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ARMY FLYER

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Post lights up Christmas season

By Nathan Pfau
Army Flier Staff Writer

For many, Christmas just isn't Christmas without a properly decorated tree, and Fort Rucker has one of the biggest Christmas trees around to help ring in the holiday season.

The installation officially kicked off the holiday season with its annual Christmas tree lighting ceremony at Howze Field Monday, where hundreds gathered to see the tree light up in all its glory.

People were greeted with the sounds of holiday music from the 98th Army "Silver Wings" Band, and were able to warm up with hot chocolate and coffee, and also take part in a bit of caroling with the Fort Rucker Child Development Center choir, the Girl Scouts of America choir and the Chapel choir.

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, was also on hand to enjoy the festivities and welcomed guests for attending the event, but reminded people not to lose focus on the true meaning of the holidays.

"We've got a great turnout tonight and it's great to see you all out here. As we go into the holiday season, let's remember why we serve and how important it is what we do for our nation," he said before the tree lighting. "For those who are serving abroad and for those who don't have the good fortune to be here with their families, I ask that you keep them in your thoughts and prayers. Also, let's not lose focus on our mission, but also be able to enjoy the time with our families and our loved ones."

Following the commanding general's remarks, awards were presented to children for the Directorate of Family, Morale, Welfare and Recreation ornament contest in categories of 3-5 years old, 6-8 years old and 9-11 years old. The winners of the contest were Johanelys Castro, Anne Cul-

ley and July Anne Little, respectively.

After the winners of the ornament contest were announced, it was time to announce the Fort Rucker Family of Excellence, who had the honor of lighting the tree with the commanding general.

This year's Family of Excellence was the Holmes family, consisting of Sgt. 1st Class Mike Holmes, his wife Megan and daughter Hazel.

Mike wasn't able to attend the event, but Megan and Hazel were there to help Lundy light the tree and ring in the season.

"This makes me very proud (of our family), and since we're leaving Fort

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PHOTOS BY NATHAN PFAU

The post Christmas tree shines bright after a lighting ceremony at Howze Field Monday.



Santa greets children as they line up to get a treat during the Christmas tree lighting ceremony at Howze Field Monday.



Megan Holmes, military spouse, watches her daughter, Hazel, as she looks up at Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, as he gives her the thumbs up after being named the Family of Excellence during the Christmas tree lighting ceremony at Howze Field Monday.

Post hosts service for fallen Aviator

By Nathan Pfau
Army Flier Staff Writer

Soldiers, family members and friends remembered a fellow Aviator, husband, father and friend during a memorial service at Wings Chapel Friday.

CW4 Jason McCormack, 4th Aerial Reconnaissance Battalion (Attack), 2nd Aviation Regiment, Camp Humphreys, South Korea, died when his AH-64 Apache helicopter crashed while conducting a training flight in South Korea.

McCormack, who recently served at Fort Rucker as an instructor pilot and platoon leader for A Company, 1st Bn., 14th Avn. Regt., was remembered by his friends, CW4 James Morrow and Rod Raymon, who both spoke during the memorial, as more than a professional Aviator and Soldier, but also as a loving father, husband and loyal friend.

"I think we're all excessively lucky to have known Jason and share (in) his numerous comical life experiences and never-ending friendship," said Morrow.



PHOTO BY NATHAN PFAU

A memorial service was held at Wings Chapel Friday to remember the life of CW4 Jason McCormack, 4th Aerial Reconnaissance Battalion (Attack), 2nd Aviation Regiment, Camp Humphreys, South Korea, who died in a crash during a training mission in South Korea.

"He showed how he carried himself on a daily basis, spending good, quality time when able with family – it was always about family time.

"His love for the country runs deeper than anybody that I've ever seen," he continued. "The sheer amount of red, white and blue when you walk through the McCormack threshold is quite

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TAKING FLIGHT

Air Cavalry Leaders Course shapes air-ground reconnaissance

By Kelly P. Morris
USAACE Public Affairs

After nearly a year in the making, a new air cavalry course at the U.S. Army Aviation Center of Excellence is graduating students with the skills required of maneuver leaders.

The Air Cavalry Leaders Course, which is designed for AH-64D/E pilots, OH-58D pilots and Unmanned Aircraft Systems operators and technicians who are members of attack reconnaissance squadrons, graduated more than a dozen Soldiers after an intense two-week session at Fort Rucker Nov. 20.

