson joined in 1948, flying out of Wiesbaden Airfield and Rhein Main Air Field, and then expanded with Operation Little Vittles, the candydropping campaign. The former Wiesbaden Army Airfield is today the location of U.S. Army Europe headquarters and Rhein Main Airfield is today part of Frankfurt International Airport. During the course of the Berlin air drops, more than 2 million tons of goods in more than 277,000 flights in and out of Berlin occurred.

Frankfurt Airport, Lufthansa and volunteers repainted and restored the Berlin Airlift monument on location at the airport, added a park and reopened the site to the public. As a special guest of honor, the Frankfurt Airport and the Berlin Airlift Association paid for Halvorsen and two of his daughters to attend.

"It was a distinct honor to represent U.S. Army Europe at the Berlin Airlift rededication ceremony, to meet Colonel Halvorsen again and to be reminded of the 'power of one'," said Mike Anderson, U.S. Army Europe, director, European host nations.

"The power of one individual, Gail Halvorsen, during a massive Operation Vittles, which fed and kept warm the 2 million inhabitants of the capital city of a former enemy, has rightfully captured our imagination for nearly 70 years."

Halvorsen wore his second lieutenant Army Air Corps uniform of 1948 to the ceremony and had chocolate bars in hand, which he handed out to children at the ceremony.



PHOTOS BY MIKE ANDERSO

Retired Col. Gail Halvorsen passes out some sweets to the children's choir who performed at the rededication of the Berlin Airlift Monument at the Frankfurt Airport Nov. 21.



PHOTO BY KARL WEISE

Halvorsen meets young German fans from the Frankfurt Musterschule, Germany, during a 2013 ceremony at the Berlin Airlift Memorial.

"Which name do I like most, Candy Bomber or Chocolate Bomber?" Halvorsern mused. "Well, chocolate is a lot more specific and always well received, so Chocolate Bomber, please."



Halvorsen speaks with fans.



Rosinen Bomber, in English, Raisin Bomber, an original Douglas Cargo 7 aircraft flown during the Berlin Airlift missions of 1948 and 1949. The plane is part of the display at today's Berlin Air Drop Monument at the Frankfurt International Airport.

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,

10:15 a.m. CCD (except during summer months)

BIBLE STUDIES

Bldg. 8939

TUESDAYS Crossroads Discipleship Study

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

Protestant Women
of the Chapel
Wings Chape, 9 a.m. and 6 p.m.
Adult Bible Study
Spiritual Life Center,
7 p.m.

WEDNESDAYS Catholic Women of the Chapel Spiritual Life Center,

9 a.m.

11:30 a.m.

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

1-14th Avn Regt Bible Study Hanchey AAF, Bldg. 50102N, Rm. 101

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

Bidg. 30301, 11.30 u.m.

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

Kingdom Kidz & Youth Group Bible Study

Spiritual Life Center, 5:30 p.m.

Adult Bible StudySpiritual Life Center,

6 p.m.

THURSDAYS WOCC Bible Study (1st/3rd Thursday)

Swartworth Hall, Bldg. 5302, 11:30 a.m.

Praise and Worship Meal/Bible Study

Wings Chapel, 5:30 p.m.

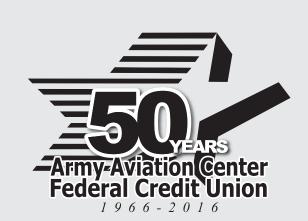
SATURDAYS
Protestant Men of the
Chapel (1st Saturday)
Larry's Restaurant, Daleville,
8 a.m.



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*APR = annual percentage rate. Rate is lowest available rate, reflects all possible discounts & is accurate as of 12/1/2016. Your rate will be based on your credit & may be higher. Purchases and balance transfers must be made within the first 90 days of opening the card to qualify for 0% APR for 6 months. Cash advances not included in this offer. Purchases & balance transfers made after the initial 90 days will be at the regular rate. Regular rates are as low as 7.99% APR. This promotion can change at any time. Other restrictions may apply. Contact AACFCU for details. Offer ends 12/31/16.





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DECEMBER 8, 2016

WINTER FITNESS

Fitness centers offer options for keeping fit during the winter months

By Jeremy Henderson Army Flier Staff Writer

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

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

According to Avila, Fort Rucker's physical fitness cen-



PHOTO BY NATHAN PFAU

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

ters bring a few new surprises for patrons this year.

"Our schedule contains group fitness classes including Cardio Strength Intervals, Total Body Tone and a new rowing and interval training class," she said.
"We are also now offering classes at Andrews. These classes are new offerings from recent additions to our staff. Patrons can look forward to meeting a

few new highly-motivated and highly-qualified fitness instructors this year."

