

VOL. 65 • NO. 46

FORT RUCKER ★ ALABAMA

NOVEMBER 19, 2015

Gate access changes begin Nov. 30

Fort Rucker Public Affairs *Press Release*

Fort Rucker officials announce the closure of the Newton Gate, as well as the shutdown of the Enterprise Gate Visitor Control Center, starting Nov. 30.

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

Additionally, Dec. 5, the Faulkner Gate hours will increase on the weekends. The new hours will be 6 a.m. to 6 p.m. Saturdays and Sundays.

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

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

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

Newton and Faulkner gates, as well as the Ozark and Enterprise VCC, are scheduled for closure during the Thanksgiving period Nov. 26-29. The Daleville Gate and VCC will remain open during this

SALUTING SERVICE

Ceremony pays bomage to nation's veterans

By Nathan Pfau *Army Flier Staff Writer*

As ceremonies to honor those who have served took place across the United States, Fort Rucker showed its appreciation for service members past and present during its Veterans Day ceremony Nov. 10.

Hundreds of veterans, Soldiers and civilians came together at the U.S. Army Aviation Museum during the ceremony as Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, spoke of the impact that veterans have had on the nation.

"Today is not only a day of recognition, reflection and respect, but also a day of celebration for those who have served and continue to serve today," said the general during the ceremony. "We are here to honor the veterans throughout our military history and recognize their selfless service to our nation – service (that) extends not only on the battlefield, but off the battlefield. We honor their sacrifice and celebrate their achievements in service to our nation."

Although not every veteran throughout every conflict was able to be honored individually, Fort Rucker chose six Soldiers to represent — on display boards set up at the ceremony — all veterans from different conflicts throughout history.

Representing World War I was Sgt. Vernon Burge; representing World War II was 2nd Lt. John McCorry, who was in attendance at the ceremony; representing the Korean War was Capt. Jack Upham; representing the Vietnam War was Maj. Patrick Delevan; representing Operation Iraqi Freedom was Maj. Anne Mc-Clain; and representing Operation Enduring Freedom was CW5 Louis Papesca. "As we look throughout our history, there are literally millions of unsung heroes, who, in many ways, may have been perceived as just ordinary citizens, but, when called upon, proved themselves to be ex-



PHOTO BY NATHAN PFAL

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, CW5 Allen R. Godfrey, chief warrant officer of the Aviation Branch, and Command Sgt. Maj. Eric. C. Thom, Aviation Branch command sergeant major, render salutes during the ceremony.

traordinary," said Lundy. "These veterans displayed before you are representative of the many veterans who made a positive impact and a lasting mark on our profession of arms and our nation.

"Whether for actions in combat or solving problems that no one else would, they proved themselves in character, confidence and commitment by leading change and forging ahead to accomplish things that no one else had done before," continued the general. "These six unsung heroes from our Aviation history are just a few examples of the caliber of Americans who have joined the ranks and left an indelible mark on our Aviation history."

That mark on history is due to the commitment of those Soldiers, and many who came before them, Lundy added. our Army, Navy, Air Force, Marine Corps and Coast Guard demonstrate a resolute spirit and unmatched selflessness, and their service reminds us that there are few things more American than giving of ourselves to make a difference in the lives of others," it reads. "Our veterans left everything they knew and loved, and served with exemplary dedication and courage so we could all know a safer America and a more just world. They have been tested in ways that most of us may never understand, and it is our duty to fulfill our sacred obligation to our veterans and their families."

"We celebrate the achievements of all of our veterans because, when the nation called, they were there. They were there to shoulder the burden when no one else would, there to defend our way of life and there to be a part of something bigger than themselves," added Lundy. "To all of our veterans here today, thank you to you and your families for your service. Thank you for your sacrifice, and thank you for your continued support of our Branch, our Army and our nation — we are forever in your debt."

holiday period for those needing visitor badges.

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

During the ceremony, the Presidential Proclamation for Veterans Day was read, which stated that the U.S. military is the strongest, most capable fighting force the world has ever known, and earned that distinction from the men and women who serve within its ranks.

"The brave men and women of

Retiring former CWOB's career spans 4 decades

By Nathan Pfau Army Flier Staff Writer

The Fort Rucker family bid farewell to a former chief warrant officer of the Aviation Branch whose Army career spanned four decades.

Soldiers, friends and family members came together at the U.S. Army Aviation Museum Friday for the retirement of CW5 Michael L. Reese, former chief warrant officer of the Aviation Branch.

"Mike Reese has been, is and probably forever will be the example for what a chief warrant officer should be," said Lt. Gen. Kevin W. Mangum,

U.S. Army Training and Doctrine Command deputy commanding general and chief of staff. "I've always ranked the best warrant officer in my unit among the best officers, so, as I look at Mike Reese, he is among the best officers of any grade, of any branch with whom I've served." Reese entered the Army in 1988 as he attended Warrant Officer Flight Training, followed by the AH-64A Apache Aircraft Qualification Course. He's served across multiple continents and deployments, including tours in northern Iraq for Opera-

tion Provide Comfort; a tour in Camp Eagle, Korea, with the 1-6th Cavalry as the squadron master gunner; and further deployments to Iraq in support of Operation Iraqi Freedom.

He's served in a number of positions, from standardization instructor pilot to leadership positions, to his most recent position as the Apache Program Office AH-64E flight training lead at Redstone

Arsenal.

Lt. Gen. Kevin W. Mangum, U.S. Army Training and

Doctrine Command deputy commanding general

and chief of staff, congratulates CW5 Michael L.

Reese, former chief warrant officer of the Aviation

Branch, on his retirement during a ceremony at

the U.S. Army Aviation Museum Friday.

PHOTO BY NATHAN PFAL

Reese said that throughout his military career, the one place he wanted to retire was Fort Rucker because, for him, it's where Aviation leaders are born.

SEE CAREER, PAGE A5



HOTO BY NATHAN PFAU

Second Lt. Rosa Tahmassebi, D Company, 1st Battalion, 145th Aviation Regiment, has her portrait drawn by Janeann Fessler, portrait and landscape artist, as her friends look on during the Hollyday Bazaar at Yano Hall Saturday.

TALKING TURKEY

Variety of events spice up Thanksgiving

By Nathan Pfau *Army Flier Staff Writer*

As the holiday season rolls around, Fort Rucker prepares to get people ready for feasts, family and fun as it kicks off the season for giving.

The installation is hosting a myriad of events, ranging from activities, fitness and dinners, to offer something everyone can enjoy, said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation.

"Whether you're civilian or military,

SEE TURKEY, PAGE A5



PHOTO BY NATHAN PFAL

U.S. Army Aviation Center of Excellence and Fort Rucker leadership serve Thanksgiving dinner to Soldiers at the installation dining facility during Thanksgiving last year. This year's DFAC Thanksgiving feast will be Nov. 26 from 10:30 a.m. to 1:30 p.m.

PERSPECTIVE • A2

COMMUNITY - C1-6

ON POST = <u>C2</u>

PERSPECTIVE

FEDERAL VOTING ASSISTANCE

Agency eases absentee voting process for Soldiers, families

By Keith D. Wilbur

Fort Rucker Voting Assistance Officer

The 2016 Presidential Election takes place Nov. 8, 2016, and the campaigns are already in full swing.

For those that may not know it, as of Nov. 4, there were 1,371 candidates who have filed a Statement of Candidacy with the Federal Election Commission to run for President in 2016. A total of 240 Republicans and 197 Democrats will be competing for their party's presidential nomination. Additionally, there are 409 independent candidates and 525 candidates from other parties.

Combine them with the 34 U.S. Senators, 435 U.S. House of Representatives and 12 state governors who are up for election and you can see that there is a lot at stake in the next elections. And let's not forget the myriad of state and local municipal issues to be decided upon by the registered voters who decide to participate in the election process.

Soldiers, as well as the eligible family members, who wish to participate in the upcoming election need to register early to vote absentee with their state officials back home or the last place they have registered to vote.

This is where the Federal Voting Assistance Program website, at FVAP.gov, can help. FVAP wants to ensure service members, their voting eligible family members and overseas citizens are aware of their right to vote, and to provide them the tools and resources to successfully do so, from anywhere in the world. FVAP's goals are to promote process, eliminate barriers and remove obstacles with the voter registration process, and enhance measures of effectiveness.

awareness of the registration

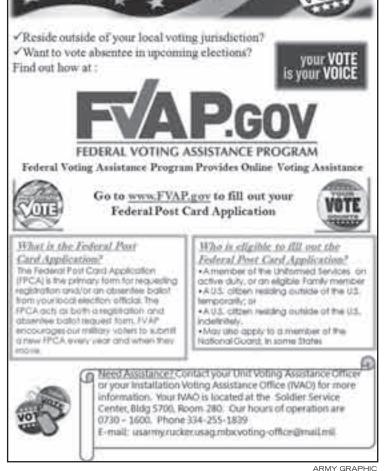
Awareness starts with knowing how to become registered to vote. To register, voters should use the Federal Postcard Application available from the FVAP webpage at http://www.fvap. gov.

On that website, you can download the FPCA or use our online assistant to actually fill out the form. The online assistant walks you step by step through the process. For those who prefer it, FVAP offers a 1-800 call center and e-mail assistance, as well.

Sharing information is the best way to raise awareness about FVAP and the absentee voting process. To share information, FVAP officials rely heavily on unit voting assistance officers to assist them in this process. UVAOs are the first line towards getting the word out to Soldiers and their family members about upcoming elections, news and events. Each unit in the Army is required to have at least one UVAO to assist assigned Soldiers, family members and other civilians, as well.

Soldiers planning a move need to ensure they update their mailing address, because it doesn't occur automatically. Fill out the Federal Postcard Application every time you move. This way you can ensure that your local election official knows where you are and that your voting materials can be sent to that new address.

As mentioned earlier, eliminating barriers and removing obstacles with the voter registration process is one of the goals



of FVAP. In 2014, this barrier removal included a redesigned website and a digital toolkit for UVAOs.

There was also an initiative for younger first-time voters in the military. A large portion of voters in the military are age 18-24, and FVAP wants to show these younger military members that voting is easy. Statistical analysis has proven that military members using FVAP resources are more likely to vote. Using FVAP, the voting process is easy and will set service members up for success.

A significant barrier to successful absentee voting is the late receipt of blank ballots reaching Soldiers without sufficient time to vote and return absentee by mail. Soldiers need to know that once they get the absentee ballot, speed is of the essence. Soldiers need to research topics and candidates beforehand to ensure that once they get the absentee ballot it is merely a matter of completing it, and returning it in the mail or electronically if allowed by the state. This should be done quickly, so that it arrives in time to meet the cutoff date assigned by the state.

States are required by law to have the absentee ballots in the hands of those that request them at least 45 days prior to the election if sent through the mail in order to provide adequate time for voters to receive, vote and return ballots, with any likelihood that their votes will be successfully received by election officials.

E-mail and on-line capabilities are widely available to and have become the communications standard for service members, basically replacing fax and mail. This improves the opportunity for Soldiers to vote via absentee ballots, and it provides high-speed delivery of election materials to and from voters and local election officials.

This use of technology, however, is still not accepted in all 50 states, and Soldiers need to contact their UVAO to see what states accept this and which do not. In some cases, Soldiers registering for the first time will need to complete the form, print it out, manually sign it, then scan and email it back to their local election officials, so that there is a signature on record for that individual.

With all the awareness, elimination of barriers and obstacles, and enhanced measures of effectiveness with the voter registration process, voting is still a matter of personal choice. There are those who have become so disenfranchised from past bad experiences attempting to register to vote, that they choose not to vote at all. Again, that is a personal choice.

Whether voting should be considered a right, a privilege or a responsibility of basic citizenship will always be debated among individuals. I, for one, am thankful to be living in United States of America, defended by the best armed forces in the world, which allows me to make that personal choice.



Thanksgiving is just around the corner. What is your favorite thing about Thanksgiving holiday?



CW2 Eric Smith, TDY from Springfield, Mass. "Food - always the food."



W01 Kyle Sam, 1st Bn., 145th Avn. Regt. "Its nice to get together with

family during that time and just spend some time together."



2nd Lt. Jose Bictora, 1st Bn., 145th Avn. Regt.

"It's a lot of things, like the food, family time and weather. I think it's all great, really."



Jason Green, military veteran

"I actually really enjoy cooking for the entire family. Getting the chance to prepare a big dinner is really nice."



Mark Glynn, civilian

"It has to be the food. I love Thanksgiving food more than any other holiday foods."

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Retired captain receives Medal of Honor

By J.D. Leipold Army News Service

WASHINGTON – Medically-retired Capt. Florent A. Groberg became the 10th living service member to receive the Medal of Honor Nov. 12 for selfless actions on the battlefield in Iraq or Afghanistan.

President Barack Obama draped the nation's highest military award for conspicuous gallantry around the 32-year-old's neck in the East Room of the White House in front of the Soldiers who were part of the personal security detachment Groberg was leading in Kunar province Aug. 8, 2012.

Obama told Groberg's story of how the French-born former Soldier came to America and became a naturalized citizen in 2001, the same year he graduated high school in Maryland. He next attended the University of Maryland, competing in track and cross-country before graduating and receiving his commission in the Army in 2008.

"Training, guts, teamwork," Obama said. "What made Flo a great runner also made him a great Soldier. In the Army, Flo again took his training seriously – hitting the books, paying attention to every detail in field exercises – because he knew that he had to be prepared for any scenario."

His greatest test of his training happened on his second deployment to Afghanistan where he was hand-picked to head up a security detail. On that day in 2012, he was leading his security detail by foot in a diamond-shape formation tasked with protecting two brigade commanders, two battalion commanders, two sergeants major and an Afghanistan National Army brigade commander.

As the formation approached the provincial governor's compound, Groberg noticed off to his left a man dressed in dark



PHOTO BY STAFF SGT. CHUCK BURDEN

President Barack Obama hosts a Medal of Honor ceremony for retired Capt. Florent Groberg at the White House in Washington, D.C., Nov. 12.

clothing, walking backward, some 10 feet away. The man spun around and turned toward the captain who simultaneously sprinted toward him and began pushing him backward and farther from his detail. As he pushed him away, Groberg noticed a bomb under the man's clothing.