Maj. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general, presented certificates to the graduates. He spoke about the importance of what Soldiers do at the company level, and thanked the group for their hard work and dedication.

"This is a milestone, but don't let this be the end of it," Lundy said to the graduates. "It's an opportunity to go out there and de-

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PHOTO BY KELLY MORRIS

Maj. Gen. Michael D. Lundy, commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker, congratulates graduates of the new Air Cavalry Leaders Course at the Seneff building Nov. 20.

PERSPECTIVE

BE VIGILANT

CID warns against posting holiday travel plans

By Mary Markos
U.S. Army Criminal Investigation Command
Public Affairs

WASHINGTON – As Soldiers and their families prepare for the holiday season, the U.S. Army Criminal Investigation Command warns that posting travel plans on social media sites makes people’s homes vulnerable to burglary.

While Soldiers should always be vigilant in their postings to avoid releasing sensitive information, revealing personal holiday travel information puts Soldiers, their families and their homes at risk.

“Social media is a powerful and frequently used tool for Soldiers, their families and friends to stay connected, especially during the holiday season,” said Daniel Andrews, director of the CID Computer Crime Investigative Unit. “Unfortunately, criminals use the same social media sites to conduct surveillance and identify potential targets.”

In fact, Andrews said, posting vacation plans is like announcing to criminals that your residence will be unoccupied for an extended period.

“We recommend that personnel avoid publicizing the details of holiday plans and travel arrangements, whether upcoming or in progress,” Andrews said. “Wait until the vacation is over to comment on it and share photos, but still be cautious about what information you make publicly available.”

Additionally, personnel are advised to take basic home security measures before leaving their house.

The FBI’s “2014 Crime in the United States” reported an estimated 1,729,806 burglaries in the United States with



PHOTO BY DAVID VERGUN

burglaries of residential properties accounting for 73.2 percent. The average dollar loss for each burglary incident was \$2,251.

Basic home security measures, such as locking all doors and windows, not leaving spare keys outside, using variable light timers, keeping valuables out of sight, and having a friend retrieve mail and newspapers are the first line of defense against burglary.

The use of a home security or video system is a further deterrent for criminals.

“Criminals are always on the lookout for opportunities to exploit. Whether driving through neighborhood streets or surfing social media sites, the criminal’s goal is to identify soft targets that are lucrative and present the least chance of being caught,” Andrews said. “This underscores the very real connection between the physical and virtual worlds.”

CID officials encourage Army personnel to take the following steps to reduce their risk of being targeted by crooks in the virtual world.

- Update your privacy setting on social media sites before leaving for vacation.
- Do not check in to airports or your holiday destination

on social media sites. Sites, such as Facebook, use the GPS built into a phone to allow users to check in to businesses and locations across the country. This information tells would-be burglars that the home is likely to be vacant until the user announces their arrival at the airport for their return flight.

- Do not post in real-time. Posting information about your location while you are there is equivalent to telling a would-be burglar that you are not home. To minimize the risk of burglary while you are away, post information after you return home for the holidays.
- Remove GPS data from pictures. GPS data, to include location coordinates, is automatically attached to photos taken from both smart phones and many digital cameras. When posted in real-time, the GPS coordinates gives a would-be burglar your exact location, which makes your home vulnerable if you are not there.
- Do not geotag posts or tweets. Much like the Facebook “check in” feature, geotagging or adding your exact GPS coordinates to a Tweet or post tells would-be burglars exactly how close you are to your home.
- Monitor what family members post. A would-be burglar only needs one member of the family to announce that the family has left for vacation to know the house might be empty. Speak to all members of the family, especially teens, about what they are posting online.

Additionally, personnel should review the CID Computer Crime Investigative Unit’s crime prevention and online safety flyers at its website at <http://www.cid.army.mil/cciu2can.html> for more ways to avoid being victimized.

THIS MONTH IN ARMY AVIATION HISTORY

This month we’re spotlighting the December 1985 issue of the U.S. Army Aviation Digest. This issue features:

The armed helicopter story – AH-64 armament

The AH-64 Apache advanced attack helicopter was the first helicopter developed specifically for day, night and adverse weather anti-armor missions. It is a twin-engine, four-bladed helicopter operated by a tandem-seated crew of two. Apache delivers firepower quickly and with extreme accuracy.