According to Avila, patrons now have access to a Functional Athletic Strength Training class that pairs well with functional fitness training.

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

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

The Fort Rucker PFC 1/4-mile track and football field is closed to allow for the installation of a rubberized track. The area will remain closed until February, or the completion of the project.

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

GROUP FITNESS CLASSES

AB LAB — Define your waistline and increase your core stability with this effective 20-minute abdominal and back workout.

ABSOGLUTELY — A lower body and core workout that includes weight training and cardio to help strengthen a common problem area.

CSI: CARDIO STRENGTH INTERVALS — Tone, build and strengthen your muscles and heart in the same class. A great workout with intervals of cardio to keep the heart rate increased to a level to fit you.

F.A.S.T (FUNCTIONAL ATHLETIC STRENGTH TRAIN-ING) — Using functional fitness methodology, participants find their inner athlete with a progressive combination of strength, agility, balance and core training by utilizing kettlebells, plyometrics, medicine and stability balls weights, and body weight. Build lean body mass, improve athletic performance and train for a healthy heart in just 60 minutes

H2O — A class in the water to use endurance and strength to complete fitness goals. Low impact and light on joints, but great for the

heart and body. This class in intended for patrons who are comfortable in the water and can swim on a basic level.

ROW AND STRENGTH — A circuit style class using the concept II rowers combined with your level of weights for a great metabolic burn. This class is well rounded to fit any fitness level. Participants work their heart and tone muscles in this one hour class. Class is located at the Fort Rucker Physical Fitness Center, Bldg. 4605.

SPINNING — Begin to make fitness goals a reality with no complicated moves to learn, a motivating group environment, excellent instructors and music that begs your legs to pedal. You'll get a heart-pounding, yet low-impact workout while maintaining the ability to go at your own pace. Training sessions will be interval, endurance, strength or race day rides. Water bottle is required in class. This class is appropriate for all fitness levels. If this is your first time, please come at least 15 minutes early for proper bike set up.

SPIN, PUMP AND SHAPE — Combines Spinning with strength training for a full-body workout.

STRONG BODIES — Work every muscle in every angle. This

total body workout is designed to improve muscular strength and endurance utilizing free weights, tubing, BodyBars and Resist-a-Balls. This class is appropriate for all fitness levels. Please come in 5-10 minutes early to set up.

TOTAL BODY TONE — A full-body workout. Work upper and lower body, add a core sequence and enjoy. Weightlifting technique will mix with bursts of cardio to burn fat and safely build muscle.

ULTIMATE CONDITIONING — Combines weightlifting, cardio and functional lifting. The domains of this class include cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination and accuracy. Make time fly with this intense workout while having fun and watching the pounds melt away.

YOGA — A complete body workout. Not only will you strengthen your body, but your mind as well. Our yoga practice stems from traditional Hatha Yoga; integrating mind and body, breath and awareness through body postures, movements and asanas. Increase strength, flexibility and muscle tone. Try it because you are curious, stick with it because you are enlightened.

Clinic offers diabetes self-management education

By Jenny Stripling

Lyster Army Health Clinic Public Affairs

Lyster Army Health Clinic will soon offer a diabetes self-management education program called "My Life, My Diabetes."

The eight-part program is currently accepting new patients with monthly classes starting in January. The classes will be held Thursdays in the Lifespace Center classrooms at LAHC.

"The purpose of our DSME program is to provide our beneficiaries with the knowledge and skills to help manage diabetes or pre-diabetes," said Theresa Osteen, registered nutritionist and certified diabetes educator at LAHC.

Diabetes is a disease that occurs when a person's blood glucose, also called blood

(54-37)

sugar, is too high. Over time, having too much glucose in the blood can cause health problems, such as heart disease, nerve damage, eye problems and kidney disease. Most of the food people eat is turned into glucose, or sugar, for their bodies to use for energy, Osteen said.

The pancreas, an organ that lies near the stomach, makes a hormone called insulin to regulate sugar levels. When people have diabetes, their body either doesn't make enough insulin or cannot use its own insulin as well as it should. This results in elevated sugar levels in their blood, she added.

"Diabetes is a serious disease that requires self-management education and support as early as possible to prevent diabetes-related health problems in the future," said Osteen.

Managing diabetes can be difficult at times, but if properly treated, the impact of diabetes can be reduced. Even people with Type 1 diabetes can live long and healthy lives, if they keep their blood sugars under tight control and are physically active, she added.