"And at that moment, Flo did something extraordinary – he grabbed the bomber by his vest and kept pushing him away," the president said. "In those few seconds, he had the instincts and the courage to do what was needed. One of Flo's comrades, Sgt. Andrew Mahoney, had joined in, too, and together they shoved the bomber again and again – pushing him so hard he fell to the ground onto his chest, ball bearings, debris, dust exploded everywhere."

The blast threw Groberg 15 to 20 feet and knocked him unconscious. When he awoke he found himself in the middle of the road in shock, an eardrum blown out and his left leg broken with most of his calf muscle torn away and bleeding badly.

What Groberg didn't know was at the time the suicide bomber blew up, a second suicide bomber released his bomb killing four others outside the perimeter.

"That blast by the bridge claimed four heroes Flo wants us to remember today," Obama said. "One of his mentors, a 24-year Army vet who always found time for Flo and any other Soldier who wanted to talk – Command Sgt. Maj. Kevin Griffin; a West Pointer, who loved hockey and became a role model to cadets and troops because he always cared more about other people than himself, Maj. Tom Kennedy; a popular Air Force leader known for smiling with his whole face, someone who always seemed to run into a friend wherever he went, Maj. David Gray; and, finally, a USAID (U.S. Agency for International Development) foreign service officer who had just volunteered for a second tour in Afghanistan, a man who moved to the United States from Egypt and reveled in everything American, whether it was Disneyland or chain restaurants or roadside pie, Ragaei Abdelfatah.

"These four men believed in America, they dedicated their lives to our country, they died serving it," Obama said.

The president added that Groberg suffered significant nerve damage and has endured more than 33 surgeries to keep his leg.

"He's not running, but he's doing a lot of CrossFit – I would not challenge him to CrossFit," Obama joked. "He's putting some hurt on some rowing machines and some stair climbers – I think it is fair to say he is fit.

"Today, Flo is medically retired, but like so many of his fellow veterans of our 9/11 generation, Flo continues to serve," Obama continued. "They are incredibly highly-skilled, dynamic leaders always looking to write that next chapter of service to America. For Flo, that means a civilian job with the Department of Defense to help take care of our troops and keep our military strong.

"And every day that he is serving, he will be wearing a bracelet on his wrist – as he is today – a bracelet that bears the names of his brothers-in-arms who gave their lives that day," Obama added. "The truth is, Flo says that day was the worst day of his life. And that is the stark reality behind these Medal of Honor ceremonies – that for all the valor we celebrate, and all the courage that inspires us, these actions were demanded amid some of the most dreadful moments of war."

Medal of Honor recipient inducted into Pentagon Hall of Heroes

By J.D. Leipold *Army News Service*

WASHINGTON — The Army captain who earned the Medal of Honor for tackling a suicide bomber in Afghanistan in 2012 was inducted into the Hall of Heroes during a ceremony at the Pentagon Friday.

During the event, Capt. Florent A. Groberg's name was added to one of the plaques that line the walls of the Hall of Heroes, a small commemorative enclave just inside the entrance to the Pentagon.

Groberg's name now stands

ately treated his life-threatening wounds, to Sgt. Andrew Mahoney, who helped confront the suicide bomber, to Pfcs. Ben Secor and Eric Ochart, who carried members of the team to safety, each of you helped to save lives.

"You not only witnessed Captain Groberg's courageous decisions, you contributed to them in so many ways, you were the reason he made them," he added. "So, while the medal is received by one, honor, courage and valor were required by all.

"Captain Groberg chose to commit himself completely to this country, he chose repeatedly to lead his fellow Soldiers with excellence, he chose to test himself against the absolute best – earning the Ranger tab," Carter said. "And at the moment of greatest testing, he made the most selfless and courageous choice of all: to run toward the direction of danger, to willingly put his life on the line for the sake of his brothers." "As the Roman historian Tacitus wrote nearly 2,000 years ago: 'In valor there is hope,' so as we honor Captain Groberg's valor today, we, too, have hope that the liberty and security we enjoy today will be passed forward to future generations," Carter said. "Thank you, Captain Groberg, for your courageous actions, for your example and for your exceptional service to our nation."



PHOTO BY STAFF SGT. STEVE CORTEZ

Secretary of Defense Ash Carter, acting Secretary of the Army Eric Fanning, Medal of Honor recipient retired Capt. Florent A. Groberg, Chief of Staff of the Army

lowed by some of our nation's greatest warriors."

He asked the men from his security detail to stand, then talked about what he learned from them and thanking them for saving his life.

"I have wonderful parents, (a) wonderful family, but when you deploy and you're in combat, these individuals become your brothers – you would do anything for them – I can't say enough," he said. "I'm so proud of you guys – it's an honor to have served with you. You are brothers for life and I love you guys.

"And, now for the most im-

among the names of the more than 3,460 other recipients of the nation's highest military award for bravery and selfless sacrifice.

Groberg is now medically retired from the Army.

After greeting Groberg's parents, friends and ceremony attendees, Defense Secretary Ash Carter praised the members of the personal security detachment that the captain had been leading to the provincial governor's compound in Asadabad, Afghanistan, Aug. 8, 2012.

"I want to thank the members of Captain Groberg's extended family, his military family, men who were his brothers on the battlefield who remained close to him in recovery," Carter said. "From platoon Sgt. Brian Brink, who carried Captain Groberg to safety, to Spc. Daniel Balderrama, who immedi-

Following Carter, acting Army Secretary Eric K. Fanning said

Gen. Mark A. Milley and Sgt. Maj. of the Army Daniel A. Dailey unveil the plaque bearing Groberg's name during Groberg's Hall of Heroes Induction Ceremony at the Pentagon in Washington, D.C., Friday.

he was honored to be part of the event and that he was in awe of the deep humility and gratitude with which Groberg had expressed his feelings about the Soldiers he had served alongside.

"Our Soldiers make choices based on deeply ingrained values taught in basic training, fostered by education and time in service and demonstrated in combat, the Army values of loyalty, duty, respect, selfless service, honor, integrity and personal courage," Fanning said. "Flo exemplified each of these values – he displayed these all simultaneously in one day, in one brief but decisive moment in Afghanistan three years ago.

"I've had the honor to spend trained, mentored, led and fol-

News Briefs

time with Flo these past few weeks and because of that humility that I've seen first-hand, I was not surprised when Flo expressed a set of conflicted emotion about today's celebration," Fanning said. "'Imagine,' he said, 'being honored for the worst day of your life."

Following the induction and presentation of the personal Medal of Honor flag, Groberg spoke about his teammates and the four men lost on Aug. 8, 2012.

"I stand in front of you as a proud American, grateful that I've been given the opportunity to serve and wear the colors of our country in time of war," he said. "I am blessed to be surrounded, trained, mentored, led and folportant people here and not here (those killed in the attack: Command Sgt. Maj. Kevin Griffin, Maj. Tom Kennedy, Air Force Maj. David Gray; and Ragaei Abdelfatah), on Aug. 8, 2012, our country lost four incredible Americans, four men who made the ultimate sacrifice – four individuals who changed lives around them for the better, four true heroes for which this medal and honor belongs to," he said.

"I carry it in my heart, I carry it on my body, I carry it in my soul every single day," Groberg said. "I miss them, and I understand that my responsibility is to live through them and to live for them and their families, and to be better. This is my goal, you've heard it many times and it will be my goal until one day I lay down on their ground and I join them in heaven."

Advent workshop

The Fort Rucker chaplaincy will host an Advent workshop Sunday from noon to 2:30 p.m. at the Spiritual Life Center, Bldg. 8039. All are invited to attend the family-friendly event that will feature holiday crafts, lunch, and an exploration of the season of Advent and what it means to move toward Christmas.

For more information, call 255-3946, 255-9894 or 255-3447, or visit www.rucker.army.mil/chaplain.

Tuesday Tracks

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

Free cooking demo

Lyster Army Health Clinic will host a free cooking demonstration Friday at 11 a.m. in the Lifespace Center. Everyone, including children, is invited to attend. The recipes cooked during this demonstration will be low carb and diabetic friendly in observance of Diabetes Awareness Month.

Military personnel closure

The military personnel division will be closed Nov. 26-27. The closure includes the ID card section, retirement services office, personnel reassignment branch, personnel management branch (in and out processing) and personnel services branch. Normal duty hours will resume Nov. 30 at 7:30 a.m.

Clinic closures

The clinic will also be closed Nov. 26 and 27 for the Thanksgiving Holiday.

Clinic appointment line

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

Amnesty Day

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

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

Also, everyone should be cautioned against picking up unexploded ordnance and advised to call 911 if they encounter one. For more information on UXO, visit: https://www.denix.osd.mil/uxo/.

Lyster update

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

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

EXPERTS:

Winning cyberwar takes getting talent management right

By David Vergun *Army News Service*

WASHINGTON — Talent management is essential for getting the right people in the right place at the right time for any Army job, but especially for cyber, an Army manpower leader said.

"Cyber poses an existential threat to our existence. They've got to get (talent management) right," since potential adversaries are really good at cyber warfare, said Michael J. Colarusso, senior research analyst for the U.S. Army Office of Economic and Manpower Analysis.

He and others spoke at the Association of the United States Army's Institute of Land Warfaresponsored Army Cyber Hot Topics panel discussion, "Cyber Talent Management," Nov. 10.

Talent management

Colarusso said there are different schools of thought regarding what talent and talent management mean.

In his own view, he said "talent is a force that liberates the unique abilities of every person." Each individual has unique types of intelligence and abilities, so one cannot say he or she is the most or least talented person because there's no such thing. With training and good leadership, those unique skillsets "can be expanded and liberated."

Talent management, on the other hand, is an integration of four factors: acquiring the right people, developing their talent, employing them in the right places and retaining them. By doing those four things right, it will alleviate "poaching" of those talented individuals by outside agencies, he said.

Framing the problem

Nearly everyone on the panel believed that the Army and the rest of the Department of Defense have challenges hiring and retaining talented cyber warriors.

Command Sgt. Maj. Rodney D. Harris, Army Cyber Command and 2nd Army, talked with countless cyber warriors over the years, trying to define what motivates



Cyber warriors defend the network at the tactical operations center for 2nd Armored Brigade Combat Team, 1st Armored Division, at Fort Bliss, Texas, during Network Integration Evaluation 16.1, which ran from Sept. 25 to Oct. 8.

board didn't consider her skills – they just looked at the math."

She was so good, in fact, that Google, Inc., would have said her talents and abilities, if compared with her peers, would have been "one in a thousand," he added.

One staff sergeant he spoke with said he and his entire cyber team were planning to leave the Army. "People are hitting their decision point. The Army has to figure out why they're leaving and if it really wants to keep them."

In another instance, a hugely talented graduate of the University of California at Berkeley, who was working at Google, wanted to join the Army as an officer in the Cyber Branch. Harris said she realized she'd be taking a big pay cut, but she felt she wanted to give something back to her country and she had a family history of service.

Her recruiter said she had too many tattoos to become an officer, but she could go enlisted. She did, in fact, enlist and today, she's the No. 1 person on her artillery team, serving on Fort Sill, Oklahoma.

The point is, Harris said, it's not just about money. The other point is the Army has to look at better ways of attracting and retaining talent. side the Army are at work. Those pressures are high because the labor market is tight in cyber, meaning those with a cyber specialty are in high demand.

Other drivers are at work, Colarusso said, such as duty station location, training offered, quality of work and work environment. The current system "doesn't see people three dimensionally. We don't know our people other than what's on their resume."

With more than a million people in the Army, it's a very heterogeneous population, he added. There are likely many in other military occupational specialties, or MOSs, who would make a good cyber fit, "but we can't see it and get people in the right seats."

Finding the motivators

In the realm of cyber, knowledge rapidly becomes dated, Colarusso said. A key to hiring and keeping cyber talent, particularly for the millennials, is providing quality training and education.

Millennials are very different from baby boomers regarding what motivates them, he said. "They value employability, not employment." For millennials, having six jobs in several years is "not a red Once talent is effectively matched with those motivators, Colarusso said, "productivity goes way up."

To sum up what most of the panelists said, effective talent management derives from the interaction of: job satisfaction, leadership, compensation, and training and education.

Become a pirate

"Why join the Navy, if you can be a pirate," asked Karl F. Schneider, principal deputy assistant secretary of the Army for manpower and Reserve affairs. He was quoting the late Steve Jobs, who reportedly made that remark when he was CEO of Apple Computer, Inc., in 1982.

The point Jobs was making was pirates get to chart their own course and reap rewards, albeit with risk, while Sailors don't get to decide where they'll sail – unless they're the skipper. Jobs put a good team together that stayed and brought success to the company, Schneider said.

Schneider said it might pay for the Army to look at other successful models of organizations that have been really good at building highly effective teams and retained their skilled workers. The Army could then pirate some of those ideas. them options and let them join, right then and there."

Schneider's last comment sparked a question from the audience: "If there are not enough Soldiers or Army civilians in cyber, why not just hire more contractors?"

Harris fielded that question. "When we default to contractors, it's because we couldn't train our own people, or they didn't fit our model" of what a cyber warrior is perceived to be. "We can't just default to contractors. We have to ask why we can't develop and retain our own folks."

It's also important, Harris noted, to "focus on who we want in our force. Should it just be someone who can pass a security clearance?" Besides clearances, Soldiers and Army civilians are instilled with Army values – not that contractors don't have them. Contractors can poise an unknown risk if their work ethic is not based on the same values driven environment.

What the Army is doing

Col. Jon Brickey, National Capital Region partner director, Army Cyber Institute at West Point, didn't paint as bleak a picture regarding talent management for cyber.

While conceding a need for improvement, he said the Army is becoming more effective at identifying and fostering cyber talent. Efforts and results will improve over time.

The Army is now providing a cyber test to initial-entry recruits that could help identify talent early, he said. That effort should expand over the next few years.

The Army is also evaluating a number of aptitude and cognitive assessment tools that could further identify cyber talent, he said.