Voices to the sky

With limited airspace systems, lan-

guage barriers and frequency restrictions, air traffic in all Honduras has been relatively uncontrolled. However, with the development of Palmerola Air Base as the hub of Aviation operations for the Joint Task Force in Honduras, air traffic control operations have reached new heights.

Safety – a state of mind

The only way the Army will ever achieve a zero accident rate in Aviation is to teach safety with as much emphasis as is given to other subjects. This, however, will not be achieved through legislation or intimidation, but rather through instilling safety in the minds of

flight students from the very beginning of training.

First Chinook aerial refueling

Another advancement for Army Aviation was demonstrated by Boeing Vertol at Wilmington, Delaware, on Aug. 4, 1985, when the first air-to-air refueling of a CH-47D Chinook helicopter was accomplished with an Air Force Lockheed HC-130P aircraft.

... and more.

Download this issue of the U.S. Army Aviation Digest at <http://go.usa.gov/cBybA>.



Rotor Wash

“The holidays are often filled with feasts and all types of goodies. What tips can you offer to keep healthy and active during the rush and temptation of sweets during the holidays?”



2nd Lt. Nicolas Barry,
D Co., 1st Bn.,
145th Avn., Regt.

“Just monitor how much you’re eating and don’t overeat.”



2nd Lt. James Hastings,
D Co., 1st Bn.,
145th Avn., Regt.

“Make plans to work out and try to stick with it.”



Sean Anders,
military family member

“Even though it might be colder, try to walk or run every day to burn off calories.”



Megan Track,
military family member

“Look for healthier options when choosing what you’re going to cook or eat.”



Bev Haverty,
military spouse

“Avoid binge eating in one sitting. A lot of times just because the food is there, people tend to eat it. You should eat until you’re satisfied, not until you’re full.”

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

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

VOICES HEARD

Landing Zone adjusts menu items, options

By Nathan Pfau
Army Flier Staff Writer

The sheer amount of choices some people must make throughout a typical day can be overwhelming, but when it comes to dining out, one Fort Rucker eatery is making the choosing part a bit easier.

The Landing Zone, located on Novosel Street, fed on customer feedback on how to better feed its patrons and refined its menu to give patrons a better dining experience, according to Marki Riccio, assistant manager at The Landing Zone.

“We launched the new menu a couple of weeks ago and we wanted to refine everything to make sure it was ready to go for all of our (patrons),” she said. “We updated the menu by adding some new items, and we took off some things that weren’t selling too well.

“We listened to the customers and the feedback they were giving us,” she continued. “They were telling us what kind of items appealed to them, so we made that happen. For instance, we made it possible to order a half order of the Macho Nachos,” since a full order is a lot to take in.

Riccio added that they noticed that chicken tenders were a hot



PHOTO BY NATHAN PFAU

W01 Melanie Bernal, A Company, 1st Battalion, 131 Aviation Regiment, celebrates graduating from the Warrant Officer Candidate School with her fiancé, Kevin Key, and friends with lunch at The Landing Zone Dec. 3.

seller during dinner time, so they made them available as an appetizer that is paired with a basket of French fries, which she said is now selling like “hotcakes.”

Another welcome addition to the menu was some seafood items that people have been wanting.

“We heard that people wanted some seafood selections on the menu, so we listened and added

some Cajun Crab Bites, which are really good little crab bites that come with our Boom Boom sauce,” she said. In addition to the crab bites, people can also order grilled or blackened tilapia, grilled shrimp and southern catfish.

In keeping with the theme of listening to their customers, Riccio said they brought back the

popular lemon pepper sauce for their wings.

“We’ve also added a couple of new burgers, like our black and bleu burger, which is a play on our black and bleu salad that we have, which is a really big hit, and it’s also been a hit so far,” said the assistant manager.

This is the second time the menu has changed since her time

there, said Riccio, and customer feedback plays an important role in that.

A lot of the feedback comes from customers talking to the servers, but the majority of feedback comes from Interactive Customer Evaluation comments..

“We really do want to hear back from our customers and what they think, so we want them to fill out those ICE comment cards when they can,” said Riccio. “Our goal is to get people to want to choose The Landing Zone as their lunch, dinner and brunch choice. We have separated our menus now with a lunch menu, dinner menu and our new brunch menu. We want to be able to cater to people in each of our menus.”

Another reason for the revision of the menu was to not overwhelm people with too many choices during the short time they might have for lunch, said the assistant manager.