According to Osteen, participation in the DSME program may help people understand diabetes and how it affects their body, make informed decisions about their health and treatment, develop self-care behaviors for managing their diabetes or pre-diabetes, and more.

Service members, veterans, or other beneficiaries with diabetes or pre-diabetes are eligible to enroll.

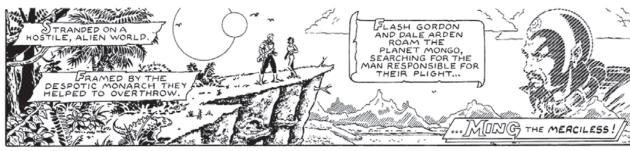
For more information or to enroll, call 255-7986.



ARMY GRAPHIC

Tumpa Bar Lune. England Dallas vs. Seattle vs. Philadelphia N.Y. Giants David Agan (54-37)Col. Tom von Eschenbach CDID Directo (50-41) Jim Hughes PAO (52-39)Capt. Jason Jordan 6th MP (44-47)Capt. Mike Simmons

OWNIIM





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69 Celebration

70 Jailbreaker

71 Indy path

64 Commercial

movement

52 Sailors, say

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(martial art)

Just Like Cats & Dogs

by Dave T. Phipps



Rodriguez

1. MOVIES: What was Grace Kelly's character's name in the movie "High Noon"?

2. PSYCHOLOGY: What fear is represented in the phobia called "cryophobia"?

3. LITERATURE: What was the name of the island inhabited by tiny people in "Gulliver's Travels"?

4. U.S. CITIES: What city bills itself as "The Sweetest Place on Earth"?

5. GEOGRAPHY: Where is the Gulf of Riga located?

6. HISTORY: How many human beings have walked on the moon?

7. ART: Which post-impressionist painter created the series titled "Sunflowers"?

8. LANGUAGE: What product was slangily known as a "Tin Lizzie" in the early 20th century?

9. ASTRONOMY: What is the largest planet in our solar system?

10. MUSIC: Which 1960s rock group recorded the hit song "A Whiter Shade of Pale"?

See Page D3 for this week's answers.

Super Crossword

4 "— already

8 6x9-inch

book size

9 One-eighty from NNW

10 "X" amount 11 Psych up

12 Like a Thai

13 Téa on TV

15 Ball

14 Moral error

16 School unit

17 Arm bones

18 Nonreactive

19 Amble along

29 Month after

30 More briny

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NCAA team

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Baja

Nov.

31 With 81-

33 Lo-fat

35 Cello

34 Suffix of

ordinals

5 Actor Voight 96 President before Bush 6 First name of - -lance (pit 7 Perfumery viper variety) bottle

100 Seamstress who was Adam's Across mate? 65 Hitter Gehrig 105 Downed

106 Italian cry at a dinner 107 Canon

93 Completely

engrossed

(camera line) 108 Caspian Sea feeder

110 "Attack, mutt!" 113 Not as young 114 Tennis great

Rod who keeps every-one safe? 119 Pixar figures

120 "In this way **121** 1970s-90s carrier to Lima

122 Collagist Max 123 Positive responses

124 Eased up on DOWN 1 Month after

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forerunner 36 "Byzantium" 77 Scandi-Arterton navian 38 Hip-hop DJ's

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97 Supply

87 Toss high up

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102 Finish with

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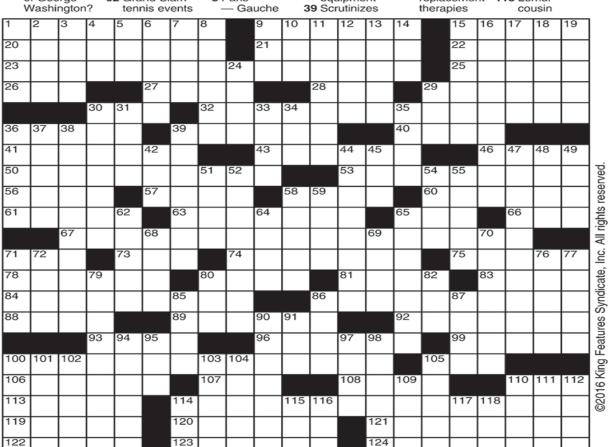
100 Theatricalize

86 Kaput

pal Weasley

115 Ending for Brooklyn 116 Abbr. in trig 117 Part of L.A.

118 Lemur cousin



See Page D3 for this week's answers.

Dunion Whin/93

2. New Mexico

5. Connecticut

state capital.

4. Arizona

North Carolina

A "CAPITAL" CHALLENGE!