ROTC and West Point are identifying cyber talent early in their cadets, Brickey said. Those in cyber tracks are assigned mentors who monitor their progress, and assign them tasks and encourage extracurricular activities, such as cyber internships and joining cyber clubs.

As for retention, Brickey said the Army and the other services are collaborating with universities

them to join and stay, or not. He shared anecdotes that he said are representative.

A certain very talented master sergeant serving in an analyst role "got QSP'd" out of the Army, Harris said. QSP is the Qualitative Service Program Board. She wanted to stay in, but she had not been promoted to E-9 because there was not an open E-9 position to fill. "The Harris added that even if cyber warriors do decide to leave, the Army should try to ensure they don't leave with negative feelings.

While Harris sees opportunities to improve policy and leadership, Colarusso had a different perspective.

The Army is part of the American labor market, Colarusso said, so competitive pressures from outflag. It's the new normal."

The reason they move around so much has to do less with money and more with growth potential, he said. Besides top-notch training, growth includes such things as having opportunities to be engaged and have a lot of responsibilities and the ability to influence outcomes. They won't go or stay where there are toxic leaders.

"Do I really care if the cyber operator or developer is military or civilian?" he said. "Isn't it more important to get the needed skills? We should have a rucksack full of options. Recruiters should be able to ask, 'what would it take you to join our organization?' Then offer to get Soldiers scholarships, cyber degrees, advanced training and certificates. Besides universities, the National Security Agency, U.S. Cyber Command and National Intelligence University are offering their own courses of learning.

Finally, Brickey said now that cyber has become a branch, career progression is better facilitated and this should be a plus for retention.

Army Retirement Services celebrates 60 years of helping vets

By David Vergun

Army News Service

WASHINGTON — Today's veterans who've served throughout the last 14 years of continuous war "are the finest team of Soldiers yet assembled on the face of this planet," Army Vice Chief of Staff Gen. Daniel B. Allyn said.

"These Soldiers for life – who like all generations of Soldiers before them – answered this nation's call to duty," he said. "They're experienced leaders, who are accustomed to building and leading diverse teams to solve complex problems for the nation, and they are resilient.

"Our Army's and our nation's commitment to these brave men and women cannot stop when they take the uniform off. We must all help ensure our veterans strengthen the prosperity of our nation through rewarding and meaningful civilian careers and service in our communities. This is exactly what Army Retirement Services does," he said.

Allyn was the keynote speaker during the 60th anniversary of Army Retirement Services, held in the Pentagon's Hall of Heroes Monday.

Army Retirement Services is there when needed, he said, whether it's helping an 85-year-old surviving spouse ensure she has access to continued care, or assisting a 23-year-old wounded warrior translate military skills to a civilian job application.

Army Retirement Services has a tall order to fill, Allyn said, noting that since 9/11, more than 350,000 Soldiers have retired, and today there are nearly a million retired Soldiers from World War II through Korea and Vietnam to Desert Storm, Afghanistan and Iraq.

Although these veterans are technically retired, Allyn noted that they are still serving and leading in communities throughout the nation.

Army Retirement Services "works quietly in communities across the nation and across the world, assisting (them) and their families with opportunities for employment, education and health care, and, most importantly, (they help) maintain the bond that connects our Army to the nation." Retired Col. John W. Radke, chief of Army Retirement Services Office, delivered opening remarks. He noted that in 1955, RSO's original mission was to provide a point of contact for 79,000 Army retirees.

Today, Army RSO's mission has expanded to 116 RSO offices worldwide, providing retirement benefits, information and referral, and program counseling to more than a million Soldiers of all components, as well as 948,296 retired Soldiers and 249,160 surviving spouses, he said.

"People are the Army. It is emblematic of the Army ethos and our collective responsibilities as leaders to those who wear and have worn the cloth of our nation," Radke said. "Our job is to do all we can do to prepare them as they get ready to retire to understand their entitlements and earned benefits as they retire, and to never, ever break faith with them after they've retired and continue to serve our nation. This is our sacred obligation."



PRESIDENT:

U.S., allies to redouble efforts in wake of ISIL attacks

By Jim Garamone Department of Defense News

WASHINGTON — The G-20 meeting in Antalya, Turkey, that ended Monday was supposed to address the economy. But the Friday terrorist attack on Paris changed that agenda, and President Barack Obama pledged to redouble efforts against the Islamic State of Iraq and the Levant.

ISIL took credit for the attacks on Paris that killed 129 people and wounded more than 350. Nov. 15, French aircraft bombed ISIL's quasi-capital city of Raqqa in Syria.

"We're working closely with our French partners as they pursue their investigations and track down suspects," the president said during a news conference. "France is already a strong counterterrorism partner and today we're announcing a new agreement. We're streamlining the process by which we share intelligence and operational military information with France."

Paris was just the latest attack – ISIL hit Beirut last week and Turkey last month. The terror group also claimed to have planted a bomb aboard a Russian airliner that crashed in Sinai.

"Here at the G-20, our nations

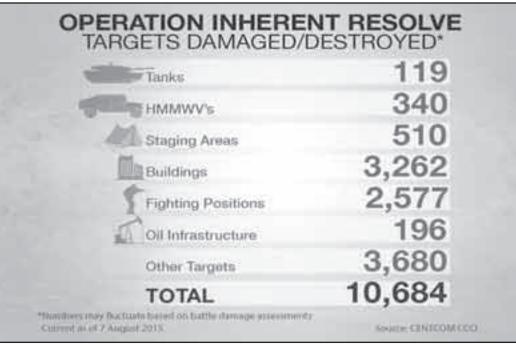


PHOTO BY AIR FORCE SENIOR MASTER SGT. ADRIAN CADIZ

have sent an unmistakable message: that we are united against this threat," Obama said. "ISIL is the face of evil. Our goal, as I've said many times, is to degrade and ultimately destroy this barbaric terrorist organization."

Obama said the effort will use all elements of power to take out the group: military, diplomatic, law enforcement and economic. He cautioned that this strategy will take time to be effective.

"There will be setbacks and

there will be successes," he said. "The terrible events in Paris were obviously a terrible and sickening setback. Even as we grieve with our French friends, however, we can't lose sight that there has been progress being made."

Airstrikes and allies on the ground have taken back significant territory in both Iraq and Syria from ISIL, he noted.

"We've seen that when we have an effective partner on the ground, ISIL can (be) and is pushed back, so local forces in Iraq, backed by coalition airpower, recently liberated Sinjar," he said. "Iraqi forces are fighting to take back Ramadi. In Syria, ISIL has been pushed back from much of the border region with Turkey. We've stepped up our support of opposition forces who are working to cut off supply lines to ISIL strongholds in and around Raqqa."

But this must be sustained, the president said.

"More nations need to step up

with the resources that this fight demands," he added.

The G-20 nations agreed to strengthen border controls, share more information, and step up efforts to prevent the flow of foreign fighters in and out of Syria and Iraq.

"We have a military strategy that involves putting enormous pressure on ISIL through airstrikes, that has put assistance and training on the ground with Iraqi forces," Obama said. "We're now working with Syrian forces, as well, to squeeze ISIL, cut off their supply lines."

The president noted success from authorizing additional U.S. special operations forces on the ground to work with Syrian and Iraqi forces against ISIL.

The United States is reaching out to all in the anti-ISIL effort, the president said. He is reaching out to Russia and Iran, who are supporting the Bashar Assad regime in Syria, explaining "that ultimately, an organization like ISIL is the greatest danger to them, as well as to us."

Obama added, "There will be an intensification of the strategy we put forward, but the strategy that we are putting forward is the strategy that ultimately is going to work."

Career: Former CWOB credits family for career success

Continued from Page A1

"This is a special place for us," said Reese during the ceremony. "This is a place that is in the business of creating Aviation leaders and I've been trying to do that my whole career, so this is the perfect setting for us to close this chapter."

Reese said he owes much of the success in his career to his upbringing as a self-proclaimed Army brat. His father was a Soldier who served two tours in Vietnam.

"I wouldn't be here today if it wasn't for the love and don't have a v support (of my parents)," he said. "My dad is the best that support."

man I know. He's smart, humble and fair – everything I hoped to be throughout my career."

He also went on to thank a number of Army leaders and Soldiers throughout his career, as well as his family for supporting him through their Army life.

"I don't think that people understand a lot of the sacrifices that your family and your kids go through in order for you to be successful, or for us to just have a career in the Army," he said addressing his family. "The things that they do to provide me with the next opportunity, (they) don't have a whole lot of choices in. Thank you for all of that support." That support is what allowed Reese to have what Mangum saw as an esteemed career that allowed him to be an example for all leaders to model themselves after.

"He became the role model for every chief warrant officer in a brigade, and if they could just be quite like Mike, they'd be pretty much squared away," said Mangum. "Having watched him from a number of different angles ... he really is that officer who has done so much for his Branch and has done it very quietly. The mark that he's placed on Army Aviation is indelible and will go so far, and we'll reap the benefits of his efforts for decades to come."

Turkey: Post events offer options



for single Soldiers, families

Continued from Page A1

single Soldier or family, you will be able to find something to do with the many fun activities planned for this Thanksgiving season on Fort Rucker," she said.

People can get things started this weekend with a little bit of fitness with a Fort Rucker tradition – the annual Turkey Trot 5K and 10K run, which begins Saturday at 9 a.m. at the Fort Rucker Physical Fitness Facility on Andrews Avenue.

People can register early, and race-day registration is from 7:30-8:30 a.m., and cost for registration is \$25 per individual, which comes with a shirt while supplies last, or a no-shirt registration option for \$12. People can also register in teams of eight for \$160, which comes with a T-shirt while supplies last, with additional team member at the normal registration rate. There will also be a free, 1-mile fun run after the main race for children, who will each be awarded a medal for participating.

Awards and trophies will be given in 14 age categories for first, second and third place, as well as a team trophy for the fastest overall team.

"This is a great way for people to check themselves physically and to get out before the shopping season," said Lynn Avila, fitness programs coordinator. "It's also an economical way to stay in shape for the entire family because it is a family affair."

For more information or to register, visit either PFC or call 255-2292.

If running isn't up your alley and you're looking for something a bit more laid back, a round of golf at the Silver Wings Golf Course might be a better bet with this year's 2015 SWGC Turkey Shootout Saturday.

Tee times are 7-9 a.m., and cost per player is \$20 plus cart and greens fees, if applicable, and participants must register prior to the 9 a.m. tee off. The U.S. Golf Association handicap or Weekend Dogfight points will be used for individual stroke play, and prizes will be given in the form of turkeys and gift certificates. The event is open to the public. For more information, call 598-2449.

For those who prefer feasting to fitness, The Landing is hosting its annual Thanksgiving Feast Nov. 26 from 11 a.m. to 2 p.m., and promises to have all the fixings of a true holiday meal.

The dinner will be a buffet-style meal and feature everything from turkey to mashed potatoes, to ham and stuffing, as well as desserts.

The cost for dinner is \$3.95 for children ages 3-5, \$6.95 for ages 6-12 and \$17.95 for ages 13 and older, and children 2 and younger eat free. There is also a Military Family Special for \$39.50, which covers two adults and up to two children, ages 12 and younger. Prices include a soft drink or tea, and reservations are highly recommended.

For more information or to make a reservation, call 598-2426.

In addition to the feast at The Landing, another feast will also be held at the installation dining facility Nov. 26 from 10:30 a.m. to 1:30 p.m. for Soldiers, family members, retirees and Department of the Army civilians. The meal costs \$9.05, with a discounted rate of \$6.80 for Soldiers ranked E-4 and below, as well as their family members and small children.

The feast at the DFAC will offer all the holiday favorites, including roasted turkey with giblet gravy, pecan-glazed spiral ham, sweet potato casserole, green bean casserole, prime rib with horseradish sauce, garlic mashed potatoes, cornbread dressing and shrimp cocktail just to name a few.

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100 HIGHLAND ~ **\$149,900:** Great family home with so many possibilities. Main level has formal living & dining rooms, master suite with bath, laundry room, family room, kitchen with bar area & a sun room. Upstairs has 2BR/1BA with an extra office area off the one bedroom. Large corner lot with partial privacy fence & there is an extra covered area for your RV or extra car off the Partial basement with walk-out & area for workshop. A DIAMOND IN THE ROUGH!! EVELYN HITCH 406-3436



110 CRESTVIEW: Attractive home with 3BR/2BA & an attached 1-car garage. The enclosed yard features a shed & a large covered deck, perfect for entertaining or enjoying the outdoors. Tile flooring throughout the downstairs & carpet throughout the upstairs. Both upstairs bedrooms feature walk-in closets. Included with this home is a Rinna tankless water heater. Come see this Cape Cod charmer today. SOMMER RAKES 406-1286





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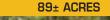


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116 STONERIDGE: Located at the end of Stoneridge, this 3BR/2BA w/family room & sun room offers peace & quiet in town. New roof in 2013 & new HVAC in 2011. Tons of updates: recessed lighting, under cabinet lighting in kitchen, newer stainless steel appliances, 2 walk-in closets in MBR, new laminate flooring throughout except family room. Unbelievable storage! Outside there is a shop w/electricity, a shed, 2-car carport w/storage room. Deck wraps around 3 sides of the house & there's a front covered porch w/swing.

ARMYWIDE

NOVEMBER 19, 2015



PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

A UH-60M Black Hawk assigned to C Company, 3rd General Support Aviation Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, lifts up Pfc. Penliksonjuno Elley, cavalry scout assigned to 1st Squadron, 73rd Cavalry Regiment, 2nd Brigade Combat Team, Fort Bragg, N.C., Oct. 21 during a training exercise. Elley played the role of an injured paratrooper during the exercise.



PHOTO BY SPC. CHASE GEIGEF

Soldiers assigned to the Estonian scouts watch an AH-64 Apache from the 12th CAB taxi by while waiting to board a CH-47F Chinook to conduct an early morning insertion.