“We have a lot of people come in for lunch, so by having a smaller menu at lunch, we’re able to get all the food out at a decent time, so that those Soldiers and civilians can get back to work in the short time they have for lunch,” she said. “We just want them to come out and enjoy the great food we have in a casual environment.”

SecDef opens all military occupations to women

By Cheryl Pellerin
Department of Defense News

WASHINGTON — Defense Secretary Ash Carter announced Dec. 3 that beginning in January, all military occupations and positions will be open to women, without exception.

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

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

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

Despite real progress in recent decades and lately, opening more than 111,000 positions to women across the services, Carter said that about 10 percent of military positions – nearly 220,000 total – have remained closed to women.

These included infantry, armor, reconnaissance and some special operations units, the secretary said.

Over the past three years, he added, senior civilian and military leaders across the Army, Navy, Air Force, Marine Corps and Special Operations Command have studied

the integration of women into these positions.

“Last month I received their recommendations (and) the data, studies and surveys on which they were based regarding whether any of those remaining positions warrant a continued exemption from being opened to women,” Carter said, noting that the Army, Navy, Air Force and SOCOM said none of the positions warranted exemptions.

The Marine Corps asked for a partial exemption in areas that included infantry, machine gunners, fire support reconnaissance and others, he added, “(but) we are a joint force and I have decided to make a decision which applies to the entire force.”

Marine Corps Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff, was the Marine Corps commandant at the time, and Carter said that he and Dunford have discussed the issue many times.

“I just met with him and the other chiefs and service secretaries today, and he will be a full part of implementation,” Carter added, noting that he believes the issues raised by the Marine Corps can and will be addressed in implementation.

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

Carter said Deputy Defense Secretary



PHOTO BY AIR FORCE SENIOR MASTER SGT. ADRIAN CADIZ

Defense Secretary Ash Carter announces his Women in Service Review during a press brief at the Pentagon Dec. 3.

Bob Work and Air Force Gen. Paul Selva, vice chairman of the Joint Chiefs of Staff, will oversee the decision’s short-term implementation, ensure there are no unintended consequences to the joint force, and periodically update Carter and Dunford.

Women will be fully integrated into combat roles deliberately and methodically, the secretary said, using seven guidelines.

1. Implementation will be pursued with the objective of improved force effectiveness.
2. Leaders must assign tasks and jobs throughout the force based on ability, not gender.
3. Equal opportunity likely will not mean equal participation by men and women

in all specialties, and there will be no quotas.

4. Studies conducted by the services and SOCOM indicate that, on average, there are physical and other differences between men and women, and implementation will take this into account.
5. The department will address the fact that some surveys suggest that some service members, men and women, will perceive that integration could damage combat effectiveness.
6. Particularly in the specialties that are newly open to women, survey data and the judgment of service leaders indicate that the performance of small teams is important.
7. The United States and some of its closest friends and allies are committed to having militaries that include men and women, but not all nations share this perspective.

Implementation won’t happen overnight, Carter said.

“Fully integrating women into all military positions will make the U.S. armed forces better and stronger, but there will be problems to fix and challenges to overcome,” he said. “We shouldn’t diminish that.”

The military has long prided itself on being a meritocracy, where those who serve are judged only on what they have to offer to help defend the country, Carter said.

“That’s why we have the finest fighting force the world has ever known,” he added, “and it’s one other way we will strive to ensure that the force of the future remains so, long into the future.”

News Briefs

Clinic closures

Lyster Army Health Clinic will maintain normal operational hours during the holiday season with the following exceptions: Wednesday closing at noon for training; closed Dec. 25 and 26; and closed Jan. 1.

Doubles AAFES gas savings

The Army and Air Force Exchange Service, from Dec. 18-20, will offer drivers fueling up with a MILITARY STAR card at exchange gas stations 10 cents off per gallon instead of the everyday 5-cents-per-gallon discount.

“With the last weekend of holiday shopping approaching, we’re giving military shoppers an extra reason to come on post and see what the Exchange has in store,” said Beate Bateman, Exchange Express manager. “The extra savings at the pump are all part of the value authorized shoppers find at the Fort Rucker Exchange.”

After fueling up, shoppers who stop into the express and make an additional purchase with their MILITARY STAR card will be treated to a free coffee or fountain drink.