In our puzzle grid, there is room to

list nine state

capitals. Below

are the names of

the states. Can

you furnish their

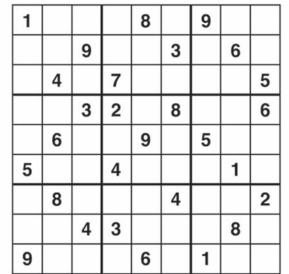
6. Maryland

9. Oregon

North Dakota

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



waiter, by mistake, gave him someone else's check. What did the man say to the waiter? Answer: "I ought naught to owe for I ate nothing."

Illustrated by David Coulson

A CREEPY CRAWLY QUESTION! "A little bug, alert and alive, climbed up a door ninety inches and five. If every day it climbed up eleven, and every night it dropped back seven, How many days, without a stop, did the little bug travel to reach the top?" Answer: 22 days

YOUR "NOONTIME" PUZZLE BREAK! Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in Grid A contain the same letters as the corresponding words in Grid B.

1. Fit together in a stack. 2. To get dirty. 3. A formal occasion. 4. A sharp edge.

N E Answers: 1. Nest-tens. 2. Soil-silo. 3. Prom-romp. 4. Keen-k

2. A missile shelter 3. To win easily. 4. A joint.

Our counting system.

Answers: 1. Augusta. 2. Santa Fe. 3. Raielgh. 4. Phoenix. 5. Harthord. 6. Annapolis. 7. Bismarck. 8. Columbus. 9. Salem. The state sapital's name in the dark frame is St. Paul (Minnesota).

There is a dark frame around one of

the columns in the grid. If you cor-

rectly name the nine state capitals.

the letters in this frame, top to bot-

tom, will spell out the name of a 10th

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2 4 6 4 5 6 8 4 8 5 P C A W C A N N A4 5 8 7 2 7 2 6 2 8 2 DCOTL ВТ S H U O H8 5 2 7 4 3 2 5 6 Q L D L 0 G U S 3 2 6 3 6 2 3 4 2 6 DHUNL Ε R D U 4 8 5 3 2 3 4 8 8 NTIWGS I U N R 8 7 5 6 5 2 5 2 5 2 5 HNEYTYATNECDE

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 Then read the message the letters under the checked figures give you.

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SERGEANT MAJOR OF THE ARMY:

Accessing behavioral health care should be as easy as seeing a medic

By C. Todd Lopez Army News Service

WASHINGTON — Both the Army secretary and the sergeant major of the Army are on the record: There must be a substantial change in the way Soldiers think about behavioral health care.

"There needs to be a paradigm shift in how we look at behavioral health," said Sgt. Maj. of the Army Daniel A. Dailey. "It needs to become common practice – an everyday event."

Dailey believes that, across the force, seeking out such assistance must be as common and accepted as going to the dentist for a checkup or to see the doctor for an injury. Soldiers ought to value being squared away psychologically as much they value being squared away physically.

The Army aims to promote this attitude, Dailey said, by making behavioral health assistance as common as medical health assistance.

"We screen all of our Soldiers for all kinds of medical reasons," he said. "One of those [reasons] should be behavioral health. And it should be a common practice.



In a recently recorded message to Soldiers, Sgt. Maj. of the Army Daniel A. Dailey said accessing behavioral health care services must be as common for Soldiers as seeking out a medic when they are injured on the battlefield.

That way, we become accustomed to ... [it as] an acceptable thing to do. It is acceptable to ask

Right now, Dailey said, it's expected that a Soldier who gets hurt will seek medical assistance. It's also expected that a Soldier who sees another get injured will get that injured Soldier to a medic. In the Army, seeking help under such circumstances is not a sign of weakness.

The same ought to be true for behavioral health assistance, Dailey said.

"Just like you would rush to their aid on the battlefield when they are wounded, you should rush to their aid if you see the signs and symptoms of behavioral health issues," he said.

According to Dailey, the Army's behavioral health care system has grown tremendously over the past several years, including at unit level, where it takes the form of embedded behavioral health programs that promote behavioral health right where Soldiers work and live.

As of October, the Army had

filled 100 percent of its planned 61 embedded behavioral health teams. Each team typically involves about 12 to 13 members, including 10 service providers. Currently, the teams provide direct support to 31 brigade combat teams across the Army, as well an additional 142 other battalion and brigade-sized units.