IZTH CAB Soldiers provide airpower to **Exercise Trident Juncture 15**

By Sgt. Thomas Mort 12th Combat Aviation Brigade Public Affairs

ZARAGOZA, Spain - The 12th Combat Aviation Brigade deployed more than 180 Soldiers and completed training in close combat attack, air assaults, slingloads, downed aircraft recovery, refueling and air-to-ground operations, along with the integration of joint multinational elements in support of Exercise Trident Juncture 15, which concluded Nov. 5.

The 1-3rd Attack Reconnaissance Battalion led the task force in support of the mission command element, with support from 1st Battalion, 214th Aviation Regiment and 4-3rd Assault Helicopter Battalion. This training validated the 12th CAB's ability to deliver expeditionary Aviation support to multiple partner nations.

"We're here to support our NATO allies, and show our capabilities and what we can bring to the fight," said WO1 Mi-

SEE 12TH CAB, PAGE B4

Joint forces conduct counter-drug operation

By Air Force Senior Airman Weston Warburton Joint Task Force-Bravo Public Affairs

BELIZE CITY, Belize - Belizean security forces and Joint Task Force-Bravo partnered during Operation CARACOL, a marijuana eradication mission, led by Belizean intelligence forces throughout various sectors of Belize, Oct. 26-30.

The purpose of the operation was to build upon the counter-drug partnership between the United States and Belize, and put Belizean security forces in the front seat in terms of establishing potential areas where marijuana farms might exist, determining their impact to the drug trade in the region and then eliminating fields they identified as targets. "I was very impressed to see the different units come together at the tactical and operational level to conduct such a difficult mission," said Maj. Douglas Hoyt, JTF-B planning officer. "The Belize Defense Force, Mobile Interdiction Team, Anti-Narcotics Unit, Belize Coast Guard, Belize Police Department, and 1st Battalion, 228th Aviation Regiment all brought their expertise together to form a strong team that was commanded and controlled under the Belize Joint Intelligence and Operation Center at Price Barracks."



America," Hull said.

Throughout the course of the mission, the security forces destroyed more than 50,000 marijuana plants. The Chinooks inserted Belizean forces into previously scouted marijuana fields and extracted them after the crops were destroyed.

"This combined force effectively planned and executed intelligence-driven operations that significantly reduced the number of illicit drugs illegally produced in remote jungle areas of Belize," Hoyt said. "It is an excellent example of how security cooperation should look."

Once the CH-47 Chinooks and UH-60

PHOTO BY AIR FORCE SENIOR AIRMAN WESTIN WARBURTON

Two 1st Battalion, 228th Aviation Regiment CH-47 Chinooks provide Belizean security forces an opportunity to practice climbing in and out of the aircraft before using the skills learned to eradicate marijuana fields in Belize Oct. 26.

Black Hawk helicopters rendezvoused with the Belizean eradication teams, the Belizean participants received ladder training to familiarize themselves on how to exit and enter the Chinooks safely. After the teams gained proficiency on the ladders, they moved into the eradication phase of the mission, applying the training they just received.

Maj. Richard Hull, 1-228th Avn. opera-

tions and training officer, emphasized that relationships not only with the BDF, but also the Belize Air Wing, Coast Guard, Police Department and Embassy contributed to the success of the operation.

"If there's a future operation, such as humanitarian assistance or disaster relief, we already have relationships built and we're better prepared and able to help support not only Belize, but all of Central

Multi-national operations often present various challenges in which the success of missions depends on those in involved overcoming them before execution.

"There are always going to be challenges, there are always going to be issues. The No. 1 thing we focus on is planning," Hull said. "It's important that we are all there working together as a team and that we have a common goal in mind."

A UH-60 Black Hawk remained on hand throughout the operation to provide medical evacuation as a safety precaution, while two CH-47s transported BDF members to the fields for eradication.

Hull said that planning for this mission started months in advance with intelligence agencies on both ends pooling their information to set the eradication teams up for success.

Future Vertical Lift getting top-notch design architecture

By David Vergun

Army News Service

SPRINGFIELD, Va. - Future Vertical Lift is an initiative looking at the next-generation of rotorcraft for 2040 and beyond for the U.S. military.

FVL recently added new architecture, which promises to increase safety and security, and reduce cost overruns, delays and performance problems, according to Alex Boydston.

It's called Architecture Centric Virtual Integration Process, a type of Joint Common Architecture, and it's so new, it's still in the demonstration phase.

Boydston, who is a project engineer for Joint Multi-Role Mission Systems Architecture Demonstration for the U.S. Army Aviation and Missile Research, Development and Engineering Center, Aviation Development Directorate at Redstone Arsenal, spoke Oct. 29 at the National Defense Industrial Association-sponsored 18th annual



ARMY GRAPHIC BY AMRDEC VIZLAB

An artist's conception of future Army rotorcraft is shown.

Systems Engineering Conference about the ACVIP Shadow Effort conducted on the JMR MSAD program's recent JCA demonstration.

What's this architecture?

Architecture consists of a plan, standard procedures, software, computer language and models shared by all of the engineers. It can be thought of like a blueprint that an architect creates to erect a building, but in this case, an aircraft.

"An important aspect of

ACVIP," Boydston said, "is that it contains 'a single source of truth,' which means that information in the architecture models are stored in such a way that when updates or changes are made, revised information is available to all designers and analysts so there are no inconsistencies."

It's a sole reference for the Army - which is the lead for FVL and which holds the architecture repository – as well as the other military services and contractors with their second- and third-tier vendors.

"Without this single source of truth, there would be ambiguity in the design and the requirements, leading to defects, which most likely would result in major rework in later phases of the development process," he said.

The models used in the architecture are not only used by the design teams and engineers, they will be used by the requirements and acquisition communities, as well, he said

Since there's a commonality and standardization within ACVIP, communications between the acquisition and requirements community, contractors, engineers and decision makers should be a lot more effective than in previous system builds, he said, adding that he thinks this is a "paradigm shift," a term he said he doesn't use lightly.

The architecture will remain intact throughout the lifecycle of FVL, Boydston said, which means most likely for the remainder of this century. Nothing will be thrown away or lost, he said.

How ACVIP emerged

The foundation for ACVIP has its origins with the Aerospace Vehicle Systems Institute, a consortium of commercial aerospace companies and government agencies, Boydston said.

In 2008, AVSI launched System Architecture Virtual Integration "to address the problem of growth in complexity in systems leading to cost and schedule overruns," he said.

The objective was to develop a standards-based Virtual Integration Process that allows multiple parties to integrate and analyze systems virtually throughout the development lifecycle.

ACVIP's architecture, built two years ago, "leverages SAVI to a great extent," Boydston said.

The next step was to select a computer language.

AMRDEC did a survey of several architectural description lan-

Army Flier Classifieds

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Thursday, November 19, 2015

Army Flier Classifieds

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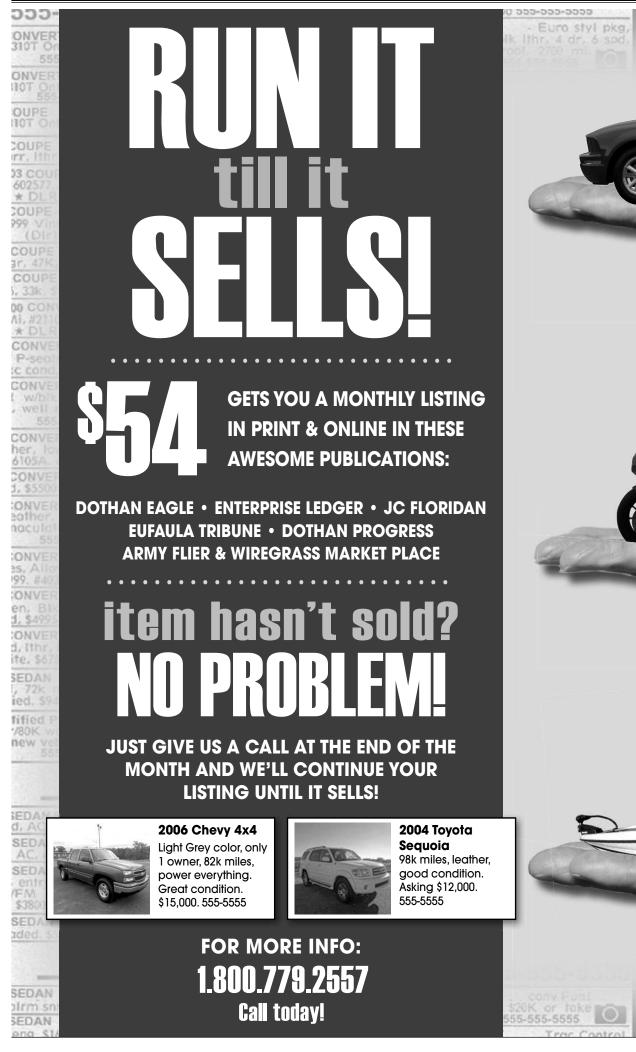
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12th CAB: Operation showcases ability to support NATO allies

Continued from Page B1

chael Dinicola, a CH-47 Chinook pilot with H Company, 1-214th Avn. Regt., 12th CAB.

The exercise involved 36,000 participants from more than 30 nations throughout Spain, Italy, Portugal, Canada, Norway, Germany, Belgium and the Netherlands.

Trident Juncture demonstrated NATO's new increased level of ambition in joint modern warfare to showcase a capable, forward leaning alliance equipped with the appropriate capability and capacity to meet present and future security challenges. More than 12 major international organizations,

aid agencies and nongovernmental organizations, such as the European Union and African Union also participated in the exercise, demonstrating NATO's commitment and contribution to a comprehensive approach.

"(Lt. Gen. Ben Hodges, U.S. Army Europe commanding general) continually reinforces the idea that USAREUR must make 30,000 Soldiers look like 300,000," said Capt. Denis Alfin, exercise lead planner for 12th CAB. "(The) 12th CAB has done the exact same thing with our aircraft and crews in this exercise, maximizing their support to our NATO partners."

The 12th CAB's participation in Trident Juncture demonstrated the brigade's



Two CH-47F Chinooks from H Co., 1-214th Avn. Regt., 12th CAB take off en route to retrieve air assault troops in preparation for an air assault mission as part of NATO Exercise Trident Juncture 2015 in Zaragoza, Spain, Nov. 3.

ability to continue to conduct expeditionary Aviation operations in support of its NATO allies. The exercise not only demonstrated the brigade's ability to continue to operate with multinational partners, but also the "heel-to-toe" nature of the outgoing rotational Aviation unit in its last weeks in Europe, Alfin added.

Design: Demonstrations reduce future risks for FVL systems

Continued from Page B1

guages and found that Architecture Analysis and Design Language was a good language to use when describing "complex software and an intensive system," which FVL will feature.

The AADL will likely be used as the modeling language and will be integrated within the software and hardware that controls FVL and its mission systems. AMRDEC is also looking at using other languages like Unified Modeling Language, he added.

Software important

Getting the software right from the get-go is no small matter of importance, Boydston said.

"Software interaction complexity drives system costs," he said, noting that in 1997, software as a percentage of total system cost for the average new system was 45 percent. By 2010, it was 66 percent, and by 2024, it's expected to be 88 percent.

Much of that cost was on post unit-test software rework, he said,

adding that a lot of those software problems originate early in the design phase so now is the time to get it right.

Also, corrupt software can result in false positives, false negatives and untimely information, which can have "catastrophic consequences," he said.

Another area of concern for software that is being addressed is in the area of portability, modularity and reuse. These concerns are being addressed by the Future Airborne Capability Environment Standard and the JCA reference architecture. The FACE Standard is an open standard established between the Department of Defense and Industry.

Scott Dennis, director of the AMRDEC's Software Engineering Directorate, Aviation Systems Integration Facility, said "FACE is working to establish a software common operating environment that allows portability and the creation of software product lines for the entire military vertical lift community and does this in consensus fashion."

The Navy and Army were founding members of the FACE consortium in 2009. The consortium's purpose is to establish an open software architecture to help achieve commonality.

While FACE provides an architectural framework, it does not define the applications that will reside within the layers of the FACE architecture. This is where the JCA comes in. JCA is a reference architecture designed for the FVL family of systems.

JCA will guide and constrain the future architecture implementations by providing a common lexicon and taxonomy, a common architecture vision and modularization and complementary context. The Army is working with industry via the Vertical Lift Consortium to define and decompose the mission level capabilities that will reside in a mission computer operating environment.

Putting them to the test

The JMR MSAD program is conducting a series of science and technology demonstrations

to reduce risk for FVL and prove the utility of FACE, JCA, ACVIP, and other processes, tools and standards. The JCA Demo was completed this year. Its goals were to validate the JCA and FACE approaches, mature JCA, FACE Standard and Ecosystem tools and business practices, and gain experience implementing a model-based acquisition approach.

The JCA Demo culminated with a meeting in Huntsville in May with more than 75 lessons learned captured to be used in moving forward with the FACE Standard, JCA Reference Architecture and ACVIP.

ACVIP timeline

Near-term tasks for JMR MSAD include continued development of the JCA Reference Architecture, an Objective Mission Equipment Package definition, and continued collaboration with the FACE Consortium.

Near-term MSAD tasks for ACVIP include developing handbooks, conducting training and providing mentoring in AADL and ACVIP, standing up an ACVIP "community of practice" and providing tools for use in upcoming demonstrations.

The next JMR MSAD demonstration will be the Architecture Implementation Process Demonstration, which is expected to be posted on www.fbo.gov this month. In 2018, a follow-on demonstration called the Mission Systems Architecture Capstone Demonstration is expected.

"With the expected start of the first FVL program in the 2019 timeframe, the processes, tools, standards and guidelines need to be matured, debugged, verified and validated to ensure there are no surprises," Boydston said.

Boydston said the JMR MSAD team wants to deliver standards, tools and process guidance to the FVL program that are mature.

"We're skeptical" of everything until it's fully tested out, he said. "We don't want the FVL PM to have problems. We're trying to draw down their risk through our S and T research and demonstrations."