When drivers use their MILITARY STAR card at the pump, they’ll earn points as part of the new rewards program, which launched this fall. Cardholders earn two points for every \$1 spent in Army, Air Force, Marine Corps and Navy exchange stores, and wherever else

the MILITARY STAR card is accepted. For every 2,000 points earned, shoppers will automatically receive a \$20 rewards card.

Every day, shoppers can reap the benefits of paying with their MILITARY STAR card. Besides the typical discount of 5 cents per gallon on all gas purchases, cardholders enjoy a 10 percent discount on all Exchange food court purchases year-round and free standard shipping at shopmyexchange.com.

For information about the features and benefits of the MILITARY STAR card, shoppers can visit www.my-ecp.com.

Human resources closure

The Directorate of Human Resources, which includes the personnel services branch, transition services, ID card section, personnel management branch, in and out processing, personnel reassignment branch, retirement services office, casualty office, Army Substance Abuse Program, Soldier for Life, admin services and the education center will close Dec. 16 at 11:30 a.m. for the DHR Christmas party. All offices will reopen for business Dec. 17 at 7:30 a.m.

Scholarships, grants

Corvias Foundation recently announced that applications for the 2016 scholarships and educational grants

are now available. Applications for the 2016 scholarships must be submitted by Feb. 11 and will be awarded to high school seniors with plans of attending a four-year university or college. The scholarships are in the amount of up to \$50,000 per person. The scholarship is available to children of active-duty service members stationed at Fort Rucker and a number of other Army and Air Force installations. All scholarship applicants will be notified of their award status by the end of April.

Applications for the 2016 educational grants must be submitted by May 5. Grants are given in the amount of up to \$5,000 to spouses of active-duty service members stationed at Fort Rucker and the other installation. Corvias Foundation will select 20 recipients and applicants may be in any stage of the educational process. All applicants will be notified of their award status by the end of July.

Applications and all necessary paperwork for both the scholarship and educational grant must be submitted by the due date in order to be considered. Selected recipients may begin using their scholarship or educational grant in the fall of 2016. Families do not have to reside in on-post housing in order to qualify for scholarships or grants.

Applications are available now at <http://corviasfoundation.org>. For more information, send an email to info@corviasfoundation.org or call 401-228-2836.

FATES UNSEALED

West Point Class of 2016 cadets learn branches

By Michelle Everhart
U.S. Military Academy Public Affairs

WEST POINT, N.Y. — Branch Night: The night where a sealed envelope seals a cadet’s fate.

The rain poured outside Eisenhower Hall as U.S. Military Academy at West Point cadets trickled into the theater on a late November evening.

Class of 2016 cadets anxiously awaited the inevitable. This night they would open the envelopes that would ultimately determine their career in the Army.

All week, the Firsties went to class, did their assignments and carried on their daily duties as they would normally. However, they knew this week was different. Anticipation accumulated daily, knowing they were one day closer to finding out their branch.

When the evening finally arrived, the anticipation was at an ultimate high. Uneasy stares filled the auditorium as cadets nervously discussed their chances and waited for the night to begin – the night they would open their envelopes.

Inside each of the envelopes was the insignia of one of the 17 branches. That branch, be it Aviation, infantry, field artillery, military intelligence or something else, is a large piece of the puzzle that is a cadet’s future.

“I’m nervous,” said cadet Kiley Schreurs, from Company D-1, who was hoping for military intelligence. “I think I’m going to get what I want, but there’s always that little bug that’s going around, maybe not, maybe so, it’s exciting.”

While most cadets have an idea of where they may be going, the certainty in opening the card clearly labeled, “Branch Notification,” allows for peace of mind.

“Everyone is anxious,” Schreurs said. “Everyone in my company is extremely close and everyone’s just been getting hyped up and supporting each other, and nobody got counseled, so we’re all getting our Top 5, so that’s great.”

For 73 percent of cadets, they will be receiving their first choice. Ninety-five percent will get one of their Top 5 picks. The remaining 5 percent, however, are placed in the branch that best aligns with the Army’s needs.

“I have no idea what’s about to happen,” cadet Matthew Malcolm of Company H-3 said. “They told me (Nov. 17) I wasn’t going to get my Top 5, and ever since then I’ve been trying to figure it out, but I can’t.”



PHOTO BY STAFF SGT. VITO T. BRYANT

Three cadets from the Class of 2016 receive their branch assignments during Branch Night in Eisenhower Hall at the U.S. Military Academy at West Point, New York, Nov. 19.