Already, the Army deployment of embedded behavioral health has achieved statistically significant improvements in areas such as mission readiness, outpatient behavioral health care services and acute inpatient psychiatric

Not every Soldier who deploys will need behavioral health assistance, but research has shown that 20 percent of the Soldiers who deployed to Operation Iraqi Freedom or Operation Enduring Freedom meet the criteria for post-traumatic stress disorder, while 15 percent of those Soldiers will likely experience other behavioral health problems that could benefit from treatment.

"This is not something we can change, but it is something we can treat," Dailey said. "[I] urge everybody to break the silence and promote dialogue within your formations at home and in your communities. Seek help and take the first step in recovery in overall resiliency."

The Army must also still contend with the stigma associated with seeking behavioral health assistance, Dailey said.

"I know for a fact we've done a lot to break that paradigm," he said. "I'll tell you, we have to continue to do it. It needs to become common practice that leaders and Soldiers and everybody seek behavioral health assistance when they need it."

In addition to lifting the stigma, the Army must ensure that Soldiers can recognize when their fellow Soldiers need behavioral health assistance and are prepared to intervene – so their units will be ready to fight when called on.

"It's a real injury, and it needs real circumstance to fix it," Dailey said. "I think as we continue on our path we finally will break that stigma. Soldiers will seek behavioral health assistance, and leaders will encourage and even mandate it when they know their Soldiers need it."



Kent Anger **DPTMS**





Todd Conyers USAACE (59-32)





Jeff Frey NCOA (51-40)





Wes Hamilton (65-26)





John Tkac DPS (62-29)



FORT RUCKER SPORTS BRIEFS

Spring soccer registration Parents can register their children for spring soccer through Jan. 15. All interested participants must have a current sports physical and a valid child, youth and school services registration. Children must meet the age requirements by July 31, 2016. Cost is \$25 for youth ages 4-5 years and \$45 for youth ages 6-14. Additional children will receive a percentage discount to be determined at parent central services during registration. Parents who use Webtrac to register their children should call 255-9638 to let the staff know what size shirt and shorts to order for the children. Practice will begin around Jan. 30 and the season will begin Feb. 13. There will be a parents meeting Jan. 25 at 6 p.m. in Bldg. 2800, the youth center, on Seventh Avenue.

To register, visit parent central services or use Webtrac. For more information, call 255-9638 or 255-2254.

SWGC holiday sale

Silver Wings Golf Course will host its holiday sale now through Dec. 24. Shoppers will be able to select items for purchase, and when they check out, they will pick a stocking from the tree for their holiday discount that will be applied to their purchase. The sale will be open to the public.

For more information, call 255-0089.

Ham shoot out

Silver Wings Golf Course will host its ham shoot out Dec. 17 with tee times from 8-10 a.m. Cost is \$20 per player, plus cart and green fees if applicable. Format is individual stroke play. U.S. Golf Association handicap or weekend dogfight points will be used. Gift certificates and ham will be awarded as prizes to gross and net winners. Registration deadline is Dec. 17 at 9 a.m. The event is open to the public.

For more information, call 255-0089.

Biggest Buck Contest

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

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

Youth gymnastics classes

Fort Rucker Child, Youth and School Services hold gymnastics classes through Dec. 20 on Mondays, Wednesdays and Thursdays at the school age or 255-9162.

center, Bldg. 2806. Classes are offered for preschool - coed - (age 3-5) up though Level 5 (age 16). Cost varies from \$25-\$50 per month. Students can join classes at any time.

For more information, call 255-1867.

Winter adult swimming lessons

Winter swimming lessons for people ages 18 and older will be conducted at the Fort Rucker Physical Fitness Center Indoor Pool, Bldg. 4605 on Andrews Avenue, in December. Cost will be \$50 per participant. Each session will consist of eight classes held on Tuesdays and Thursdays. Beginners classes will be from 5:15-6 p.m. and intermediate classes will be from 6:15-7 p.m. People need to register at least three days prior to the start of the session at the Fort Rucker PFC.

For more information, call 255-2296

Super Crossword -Answers P A V I N G A T T E N T I O N S U R V A L E U N I V E R S I T Y GETATEPOSITS E M U L A T E A L T E R S C Y T H E D L O U A I L N A S G A T E L E G E S S AVESAILOR DEERSLAVER I N S O L E U S O P E N S EVEOFTHENEEDLE M A N G I A E O S OLDER

PUZZLE NSWERS

Weekly SUDOKU ___

Answer

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

- Amy Fowler Kane
 Fear of extreme cold, ice or frost
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 Hershey, Pennsylvania, home of the Hershey chocolate company 5. Northern Europe
- . Vincent van Gogh . Model T Ford 9. Jupiter 10. Procol Harum



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