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NOVEMBER 19, 2015

celebrating holidays Story on Page C3

Post celebrates military families at outdoor event

By Nathan Pfau

Army Flier Staff Writer

Nearly 300 Soldiers and family members braved the cooling autumn weather to gather around a fire to roast marshmallows and listen to the garrison commander read a story Friday for a night under the stars

As part of Fort Rucker's tribute to its military families during Month of the Military Family, the Directorate of Family, Morale, Welfare and Recreation held its Camping Under the Stars, where families were invited to gather along West Beach at Lake Tholocco and warm up by the fire for a night of storytelling, s'mores and movies.

"Some families do not have the opportunity to go camping together, so (DFMWR) wanted to celebrate the military family by providing an awesome venue out at Lake Tholocco to allow the families to enjoy the great outdoors for a free, fun-filled evening under the stars," said Kristi Fink, DFMWR special events coordinator. "Camping is a great activity for families to enjoy some quality time together."

A special appearance was made by Col. Shannon T. Miller, Fort Rucker garrison commander, who was on hand to read a story for campers, as well as the first-time appearance by Sgt. Ted. E. Bear in the fur.

Alyssa Jameson, military spouse, came out with her two children, Daniel, 9, and Jana, 7, for a night that they might not get to experience otherwise, said the mother of two.

"I think that events like this are really great for me and my children because it's not something we would normally do," she said. "Being a family that moves around a lot in the military, we don't really get a lot of opportunities to go camping because when you're in the military, you kind of prioritize the things that you're going to need from move to move, and a lot of times recreational equipment doesn't make it with you from installation to installation."

Since the Jamesons were without camping equipment, DFMWR was able to provide them with a tent if they wanted to spend the night under the stars, she said.

"I was glad to hear that they would let us use a tent in case the kids wanted to stay out for the night," said Jameson. "They've had a great time, so far, roasting marshmallows and getting to play with the other children, so I'm



ader the Stars

PHOTOS BY NATHAN PFAL

Col. Shannon T. Miller, Fort Rucker garrison commander, reads to children during Camping Under the Stars on West Beach at Lake Tholocco Friday.



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

sure they'll remember this for a while to come. I'm just glad that they're able to have this kind of experience."

The event also featured inflatable bounce houses and slides that children were able to play on, as well as a movie showing on a large inflatable screen to keep families



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

entertained throughout the night.

"I really liked the slide and getting to cook the marshmallows," said Daniel. "It was kind of cold but I didn't mind it because we got to stay next to the fire while we put our marshmallows in them, so I had a lot of fun."

OPPORTUN

Position: Installation BOSS Secretary

Duties: Record and prepare the minutes of Better Opportunities for Single Soldiers committee meetings. Become a subject matter expert on the BOSS program. Assume the duties of the president in the absence of the president, vice president and treasurer. If interested, call 255-**91**80.

Position: Installation BOSS Treasurer

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

Position: Installation BOSS Vice President

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

Position: Intramural Sports Assistant with Sports, Fitness and Aquatics

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

Position: Activities Support

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

ACS offers holiday financial tips

By Jeremy Henderson Army Flier Staff Writer

The holiday season often produces financial strain for families, but proper planning can help reduce the spending stress.

However, according to Mike Burden, Army Community Service accredited financial counselor, families don't often have a plan.

"Regrettably, many of us do not have a spending plan for holiday spending," he said. "We do not budget for purchases and usually spend more than expected. The typical American family spends approximately 1 percent of annual income on holiday shopping. Stick to that guideline to ensure your purchases are not spinning out of control.

"Unfortunately, some use credit cards, emergency funds and retirement funds to purchase gifts," he added. "This practice usually causes additional holiday stress, and this stress can continue until we have replenished our emergency fund and paid off our holiday debts."

Burden said an important and viable way to save money during the holidays is to plan ahead, set a practical limit and stay on budget.

"Of course, this takes self-discipline," he said. "One method is to start our holiday savings plan in January for the October through December buying events. Many consumers establish a special savings account for this purpose and pay themselves first by making monthly deposits into the 'holiday account.'

"Prior to establishing this account, consumers set a limit on holiday spending so they will have a savings goal for the holidays," he added. "It may also help if we have an agreement with our partner or another family member to keep you both from overspending. Don't forget to budget for holiday travel, postage for Christmas cards, and holiday party favors and home decorations. Remember, the less we spend on



ARMY GRAPHIC

holiday gifts, the more we will have to fund other important financial goals."

Proper planning and sticking to a budget are the best methods for avoiding financial stress during the holiday season, but Burden offered additional tips to consider while shopping.

"Another way to save money during the holidays is to purchase gifts throughout the year during sales events," he said. "We can save by making purchases on our holiday shopping lists during special events including Labor Day, Memorial Day, tax free days, Black Friday and other special sale days prior to the holiday season.

"Additionally, many are making holiday gifts themselves," he added. "This practice not only saves money, but also provides the recipient with a unique gift and the appreciation that someone cares enough to take their time to make a gift especially for them. Also, during the holidays, some people make an extra batch of cookies, brownies, or other baked goods to give to neighbors and friends."

Burden urged caution when using credit to make purchases during the holiday season.

"During the holiday season, financial counselors usually implore us to use credit sparingly and cautiously, especially if we are predisposed to last-minute holiday buying," he said. "If we follow the advice above, using credit for purchases during the holidays should be minimal. Also, since credit is a convenient way to track spending, many prefer using credit over cash. Additionally, some prefer using credit cards because the purchase can be challenged if the service or product does not meet expectations, or is defective or damaged during shipment. However, if using credit instead of cash, remember to stay within budget and pay off the balance during the grace period prior to interest being charged. Use your rewards card or the card that offers the lowest interest rate."

If Soldiers and family members are experiencing financial hardship, they may contact the ACS financial readiness program or Army Emergency Relief at 255-9631 and 255-2341 for assistance.

The post chapel also offers a financial program beginning in January. To register, contact the chapel at 255-3274.

"Whether we celebrate Christmas, Hanukkah or Kwanzaa, keeping the holiday's spiritual message is a good antidote to the holiday stressors and gimmies," Burden said. "Instead of spending weekends leading up to Christmas with online shopping or in the mall, it might be a lot better gift to spend our time with our family and save money for more important purchases or for giving to those less fortunate."



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

Right Arm Night

The Landing Zone will host Right Arm Night today 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 598-8025.

Military family photo contest

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreations is hosting a military family photo contest now through Friday. People can submit their military family photo to DFMWR and tell how and why their family keeps the Army strong for a chance to light the post Christmas tree. People can upload their photo on Facebook and should tag @fortruckermwr or submit the photos online at ftruckermwr.com.

For complete details, visit www.ftruckermwr.com. By submitting photos, people grant Fort Rucker MWR the use and publishing of images in print, electronically or in any other medium.

Handmade ornament contest

The Fort Rucker Directorate of Family, and Morale, Welfare and Recreation will hold a handmade ornament contest for children ages 3–11 now-Wednesday. Ornaments may be turned in to the youth center, child development center or parent central services (Bldg. 5700). Prizes will be awarded to first-place entries in the following categories: 3-5 years old, 6-8 years old and 9-11 years old. Awards will be presented at the post Christmas tree lighting ceremony. All handmade ornament entries will be displayed on the post Christmas tree. Participants should label their entry with the child's name and age, and the guardian's name and contact information.

For more information, call 255-1749.

Black Friday shopping trip

MWR Central will host a Black Friday shopping day trip Nov. 27 to Silver Sands Outlet Mall in Destin, Florida. The trip is open to the public. Departure time from Bldg. 5700 is at midnight to travel to Destin. The departure time from Silver Sands Outlet to return is 9 a.m. The cost is \$25 per person, and includes transportation to and from the outlet mall. The trip is limited to 26 patrons, ages 10 and older. People need to register by Friday.

For more information or to register, stop by MWR Central, or call 255-2997 or 255-9517.



PHOTO BY NATHAN PFAU

Christmas tree lighting

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

6-12; \$3.95 for ages 3-5; and ages 2 and under eat for free. There is also a \$39.50 Military Family Special for two adults and up to two children, ages 12 and under. Pricing includes a soft drink or tea. Reservations are highly recommended. When making a reservation, people should include how many adults and children will be in their party.

For more information, call 598-2426.

Riverboat dinner cruise

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



Family appreciation at youth center

The Fort Rucker Youth Center will host a military family appreciation event Friday from 5:30-9:30 p.m. at the center in Bldg. 2800 on Seventh Avenue. Admission is free to all active middle school teen members, ages 11-18. Guests are welcome to attend for \$10 each and a photo ID is required for age verification. Refreshments will be served. Activities will include: laser tag, mobile game theater, new NERF Wars Arena and more.

For more information, call 255-2260.

Newcomers welcome

Army Community Service will host a newcomers welcome Friday from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

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

Family resilience training

Army Community Service will host family member resilience training Dec. 8 and 9 from 8:30 a.m. to 3 p.m. at The Commons. The training is designed to give military families the tools they need to become more resilient in all the challenges that life throws at them. People need to register by Nov. 26.

For more information and to register, call 255-3735.

Thanksgiving Feast

The Landing will host its annual Thanksgiving Feast Nov. 26 from 11 a.m. to 2 p.m. The feast will feature Thanksgiving entrees, sides and desserts, so people can relax while The Landing takes care of the cooking. Cost is \$17.95 for ages 13 and older; \$6.95 for ages

Jingle Bell Skate Night!

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

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

Giving giveaway at library

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

For more information, call 255-3885.

Annual spaghetti dinner

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Dec. 10. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about at 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is man-

datory for participation in the program. For more information, call 255-2594.

Single parent family game night

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

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

FORT RUCKER MOVIE SCHEDULE FOR NOVEMBER 19-22

Thursday, November 19	Friday, November 20	Saturday, November 21	Sunday, November 22			
Sicario (R)7 p.m.	Crimson Peak (R)7 p.m.	Studio Appreciation Advance Screening (PG-13)2 p.m.	Windtalkers (PG-13) Free Admission <i>1 p.m.</i> Pan (PG) <i>4 p.m.</i>			

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.

BEWARE

3 times as many fires occur on Thanksgiving as on a typical day

National Fire Protection Association Press Release

When most of us think about Thanksgiving, images of turkey, stuffing and time spent with loved ones typically come to mind, not fire hazards.

However, an increased risk of fire is, in fact, a reality of Thanksgiving. Three times as many home cooking fires occurring on Thanksgiving as on a typical day.

NFPA's latest cooking estimates show that there were 1,550 cooking fires on Thanksgiving in 2013, reflecting a 230 percent increase over the daily average. Unattended cooking is the leading cause of these fires.

Here are NFPA's Top 5 tips for cooking safely this Thanksgiving.

• Remain in the kitchen while you're cooking and keep a close eye on what you fry. Always stay in the kitchen while frying, grilling or broiling food. If you have to leave the kitchen for even a short period of time, turn off the stove. Regularly check on food that's simmering, baking or roasting, and use a timer to remind you that you're cooking.

- Keep things that can catch fire, such as oven mitts, wooden utensils, food packaging, towels and curtains away from the cooking area.
- If you have a small grease cooking fire on the stovetop and decide to fight the fire, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.
- For an oven fire, turn off the heat and keep the door closed. If you're cooking a turkey using a disposable aluminum pan, consider doubling up and using two pans to avoid a puncture, as dripping turkey juices can cause an oven fire.
- Be alert when cooking. If you're sleepy or have consumed alcohol, don't use the stove or stovetop.

THANKSGIVING BY THE NUMBERS

- In 2013, Thanksgiving Day was the leading date for home cooking fires with 1,550 -230 percent above the average number of fires per day.
- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.
- Unattended cooking was by far the leading con-
- tributing factor in cooking fires and fire deaths. Cooking equipment is the leading cause of home structure fires and associated civilian injuries, and was the third leading cause of

home fire deaths.

Source: NFPA's Fire Analysis and Research Division

SAFETY TIPS

- Stay in the kitchen when you are cooking on the stovetop, so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and children should stay three feet away.
- Make sure children stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over

children, toys, pocketbooks or bags.

- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children – up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

TURKEY FRYERS EQUAL TROUBLE

NFPA discourages the use of outdoor gasfueled turkey fryers that immerse the turkey in hot oil.

NFPA continues to believe that turkey fryers that use cooking oil, as currently designed, are not suitable for safe use by even a wellinformed and careful consumer.

These turkey fryers use a substantial quantity of cooking oil at high temperatures and units currently available for home use pose a significant danger that hot oil will be released at some point during the cooking process. In addition, the burners that heat the oil can ignite spilled oil.

The use of turkey fryers by consumers can lead to devastating burns, other injuries and the destruction of property.

NFPA urges those who prefer fried turkey to seek out professional establishments, such as grocery stores, specialty food retailers, and restaurants, for the preparation of the dish, or consider a new type of oil-less turkey fryer.

Practice proper food safety while celebrating

By W01 David Kloberdanz

U.S. Army Public Health Command

As the holiday season quickly approaches, many of us are looking to spend some quality time with family and friends.

Nothing draws us closer together than enjoying a delicious home-cooked meal with the ones we love, but things can take a turn for the worse if food safety is not kept in mind.

The U.S. Centers for Disease Control and Prevention estimates that about 48 million people get sick from food-borne illness each year. Of those that contract a food-borne illness, 128,000 are hospitalized and 3,000 die. The following are a few food safety tips to keep you, your families and your friends healthy during the holidays.

contaminated if there are pathogens in or on the fruit that is used to make it. The best bet is to only drink pasteurized juices.

One of the biggest pitfalls many people make when cooking for the holidays is they do not plan ahead. Make a list of all the foods that you will need to prepare your meals and know which foods need to be refrigerated or kept warm.

Keep in mind which foods have short shelf lives to ensure you are using them before spoilage occurs. Know how long each food takes to thaw, prepare and cook to avoid time or temperature abuse.

Do not combine shopping for your foods

Immediately clean up spilled foods. When serving foods, always use a clean plate and separate serving utensils for each food item.

Practice good personal hygiene - wash your hands with soap and water before handling food. Wash hands with soap and water when switching foods during preparation. Wash your hands after smoking, eating, touching any part of your body, taking out the trash, playing with pets or taking breaks. Wash your hands after every chance of contamination. It is especially important to wash your hands after using the bathroom, assisting children in the bathroom or changing diapers. Use water as hot as you can comfortably tolerate and sing the "Happy Birthday" song to yourself in your head while washing. This will ensure you are washing long enough -20 seconds. It is best to use disposable paper towels to dry your hands and throw them away after each use.