While it’s exciting to get the branch that they want, most cadets understand that no matter what branch their assigned, they will fulfill the Army mission regardless. “It’s a little disorientating,” Malcolm said. “But we’re everything Soldiers, so it’s fine.”

Feet tapped nervously on the auditorium floor until finally, the event began.

Branch envelopes would not be given out immediately, of course. The eagerness must build. The night began with an introduction from class president 1st Capt. Eugene Coleman.

Coleman explained that these branch assignments would determine their careers in the Army and the Soldiers they command. He also made it clear that the Class of 2016 would always be connected to one another.

“Our class will continue to be tied together by our commitment to our country and, most importantly, those we lead,” Coleman said to his class. He shared his eagerness to open his envelope as well. He then introduced Brig. Gen. John Thomson III, commandant of cadets.

“You’re a step closer to being commissioned into the greatest Army in the world,” Thomson told the Firsties. “One of the things that makes our Army so great is the integration of the branches – each of your branches has a distinct role. Further, every branch is filled with great officers, noncommissioned officers and Soldiers that share your newfound identity.”

Thomson provided some insight to the

selection of the branches, as well as some statistics.

“The No. 1 cadet in the class chose engineers,” Thomson announced. “Interestingly, the next to last cadet in the class also received engineers.”

After sharing his excitement with the class, he introduced Class of 1966 USMA graduate and former commandant of cadets, retired Lt. Gen. Freddy E. McFerren. “This is an important night not only for you, but for the Army,” McFerren said.

McFerren told the cadets that their future schooling and assignments would be dictated by their branches. More importantly, these branches would offer them the proper training and resources to be the best leaders in the world.

“I’m excited about your branches,” McFerren said. “But I’m more excited about, in the near future, you will be leading, teaching, coaching and mentoring our nation’s most important resource – the young men and women of the armed forces.”

McFerren received a standing ovation from the cadets as he finished his speech, increasing the enthusiasm amongst the crowd.

Finally, it was time.

Tactical command teams handed out envelopes one by one, but made sure the letters remained sealed.

The eagerness built while looks of uncertainty were transparent through the faces of each cadet. Many held their envelopes to the light to see if they can catch a glimpse of

the shadow of the emblem pinned inside.

“It’s crossed something,” a cadet proclaimed as he felt the insignia inside his envelope, hopeful for an arms branch.

Cadets chanted, “Open it! Open it,” as the echo surrounded the theater.

“2016!”

The class got quiet.

“Open your envelopes!”

Cadets ripped open their packages.

Screams, laughs and sighs of relief waved through the theater as their destinies had finally been decided. Cadets rejoiced, and hugged their friends and fellow company mates. The happiness in the room was contagious.

After celebrating and taking pictures with branch buddies, cadets proudly sang the Army Song, a symbol which shows that, although there are 17 branches, there is one Army.

Cadets exited the auditorium to call their loved ones and meet their branch representatives.

“I’m so excited, I started crying when I opened the envelope,” said cadet Lashonda Maddox, of Company B-3, as she proudly sported her Air Defense cap. “I have been talking with a lot of people who are in the Air Defense Branch, at first I wanted to branch military intelligence, but talking with people from air defense kind of changed my decision later on and it was this year I decided to switch.”

Thomson credits this to the academy’s branch education and mentorship program. Forty-one percent of cadets changed their top choice for branch preference in the past year.

In his speech, Thomson commended the cadets for “embracing the talent management approach and for choosing branches that maximize (their) potential to our great Army.”

It’s a relief to know cadets have been educated about their branches, but especially that they are enthusiastic about them.

“I called my mom, my dad and my girlfriend,” said cadet Cedrik Bell of Company I-2. Bell, who had a good feeling he would get field artillery, was really hoping for a Signal Corps Branch detail.

He got it.

“It’s what you work for your whole time here,” Bell said. “I was really looking forward to it – it’s kind of like Christmas.”

As one weight is lifted, another remains. Cadets will find out where they will be living and using their branch skills on Post Night Jan. 28.

Army University hosts education symposium

By Maj. Steven Miller
Army News Service

FORT LEAVENWORTH, Kan. – The Army University hosted an education symposium Dec. 2-3 to bring together academic leaders from civilian universities and educators from throughout the Army.

They explored ways to improve the educational experience for Soldiers and Department of the Army civilians.

More than 200 people attended from 31 military organizations, and 80 civilian colleges and universities. Panel discussions covered topics that included innovative learning environments, developing world-class faculty and building a collaborative exchange, among others.

The symposium was one of the first steps in the establishment of the Army University, which is the Army’s initiative to better structure the variety of educational opportunities available to service

members and DA civilians.

“This is the most fundamental change in Army education since 1881,” said Lt. Gen. Robert Brown, commanding general of the Combined Arms Center, to the symposium attendees during the opening session. Brown also serves as the executive vice chancellor for training and education for the Army University.

Brown told the attendees that the Army trains Soldiers very well, but that there is a difference between training and education. The current transformation in Army education seeks to develop greater critical and creative thinking skills in every Soldier and Army civilian.

“It’s about partnering with the greatest university system in the

world (the United States’ higher education system),” said Brig. Gen. John Kem, Army University provost.

In a panel discussion, Brown explained that the Army has shifted its command focus from one of “command and control” to “mission command” that empowers leaders at the lowest levels. This change in approach drives the need for Soldiers and civilians at all levels of the Army to be not just trained, but educated.

This mindset allows for an “increased rate of innovation,” Brown said.

Another education conference, which will expand on the ideas and concepts introduced at this week’s symposium, is planned for June.



PHOTO BY DAN NEAL

Lt. Gen. Robert B. Brown, commander of Combined Arms Center and vice-chancellor of Army University, opens the 2015 Education Symposium on Fort Leavenworth, Kan.




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Holidays: CG stresses importance of safety during holidays

Continued from Page A1

Rucker soon, this is an awesome note to go out on,” said Megan. “It was an honor and it was a lot of fun, and it made this Christmas season really special for my daughter.”

After the tree lighting, Santa with his helper elves, made an appearance to greet children, hand out candy canes and give children a chance to give him their Christmas list in person, which for some can create lasting memories.

“I loved (the tree lighting) because it really makes it start to feel like Christmas, especially around here where it doesn’t get very cold during the season” said Stacey Badgley, military spouse. “I’m used to seeing snow for Christmas, so without it, it just doesn’t feel like it’s that time of year, but with events like this, it really starts to get those holiday feelings going.

“It’s also great for my children, who are still at that age when everything is so magical,” she said. “For them, seeing

the tree light up then getting to see Santa is everything and I know they just absolutely loved it.”

Lundy also reminded people to stay safe throughout the holiday season.

“We need every one of you back, so I’d ask you to have a safe and prosperous holiday season. We wish you the very best,” he said. “Thanks for all you do for our nation, for our Soldiers, for our families, and have a blessed holiday season.”

Service: Family, friends honor Fort Rucker graduate’s life, career

Continued from Page A1

amazing. His personal studies ... are a testament to how much he loved flying the big rig and his country.”

Morrow said that McCormack had the ability to bring light to any situation, whether it be at home or on deployment.

“Whether you’re in a tent, a foxhole or in the deserts of Afghanistan, he just had a way of (making you laugh),” he said.

Not only was McCormack an amazing friend, but he was the perfect professional,

as well, according to Raymon.

“I had the privilege of knowing Jason his entire Aviation career, and I knew immediately what an outstanding Aviator, Soldier and individual we were receiving,” he said. “I never had to show Jason anything twice, and I certainly never had to ask Jason to be the professional we knew him as.

“I like to think that, in our time together, I taught Jason many Aviation things, but I learned in the end that Jason taught me far more than I ever showed him,” Raymon continued. “I count myself lucky for the

friendship that I had and the years that I had having known him as a friend.”

McCormack had a distinguished military career, serving in positions ranging from pilot in command and instructor pilot, to his most recent assignment as the company standardization pilot and battalion master gunner for the 4-2nd Avn. Regt.

He served in multiple deployments in support of the Global War on Terrorism, including one in Iraq in 2005, and two in Afghanistan in 2007 and 2010.

He’s been awarded multiple military

awards and decorations, including the Meritorious Service Medal, nine awards of the Air Medal, the Joint Service Commendation Medal, seven awards of the Army Commendation Medal, and many more.

“He was a phenomenal pilot, a phenomenal husband, father, friend and just a hero,” said Morrow. “It is with a heavy heart that we must say goodbye to such an infectious person, and one thing I do take is that he always asked everybody around him to do their best – always try to achieve the maximum standard that you can.”