Sneeze and cough into the crook of your arm and always away from food or other people. Bandage any cuts on your hands. Do your best to keep hair out of foods by wearing hats or tying up long hair. Keep fingernails neatly trimmed and clean.

Cook foods to the proper internal temperature. Always use a calibrated metal stem thermometer to check temperatures and measure at the thickest part of the food. Ground meat should look brownish when cooked to 160 degrees. Poultry can appear light or dark and should be cooked to an internal temperature of 165 degrees. Fish should look milky and flake easily with a

Foods most commonly associated with food-borne illnesses are raw foods of animal origin - raw meat and poultry, raw eggs, unpasteurized milk and raw shellfish. Adequate cooking will kill most bacteria and their toxins.

Fruits and vegetables consumed raw are also a particular concern. Washing can decrease, but not eliminate contamination, so cooking to proper time and temperature is vital. Also, unpasteurized fruit juices can be

with holiday gift shopping. If you must combine meal shopping with holiday shopping, bring along a cooler and ice to keep foods cold as you check off items on your gift lists.

Sanitize food contact surfaces - wash counters, cutting boards, utensils and any other surfaces that will come in contact with food. Ensure you are using warm soapy water. After washing, wipe or spray with a bleach solution and allow to air dry. To get the proper concentration of bleach, add 1/2tablespoon bleach to one gallon of water. Always allow food contact surfaces to air dry instead of wiping dry.

Date/Time/Location

22 Nov, 1200-1430

24 Nov, 1130-1200

25 Nov, 1700-1800

Main Post Chapel 6-13 Dec, 1700 Main Post Chapel

13 Dec, 0930

Wings Chapel

15 Dec, 1800-2000

24 Dec, 1900-2000

24 Dec, 2400-0100 Main Post Chapel

25 Dec, 0900-1000

31 Dec, 1700-1800

Main Post Chapel

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Main Post Chapel

Main Post Chapel 24 Dec, 1600-1700 Main Post Chapel

Spiritual Life Center

Spiritual Life Center

Headquarters Chapel

fork when cooked to an internal temperature of 145 degrees.

Cook turkey, stuffing, casseroles and leftovers to 165 degrees; beef, veal and lamb roasts to 145 degrees; fully cooked ham to 140 degrees, and fresh ham, pork and egg dishes to 160 degrees.



Fort Rucker	20	15
Mucker	Event	Date/Tin
Chapel	Advent Workshop	22 Nov, 12 Spiritual L
Onuper	Post wide Thanksgiving Service	24 Nov, 11 Headquart
de2 256	Thanksgiving Eve Mass	25 Nov, 17 Main Post
HOLIDAY	Hanukkah	6-13 Dec, Main Post
WORSHIP SERVICES &	Children Christmas Program "Miracle on Main Street"	13 Dec, 0 Wings Cha
PROGRAMS	A Night in Bethlehem: A Drive-Thru Nativity	15 Dec, 14 Spiritual L
SCHEDULE	Christmas Eve Candlelight Service	24 Dec, 1 Main Post
dee_est	Children's Christmas Eve Mass	24 Dec, 10 Main Post
	Christmas Midnight Mass	24 Dec, 2- Main Post
8 🖷	Christmas Day Mass	25 Dec, 0 Main Post
	New Year's Eve Mass	31 Dec, 1 Main Post
1 3.1 M	Formoni information regarding of contact the Rivigou 334-255-2	s Support Office
U.S. Any Auton Center of Excellence & Fox Rucker Fat Rucker, Nobaria	Visit us an expected actual Find us an Facebook, seam Sa	

PCB hosts scavenger hunt, race event

From Staff Reports *Army Flier*

Panama City Beach will host its Funk-n-Impossible scavenger hunt, amazing racetype event Saturday at 11 a.m. at Pier Park. Admissions is \$35. The event features teams of two-10 people racing around Panama City Beach to figure out clues and perform missions. The goals are for participants to laugh themselves across the finish line and enjoy themselves so much they won't realize they just walked or ran 3 or 4 miles, according to organizers.

For more information, visit http://www. active.com/agents-in-panama-city-beachfl/scavenger-hunt/races/panama-city-sfunk-n-impossible-mission-scavengerhunt-amazing-race-2-4-miles-2015.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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.

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and TVs are available for entertainment. Meetings are open to all. The post can host parties, weddings, and hails and farewells. For more information, call 598-6211, 598-1297, 598-6211 or 379-9187.

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

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

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.

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

service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

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

OZARK

NOV. 20 — St. Michael's Episcopal Church, 427 Camilla Avenue, will host a classical guitar concert at 7 p.m. The classical guitarist is Dr. Robert Gibson, who is a faculty member of the John M. Long School of Music. Following the free concert, there will be a meet the musician reception in the parish hall.

NOV. 30 — The Flowers Center for Performing Arts will host a Daughters of Hope and Promise mother and daughter event at 6 p.m. featuring Miss Alabama Meg McGuffin and Miss Alabama's Outstanding Teen Kaitlyn Campbell. For more information, call 618-1180 or visit Daughters of Hope and Promise on Facebook. Methodist Church. For more information, call 983-3064.

SAMSON

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

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

TROY

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

WIREGRASS AREA

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

Convention Center. For more information, call 598-6331.

DOTHAN

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

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426

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

NEW BROCKTON

ONGOING — Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV **ONGOING** — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United **ONGOING** — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

Beyond Briefs

Montgomery Kennel Club Dog Show

The Montgomery Kennel Club is hosting its American Kennel Club-sanctioned all-breed dog show at the Garrett Coliseum Nov. 20-23. The show offers both conformation and obedience competitions. The show showcases the various levels of dog training and allows people to enjoy the beauty of a sound, healthy, well-bred animal. The public can also learn about different breeds of dogs by visiting with the exhibitors and breeders at the show.

For more information, visit www.montgomerykennelclub.org/shows.html. The Garrett Coliseum is located at 1555 Federal Drive, Montgomery.

Moscow Ballet - Great Russian Nutcracker

The Montgomery Performing Arts Centre will host the Moscow Ballet's production of the "Great Russian Nutcracker" Nov. 24 from 7-9 p.m. Tickets prices range from \$28 to \$175. Tickets can be purchased online through Ticketmaster or at the MPAC Box Office Mondays-Fridays from 10 a.m. to 5 p.m.

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

Gem, mineral, jewelry show

The 45th annual Montgomery Gem, Mineral and Jewelry Show will be held at Garrett Coliseum Dec. 4-6. Dealers will have beads, crystals, geodes, rough, cabochons, gem stones, finished jewelry, tools, supplies, and mineral and fossil specimens. Club members will display their individual collections, and will give demonstrations on gem and rock cutting, faceting, cabochon making and knapping.

Show times are 9 a.m. to 6 p.m. Dec. 4, 10 a.m. to 6 p.m. Dec. 5 and 11 a.m. to 5 p.m. Dec. 6. Admission is \$2 for adults or \$3 for a weekend pass, and is free for those 18 and younger with a student ID and one paid adult.

For more information, send an email to gemshow@

montgomerygemandmineralsociety.com or visit www. facebook.com/events/867992066555371/.

Capitol Christmas Tree Lighting

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

For more information, call 334-242-3935.

Christmas lights festival

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

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

Chocolate! The Exhibition

The Gulf Coast Exploreum Science Center in Mobile will host Chocolate! The Exhibition now through Jan. 17. Chocolate! and its national tour were developed by the Field Museum of Chicago and supported, in part, by the National Science Foundation. Visitors will discover chocolate's impact on human cultures and tropical ecosystems through scenic elements, original video, interactive displays, rich imagery and graphics, and about 150 objects. This major exhibition includes replicated pre-Columbian ceramics and other decorative objects, European silver and porcelain servers, as well as examples of 19th- and 20th-century advertising and packaging, vintage chocolate molds and detailed botanical replications. The exhibition features the real story of chocolate beginning with the discovery of the cacao bean in the rainforests 1,500 years ago. The Mayans created a spicy drink and the Aztec civilization actually used the beans as currency.

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

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

Saturn: Jewel of the Heavens

Saturn: Jewel of the Heavens will be on screen at the W.A. Gayle Planetarium throughout November. People are welcome to take a fresh look at the wonders of the ringed planet, including the latest images from the Cassini Probe in orbit around Saturn.

Show times are Mondays-Thursday at 4 p.m. and Sundays at 2 p.m. Admission is \$6.50 per person for ages 5 and above. Doors open 30 minutes before the show starts for ticket sales. There is no admittance into the building once the show has begun.

For more information, call 334-625-4799, or visit www. facebook.com/gayleplanetarium/?fref=ts.

The W.A. Gayle Planetarium is located at 1010 Forest Ave., Montgomery

Jasmine Hill Gardens

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

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

WAR STORIES

Veterans reminisce at Double Nickels Speakeasy

By Elizabeth M. Collins "Soldiers" Magazine

FORT MEADE, Md. — They were Soldiers once — Soldiers, Sailors, Airmen and Marines. They stood straight and strong and proud. They were brave – heroes even.

Some volunteered. Some were drafted. They fought in World War II, Korea and Vietnam. They served in combat, they served in occupation forces and they served stateside.

Now, these proud veterans are mostly in their 80s and live at the Armed Forces Retirement Home in Washington, better known as the Old Soldiers Home. Their hair has fallen out or turned white and their shoulders are stooped, their voices gravelly. Some use walkers and wheelchairs and some need hearing aids, but their minds are sharp.

Although it's been half a century or more since the battles of their youth, a lifetime, really, since they raised their hands and swore to protect the United States, those days seem as real today as they did then. In fact, they come to life every other Saturday when a group of about 10 meet over coffee to reminisce and swap stories of war, peace and even civilian life.

"I like to tell stories and I like to listen to stories and I like to exchange stories," said retired CW2 William J. Opferman. "I guess it's egotism. I get entertainment. I learn things of interest. I have an insatiable curiosity. I want to know about almost anything except some things are too much for me."

It's a social occasion for the veterans, and often a way to make sense of their own service.

"They have the support and the other stories that may be similar or different from their era – and they can learn from it and feel like 'it wasn't just me. We were all in this together, no matter what war, what conflict. Peacetime, wartime, it doesn't matter.



Every other Saturday, a group of veterans meets at the Armed Forces Retirement Home in Washington, D.C., to swap stories about war, peace and everything in between.

thing.' So, I waited until I was 18 and I did it anyway (in 1947). I enlisted as a basic rifleman and I ended up in the Air Force.

"During basic, I was firing for record in January, laying on a poncho, snowing, sleet, rain. I had my regular fatigues on, my ODs, my overcoat. Myself and the rest of the company ended up in the hospital with pneumonia and semi-frostbite."

Veterans remember

"We're all in the same boat," Tourgee reflected. "We're all retired. We all had basically the same experiences, but it's different to hear somebody else say it, what you had done versus what they had done."

Baldwin gets the veterans' discussions started, asking about the military or even the weather or pets, for example, and then the stories start. They range from the gruesome to the funny and even the time-honored practice of making fun of second lieutenants.

"We had this second lieutenant who came in," recalled retired Sgt. 1st Class Roger Polhemus, describing his service in the Philippines during WWII as a corporal. "He knew everything. He was a graduate of West Point and a second lieutenant, and didn't know his front end from his back end." try to wipe them out.' The lieutenant said, 'I'll have you courtmartialed.'"

"Anyway, I took my men around to the base of the hill. (Kowalski) got up there, almost put it down the tube of the mortar. He was that accurate. When we got back to camp, I reported into the captain of the company. I says, 'Captain Murphy, I disobeyed an order. He says, 'Tell me what happened.' So I told him, and he says, 'Hell, I'm not going to court-martial you. You should get a medal.' I said, 'Well, I want to put Kowalski in for a Silver Star.' They gave him a Bronze Star with a V for valor."

With a background as a stand up comic and movie extra, Polhemus, now just a few days shy of 89, turned out to be the consummate storyteller, with tales of meeting Clark Gable prior to the Army and bringing top-secret papers to President John F. Kennedy. He also spent some time, briefly, as a prisoner of war.

"I don't know where I was, either in Korea or Japan, I really don't remember," Polhemus said. "Instead of shooting us, they put us in a corral that must have been used for water buffalo. I was corporal. I was Godalmighty. The rest of the guys were privates and they came up to me as if I were their leader and says, 'we haven't eaten for two or three days. What do we do?' "I says, 'you see those piles of droppings? Go through that and find any seeds that haven't germinated. Put them in a helmet and put water in there and we'll have like a soup.' Besides that, there was like little eggs. One of the privates came up to me and said, 'Are these eggs?' I said, 'Go ahead and eat them. Protein. It won't hurt you.' After we got out of that situation, I told the men that those little eggs were actually flies before they were born – maggots. They said, 'Maggots, blech.' I says, 'You're still alive aren't you?"

"Sometimes our memories do fail us," Baldwin said. "We think we remember it was in the 50s. That's also a help because someone might say, 'Nope. That was 1963.' Generally speaking, these stories are pretty spot on."

And if some of the tales seem a bit far-fetched at times, well, that's the military for you. In fact, Opferman is still incredulous all these years after the Korean War: On the one hand, he was a guard for the commanding general of 8th Army. On the other, he was a deserter.

"I had a simple, old-fashioned bellyache and a field doctor diagnosed it as appendicitis," Opferman said. "They sent me over to a MASH – a mobile Army surgical hospital. I said, 'Doctor, I don't think I have anything seriously wrong with me.' 'Well,' he said, 'we can't take any chances.' So he puts me on a hospital train and sends me to Pusan. I get down there and I said, 'I'm sure I have nothing wrong with me.' 'Well, we'll just have to keep you under observation for a few days.' I did finally succeed in getting released.

"They had a system going on in the early part of the Korean morning report would come out, and every unit had to report the status of every single member of that unit. It had my name and it had the unit and it said 'hospital.' Then, one day, it said, 'hospital to duty.' The next day, from then on, it just said, 'present for duty.'

"However, that other outfit was sending in a different one and it said AWOL (absent without leave). If you're AWOL for 90 days, you became a deserter and then you got reported to the FBI. I was on that wanted list as a deserter. We were all laughing about it because we were the general's guards."

They eventually sorted it out and Opferman, 86, became a criminal investigator, serving for another 19 years, including a tour in Vietnam that he is quick to say he does not consider a "heroic duty."

Neither is occupation duty heroic, not really, at least to Soldiers. To thousands of relieved or displaced civilians and refugees after World War II and Korea, it might have been a different story, however, as Webb discovered.

After World War II, the artilleryman found himself assigned to the local military government, which was responsible for several camps for displaced persons. One of his duties was to visit the camps a couple of times each week, including one for about 10,000 Jews who had been saved from concentration camps. Webb found some traditional Jewish music and played it over the loudspeaker in his jeep. They were touched by such simple human kindness after so many atrocities. "I was the belle of the ball after that," he remembered.

Webb, who is 18 going on 89, lost his hearing, his sense of taste and his sense of smell and his balance as a result of all the blasts and explosions he experienced in the artillery with only cotton or his fingers as ear protection. He joined the speakeasy group shortly after moving to AFRH last spring to meet people. "You've always got stories," he said. "I've had a lot of experience so I like to repeat them." "People wouldn't believe me ordinarily and it is a story," agreed Tourgee, who went on to serve in Vietnam, about why veterans should talk about their experiences. He's 85 and hopes to outlive his great-grandfather, who lived to be 100. "I tried to write some of this down for my grandchildren because what they're learning in school is not what I knew and not what I saw. It's a shame that more people don't tell their stories. It's a shame they don't teach it because one of these days a lot of people that you see here won't be here much longer and whatever they know goes with them. You can't leave it unless it's written."

We have a connection," said Christine Baldwin, AFRH librarian who moderates the group named Double Nickels Speakeasy after the Double Nickels Theatre Company, which helps seniors transform their stories using reminiscence theater.

Everyone has a story about how he joined the service and a story about basic training. Retired Air Force Master Sgt. Earl Tourgee, who started out in the Army, tried to trick his father into giving him permission to join up at 17 by hiding his enlistment papers among forms for the Navy V-12 College Training Program.

"I had a piece of paper for my father to sign for me to go into the Army and on top of it was a Navy V-12," Tourgee remembered. "That he would sign. He said, 'What's underneath it?" I said, 'Oh, just sign it.' He looked at it and he found out that it was OK for me to join the Army and he says 'the top one I'll sign. The bottom one is not worth any"Did you tell him," asked former Cpl. Robert M. Webb.

"No," Polhemus said. "He didn't live that long.

"The Japanese were lobbing mortar rounds into our encampment. He'd been there about an hour, really deep in battle. He said, 'Now we're going to go up, make a frontal attack.' I said, 'lieutenant, I'm responsible for 11 men,' my squad. 'We're not going up that hill for a frontal attack. We'll probably be killed.'

"I asked the lieutenant, 'Can you read maps?' 'Certainly I can. I'm a graduate of West Point.' I said, 'OK. What are those little squiggly lines?' 'Oh that's simple. Those are rivers.' I says, 'No. That tells the height. I'm going to go around in this gully and get in back. Kowalski here can lob a grenade about 40 yards accurately so I'm going to

Distant memories

The stories, the veterans avow, are all true. Or at least "as true as we know it," they qualified. War called the pipeline. They were desperate for troops on the front line. Any Soldier who was not actually with his unit had to go into this pipeline. They handed you an M1 rifle and (sent you) to the front line. It was several days' journey and they had what we called repo depots, replacement depots. Sometimes you'd stop at one of these and I got through to my unit.

"The first sergeant said, 'Where the hell are you?' I looked at a map and I read him the coordinates. He says, 'OK. Keep your bag packed. Keep your helmet on.' My first sergeant and the platoon clerk came along in a jeep. The guard says, 'Halt.' He says, 'We just came to pick up one of our men that got out of the hospital.' The first sergeant pulled the jeep in to the gate, spun around, threw up a cloud of dust and he hollers, 'Get in the jeep.' ... We were going down the road and the guard's yelling, 'Halt! Halt!' and I was gone.

"What was funny was the

"It's better than recorded history," Opferman added, "because the veteran tells the story from first-hand experience."



Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

Main Post Chapel, Building 8940

9 a.m. Catholic Mass Sunday 11 a.m. Liturgical Protestant Service 12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catholic Confessions Saturday 5 p.m. Catholic Mass Saturday Wings Chapel, Building 6036 8 a.m. Latter-Day Saints Worship Service 9:30 a.m. Protestant Sunday School 10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service) 12 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939

9:30 a.m. Protestant Sunday School 10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

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



Pick-ofthe-litter

Meet Ivy, a 6-month-old female long-hair orange tabby cat available for adoption at the Fort Rucker stray facility. She is approximately the size of a 10-12-week old kitten. She is good-natured and loves to be snuggled. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/ fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook. com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.









Any time you spend, you earn more rewards.*



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navyfederal.org 1.888.842.6328





MARATHON NURSE Nurse-athlete conquers cancer, readies for elite race

Story on Page D4

MILESTONE

Turkey Trot more than a race for 6 runners

NOVEMBER 19, 2015

By Jeremy Henderson Army Flier Staff Writer

The completion of Saturday's Turkey Trot 5K will be an accomplishment seven weeks in the making for six participants.

The participants began training for the race in October as part of the Tater to Trot couch to 5K running class and, according to Shauna Attaway, Fort Rucker fitness specialist, they met and exceeded the challenge.

"This week our class ran 3.26 miles in preparation for the 5K this weekend," she said. "While this wasn't initially a part of the program, I wanted the class to see that they could not only meet their goal, but exceed it.

"I couldn't be more proud of the progress each participant has made," she added. "I've seen each of the participants go from not really enjoying to run to looking forward to the next class and running on their own. Saturday is going to be all about enjoying the course and celebrating their accomplishment. It's going to be lots of fun."

The Turkey Trot 5K and 10K begin at 9 a.m.at the Fort Rucker Physical Fitness Center on Andrews Avenue. A 1-mile fun run will begin after completion of the 5K and 10K races. Race day registration will be held from 7:30-8:30 a.m. Registration costs \$25 for individuals (\$12 without a race shirt) and \$120 for 8-person teams. Each additional team member pays normal registration fees.

Attaway said Saturday's race will be the



People take part in last year's Turkey Trot run. This year's run is Saturday.

capstone for her class's amazing transformation.

"It's been amazing to witness the process of each person realizing they can run and actually enjoy it," she said. "They have all been great about encouraging and motivating each other to push their limits and stick with the program. "

The couch to 5K program allowed participants to visualize goals and accomplish those goals, often with inspiring results, according to Attaway.

"The participants found a running buddy

on their own within the group," she said. "We had a couple of pace-setting classes in which they ran a timed 1-mile run and really pushed themselves to run faster than normal. A couple of the participants did both of the runs together and literally pulled each other to the end, not letting the other slow down.

"These two runs were about two to three weeks apart within the course of the program, and each participant improved their time by at least 20 seconds and one by 40 seconds," she added. "Seeing the look of accomplishment on their faces and the boost in their confidence was priceless. I also had a participant with two small children push a double stroller on many of our runs. Just watching her persevere up a hill was inspiring."

Couch to 5K participants completed four five-minute jog and walk intervals Thursday and ended the class with lots of stretching, according to Attaway. Friday will be a rest day with plenty of hydration to prepare for Saturday's race.

Attaway said rest, hydration and nutrition are key components to a safe and successful race.

"In preparation of the race, drink plenty of water the day before and have a wellbalanced meal the eve of the race," she said. "On the morning of the race, be sure to stay hydrated and eat a good breakfast, preferably something with carbohydrates, like oatmeal and fruit.

"Take time before the race starts to warm up your muscles and loosen up your joints," she added. "Dynamic stretching is best before the run. At the start of the race, don't sprint out to get to the front of the crowd, unless, of course, you're that fast! Start at a good, even pace and stick with it. Save the extra effort for the push to the finish line. Don't forget to stretch at the end of the race and rehydrate. Most of all, have fun and enjoy yourself!"

The Mistletoe 5K Dec. 12 will be the next race opportunity for local runners.

For more information, call 255-2296.



Clinic commander seeks feedback

By Jenny Stripling *Lyster Army Health Clinic Public Affairs*

LUNG CANCER AWARENESS Smoking cigarettes leading cause of illness

By Col. Darlene Hinojosa *Army Public Health Command*

November is Lung Cancer Awareness Month. Lung cancer is the second most common cancer in both men and women and the leading cause of cancer death in the United States. Each year, more people die from lung cancer than from

Each year, more people die from lung cancer than from colon, breast and prostate cancers combined, According to



If you've received an Army Provider Level Satisfaction Survey survey in the mail after an appointment at Lyster Army Health Clinic, don't throw it out – fill it out!

Over the past few years, receiving a mailed survey from the Army Medical Command Office of the Surgeon General after a recent appointment at Lyster has probably become commonplace.

Many of you know the importance of completing and returning the APLSS. Providing clinic officials feedback helps leadership improve services at Lyster, fostering a patient to primary care manager partnership to continually improve and achieve excellent health care. Listening to you through surveys helps leadership identify desired and needed new services vital to your health care, and to sustain and grow the health care facility.

The APLSS also yields financial incentives to Lyster from the OTSG, which are linked to the scores you give

SEE FEEDBACK, PAGE D3

the U.S. Centers for Disease Control and Prevention.

Nearly 90 percent of lung cancer cases are attributed to cigarette smoking, according to the CDC, and lung cancer can also be caused by breathing in dangerous, toxic substances – such as radon, asbestos, uranium, arsenic, cadmium, chromium, nickel and some petroleum products – or every-day air pollution.

There are steps you can take to prevent lung cancer. Limiting exposure to smoke, radon, hazardous chemicals and air pollution will help protect your lungs.

If you smoke, the best thing you can do is to stop smoking. And if you don't, never start. Test your home for radon. If it is present, take steps to get rid of it. Wear personal protective equipment, like respirators, if you are exposed to dust or fumes at work.

Help fight air pollution in your community. Even if you were exposed to these substances many years ago, you are still at risk for developing lung cancer. Talk to your doctor if you have ever been exposed to any of these substances.

Often, people with lung cancer do not display symptoms

CDC PHOTO ILLUSTRATION

until the disease is in its later stages. A tumor could be in the lungs without causing pain or discomfort. When symptoms are present, they are different in each person, but may include:

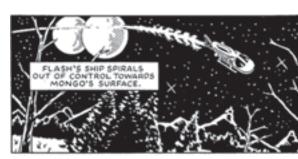
- A cough that doesn't go away and gets worse over time;
- A chronic cough or smoker's cough;
- Hoarseness;
- · Constant chest pain;
- Shortness of breath, or wheezing;
- Frequent lung infections, such as bronchitis or pneumonia; and
- Coughing up blood.

SEE AWARENESS, PAGE D3



OWN []TM]

WHILE, ON BOARD











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SUPER DUPER MOVIE

SAY THE SAME

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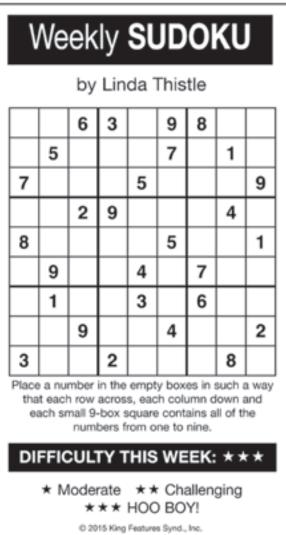
7. FOOD & DRINK: What is the traditional liquor used in making a Tom Collins drink?

8. ANATOMY: What is the only

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See Page D3 for this week's answers.



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Just Like Cats & Dogs

THIS'LL BE THE BEST POKER NIGHT EVER! PIZZA, BEER, CHIPS ... THIS TIME LET'S REMEMBER TO PICK UP CARDS.



by Dave T. Phipps

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2. TELEVISION: Who lives at 124 Conch Street, Bikini Bottom, Pacific

3. LITERATURE: What was the

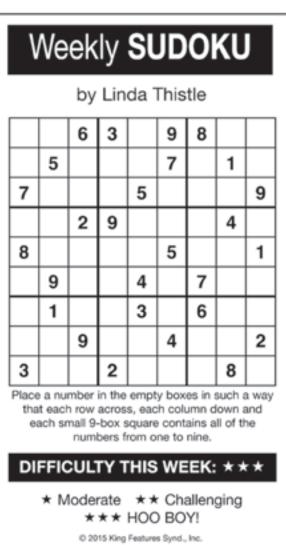
4. MOVIES: What film was the first

5. MATH: What is the decimal

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9. ANIMAL KINGDOM: What is

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See Page D3 for this week's answers.

See Page D3 for this week's answers.

KID'S CORNER

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	by Hal Kaufman
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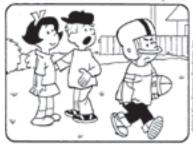


SPELLBINDER	
SCORE 10 points for using all the letters in the word below to torm two complete words: C.A.M.P.O.R.E.E.	
THEN score 2 points each for all words of four latters or more found among the letters.	
Try to score at least \$0 points. 'see 'ting subleat equily	

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





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Soldiers vying for spots on Team USA

By Tim Hipps

Installation Management Command Public Affairs

SAN ANTONIO — Several Soldiers in the U.S. Army World Class Athlete Program are vying for spots on the Team USA rugby sevens squad that will compete when the sport makes its Olympic debut in Rio de Janeiro in 2016.

First Lt. William Holder, 1st Lt. Ben Leatigaga and Sgt. Mattie Tago are among a pool of 23 players being considered by USA Rugby. Twelve players will be selected for the U.S. men's Olympic team, scheduled to compete Aug. 9-11.

The sport of rugby is not a measured or timed event. Rugby is a team sport that requires a wide range of individual skills that combine to form effective units. Therefore, a USA Rugby committee will use discretionary criteria such as speed, aerobic/ anaerobic fitness, strength/power, technical/tactical rugby skills, and psychological/social skills to help select the team.

The last category includes being respectful, exhibiting integrity and leadership, being coachable, and having a mindset for growth.

Committee members evaluate potential players at international competitions in the years prior to the Olympic season. Contested every four years, one year prior to the Summer Olympics, the Pan American Games are Team USA's unofficial precursor to the Summer Olympic Games. Holder and Leatigaga helped Team USA win a bronze medal at the 2015 Pan American Games in Toronto.

Holder, originally from Palo Alto, California, spent two summers playing for the U.S. national 15-under rugby team before entering the United States Military Academy at West Point, New York, where he played football and rugby.

"They wanted me to play linebacker. I wasn't big enough to be a linebacker," Holder explained. "Then they wanted me to play

safety. I wasn't quick enough to be a Division I safety, so I just switched over to rugby."

Two years ago, while playing for the All-Army squad at the 2013 Armed Forces Rugby Sevens Championships, Holder discussed the possibility of getting into the U.S. Army World Class Athlete Program and contending for a spot on the U.S. Olympic Rugby Sevens Team.

"It's been a dream of mine since I was a little kid," said Holder, 24, who began playing rugby in the third grade. "It truly is a dream come true to be able to play in the Pan Am Games and get a taste of what the Olympics is all about. To play my sport full time while representing my country and the Army is a huge honor."

Leatigaga, 27, who entered WCAP in January of 2014, also played rugby for two years at West Point.

"That was the first time I ever touched a rugby ball," he said. "I only played because of the culture that was at West Point: being able to play for each other, knowing that a jersey really means something, knowing that guys have been deployed and have died, and you're wearing that same jersey.

"Showing up at the Olympic Training Center (in Chula Vista, California) and being part of WCAP is really when I actually started to learn the game," Leatigaga added. "At West Point, I played winger: catch the ball and try to run over somebody, and that was it. But coming to WCAP with this opportunity the Army has given me and playing for Team USA under (coaches) Mike Friday and Chris Brown, it's definitely made me learn the game, grow my rugby IQ and skills."

The WCAP is a group of Soldier-athletes who are nationally and world-ranked in their respective Olympic sports. They train fulltime and compete on the national and international levels with a goal of making Olympic, Pan American Games and World Championship teams.

"I had no idea that my Army

Sports

PHOTO BY TIM HIPPS

U.S. Army World Class Athlete Program 1st Lt. Ben Leatigaga passes the ball during the 2015 Armed Forces Rugby Championships at Infinity Park in Glendale, Colo., as WCAP teammates 1st Lt. William Holder and Capt. Andrew Locke trail the play.

career was going to lead into a World Class Athlete Program." Leatigaga said. "I thought I was going to go in, become a lieutenant and do 'Hooah!' things. I think it's awesome that the Army is supporting me to play for the Olympic team."

Tago, 24, a native of Pago Pago, American Samoa, has helped All-Army win three consecutive Armed Forces Rugby Sevens Championships.

Utah Army National Guard Col. Mark Drown, head coach of the All-Army Rugby Sevens Team, said all three Soldiers have realistic shots at making the Olympic team.

"Ben Leatigaga, Mattie Tago and Will Holder are definitely fighting for spots on Team USA," Drown said. "The national program's style and pattern of play is exactly what our boys are training to do, so the coaches can see if they have the size, speed, strength and discipline to play that system."

The players won't know their fate until next summer.



U.S. Army World Class Athlete Program rugger Sgt. Mattie Tago helps All-Army to a 43-12 victory over All-Air Force in the gold-medal game of the 2015 Armed Forces Rugby Sevens Championship Tournament at Infinity Park in Glendale, Colo.

Feedback: APLSS helps maintain, improve services

Continued from Page D1

the clinic and its services. These funds are reinvested right back into your health care facility in the form of updated medical equipment, additional medications at the pharmacy, new staff and expanded patient education.

These funds are absolutely critical to Lyster's operations and allow the staff to continue to reach higher in delivering the "Gold Standard" of health care to patients.

Taking the time to fill out and return the survey allows

the OTSG to see the clinic's progress and ensure services delivered to Soldiers and their family members, as well as retirees and their family members, remain exceptional.

"We are missing out on valuable feedback from our patients on their experience at Lyster when these surveys are not returned," said Col. Gary A. Wheeler, Lyster commander. "We are your clinic and ask you to tell us about your care through APLSS when you receive it in the mail."

If you receive a mailed survey in response to an ap-

pointment experience at Lyster, be sure to fill it out and return it. Lyster staff members are working hard to ensure that they exceed your health care expectations and earn excellent ratings.

Lyster staff members want to make sure they continually have your feedback. Giving them high marks when they meet or exceed expectations, or letting them know where they might improve, goes a long way in maintaining and improving services for you - Lyster's partners in health.

Awareness: Early detection, quick response essential

Continued from Page D1

See your doctor right away if you notice any of these symptoms. If you think you are at risk for lung cancer, talk to your doctor about being screened. Screening looks for cancer before a person has any symptoms.

If a friend or loved one receives a cancer diagnosis, it is important to be supportive. Choose positive and hopeful words, listen and offer hugs. Don't give people false hope or talk about other people's cancer outcomes. Do whatever you can to make things easier for them, such as delivering meals, driving them to appointments or assisting them with daily chores.

Support a friend or family member touched by lung cancer by wearing a white ribbon, or tying a white ribbon around an old oak tree or your mailbox in November. The white ribbon is a symbol of hope - hope for better treatment options and outcomes for those living with lung cancer.

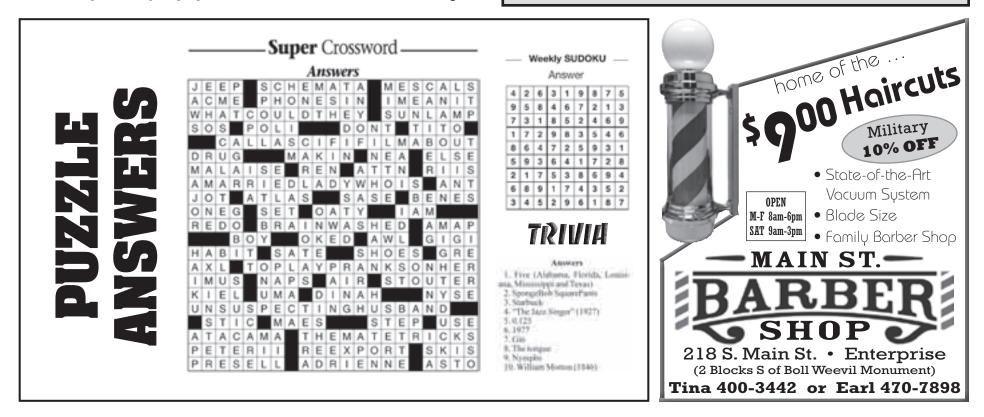
For more information on lung cancer awareness, visit:

- Lung Cancer Alliance, http://www. lungcanceralliance.org/get-involved/ help-raise-awareness/lung-cancerawareness-month.html;
- CDC, http://www.cdc.gov/cancer/

dcpc/resources/features/LungCancer/ index.htm:

- American Lung Association, http:// www.lung.org/lung-health-anddiseases/lung-disease-lookup/lungcancer/: and
- National Cancer Institute, http://www. cancer.gov/types/lung.

MELER COM



MARATHON NURSE *Nurse-athlete conquers cancer, readies for elite race*

By Elaine Sanchez

Brook Army Medical Center Public Affairs

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Cancer may have taken her ability to run, but this Army nurse refused to let that slow her down.

Instead, Capt. Kelly Elmlinger traded running for wheelchair racing, and sped her way to multiple medals at the Warrior and Invictus Games, and a spot in this spring's Boston Marathon.

"Cancer was really tough, but it opened up a world of opportunities I wouldn't have had otherwise," said Elmlinger, who serves at the San Antonio Military Medical Center. "I'm still a productive member of society, still celebrating successes in life."

The Cleveland, Ohio, native developed a passion for both sports and the military at an early age. Elmlinger recalls being glued to the television during Operation Desert Storm and set her sights on joining the Army her senior year.

However, the versatile athlete became conflicted after earning college scholarships for cross country, track and basketball. "I got cold feet about joining the service," she said. "I couldn't see myself giving up sports just yet."

Elmlinger devoted herself to college, but the military beckoned again her sophomore year. This time she trusted her gut and enlisted as an Army medic on Veterans Day in 1998. Over the next decade, she served



COURTESY PHO

Capt. Kelly Elmlinger competes at the 2015 Department of Defense Warrior Games on Marine Corps Base Quantico, Va., in June.

with Fort Bragg's 82nd Combat Aviation Brigade, attended U.S. Army Airborne School, was deployed twice and had a twoyear stint with a special missions unit.

In 2011, Elmlinger applied for the Army Enlisted Commissioning Program and University of North Carolina's nursing school, and got accepted to both. She spent the next two years at school and caring for her then-4 month-old-daughter, Jayden.

The newly graduated nurse requested an assignment at San Antonio Military Medical Center. "My key reason is I wanted to take care of wounded warriors," she said. "I cared for warriors at the point of injury during deployments and wanted the opportunity to close the loop – care for them as they move forward in their recovery."

Elmlinger arrived at the center in the summer of 2011 and was assigned to a unit focused on warrior care. It was here she decided to readdress a health issue that had been nagging her for more than a decade – tenderness and pain in her left leg. Her doctors found what appeared to be a collection of blood vessels and performed a procedure, but in six weeks she was back and in even more pain.

This time, her doctor suggested a biopsy and diagnosed Elmlinger with synovial sarcoma. "I knew the term, but it took a while for it to click: it was cancer," she said. "I knew from then on my life would be different."

Synovial sarcoma is a rare form of soft tissue cancer with removal as the primary treatment option. Elmlinger weighed her options: remove the tumor or take the extra step of removing the leg. She opted for limb salvage, undergoing the first of three surgeries in June 2013.

A turning point came in January 2014, when Elmlinger was given the green light to rehabilitate at the Center for the Intrepid. The avid athlete was eager to dive back into sports, but due to the bone and tissue removal from her leg, was unable to run. Fortunately, someone suggested wheelchair racing.

"It was not love at first sight," she said. "But I agreed to try it."

The sport clicked with Elmlinger, who

trained for hours each week to gain speed. Faster than ever, she decided to pursue her lifelong dream of racing in the Boston Marathon. She qualified by 10 minutes and will participate in the elite race in April.

Just a year after starting the sport, the versatile athlete went on to earn eight medals at national and international competitions – not just for wheelchair racing, but also track and field, cycling and swimming.

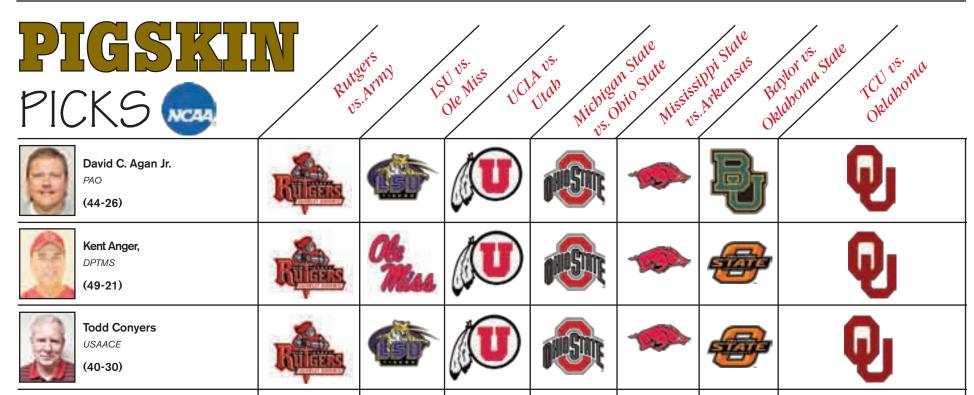
Elmlinger, who continues to train for future events, said the games have come to represent much more than sports to her.

"I look at these sporting events as more of a celebration of life," she said. "I may be having a bad day, but I look around and see how other people are overcoming challenges – and they inspire me."

Along with sports, Elmlinger was deemed fit to return to her other passion, military nursing. This month marks her fifth back at work in the center. "Some days are tough, but I'm fortunate and grateful to have the opportunity to still serve," she said.

While she holds the Army in high esteem, Elmlinger said she's most grateful for her daughter, who is now 7 years old, and for reaching the milestone of two years cancer free.

"I am so thankful for my doctors, the CFI and for the technology that enabled me to keep my leg," she said. "It was a tough road, but it's what led to amazing opportunities. I've traveled around the world, met amazing people. I feel very fortunate."





SPORTS BRIEFS

Hunting Incentive Program

In an effort to control the coyote and feral pig population, Fort Rucker has developed a Hunting Incentive Program that runs now through Aug. 31. Registered hunters who shoot 20 feral pigs or five coyotes during the 2015-2016 hunting season will receive a free Fort Rucker Post Hunting Permit for the 2016-2017 hunting season. People who trap five or more coyotes July-September are also eligible for a free permit. Hunters must be registered to hunt on Fort Rucker, be a registered participant of the Hunting Incentives Program and verify, through an outdoor recreation staff member or the Fort Rucker Game Warden, all animals shot or trapped on the installation. After verification with an ODR staff member or the game warden, hunters may remove the animal.

For more information on how to participate, call 255-4305.

Expansion of Functional Fitness Area

The Fort Rucker Physical Fitness Center on Andrews Avenue will soon undergo changes.

The current basketball and volleyball courts will be designated as the new functional fitness area. This will provide space for additional functional fitness equipment, including but not limited to power racks, lifting platforms, TRX equipment, Olympic bars, plyometric boxes and climbing rope. Space will be available for full body movements, including sprints, lunges, battle ropes and more. In December, intramural basketball and volleyball will be relocated to the Fortenberry-Colton Physical Fitness Center.

For more information, call 255-2296.

or visit www.timwhiteheadchryslerdodgejeep.com





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