Flight: Officials highlight importance of training, look to future

Continued from Page A1

velop those future leaders that will fill your shoes.”

With the Army’s focus shifting toward a hybrid threat, and a potential broader range of contingencies, the Aviation Center is focused on deliberate planning and cultivating a scout mentality.

The ACLC develops cavalry leaders through an in-depth study of the fundamentals of reconnaissance and security, by building on what students learned in the Aviation Captain’s Career Course and Warrant Office Advanced Course, according to Maj. Brian Hummel, course director.

“The course teaches students how to apply the cavalry planning principles during the parallel planning process. These principles help bridge critical gaps in the execution and understanding of the military decision making process observed at the (Combat Training Centers),” Hummel said.

The course includes two days of academics designed to increase proficiency in cavalry operations by focusing on doctrine, correlating intelligence requirements, brigade combat team cavalry organization composition and capabilities, and synchronizing assets in an information collection plan.

The Soldiers work together with cavalry squadrons in support of the BCTs. They are given a mission and broken out into squadron positions, where they go through the Military Decision Making Process to achieve specific desired outcomes. They use manned-unmanned teaming capability to carry out multiple reconnaissance and security missions by using simulation technology in Virtual Battlespace 3 and the Aviation Combined Arms Tactical Trainer.

The course, which is academically aligned with Fort Benning’s Cavalry Leaders Course, includes a module on cavalry history and heritage.

The ACLC aims to step up the level of integration of UAS into Aviation.

“The way I’m teaching an Aviator how to be a cavalryman, I’m teaching the same thing to a 15W. Now we’re going to see a more direct relationship. The UAS team is an organic asset, owned by the Aviation unit. They will take on that cavalry mission where they’re the forward eyes of the ground commander in support of a more robust ground scheme maneuver,” Hummel said.

The overall goal is for Soldiers to be able to return to their units with a cavalry mentality, an advanced understanding of the fundamentals of reconnaissance and security, and a better grasp on their own ability to conduct detailed mission planning using troop leading

procedures and the Military Decision Making Process.

“When the commander puts me on a screen, he expects me to aggressively develop the situation, and provide him with early warning and maneuver space. He expects me to conduct reconnaissance to fill intelligence gaps, and report accurately and rapidly to facilitate the development of his overall maneuver plan,” Hummel said.

Hummel said Soldiers who enroll needn’t expect an easy course. In fact, not everyone passed the early iterations of the pilot course back in the summer.

“This is hard stuff. We have to teach ourselves how to do [reconnaissance and security] in a decisive action training environment against a near peer hybrid threat,

and it’s the right way to do it,” Hummel said.

Graduating Soldiers described the course as “challenging” and “value added.”

“As a Cav. guy by trade, the course definitely gets at what we call ‘cavalryness’— overcoming challenges as a team, working together to accomplish the mission. There’s always a lot of uncertainty and it’s your job to figure things out under constant pressure in a stressful situation, but Cav. leaders adapt and overcome. I think our team really came together in the last two weeks. We all worked well together, benefited from each other’s experiences and insights, and were ultimately successful,” said Capt. Spencer Gray, an OH-58 Aviator with 1st Battalion, 145th Aviation Regiment.

As Soldiers face a changing world and more complicated threats, it’s important to learn how to act and respond in those types of environments to better support the troops on the ground, according to Gray.

Maj. Gema Robles, a Black Hawk pilot who serves as the deputy G3, Air for 1st Armored Division at Fort Bliss, Texas, was among a handful of students in the course who are not attack or scout pilots. She is preparing to potentially serve in an S3 shop for a task force deployment.

“To go into the depth of planning for a reconnaissance/security type mission for me is beneficial, because I never would have done that otherwise. It’s extremely beneficial for me to set conditions for the task force to have an operations

officer that’s confident and able to do wide spectrum security operations,” Robles said.

“It’s absolutely needed in the Aviation community as we amplify the perspective of our attack community to ... also being responsible for this (mission). This is how we can learn from our scout and cavalrymen who have been doing this for a while, so we can take it on forward,” Robles said.

It’s about a mentality, not the airplane, according to Gray.

“As the Army is changing and we’re getting new systems, getting new aircraft, it doesn’t really matter what airframe you operate, what aircraft you fly, it’s all about who flies it,” Gray said. “This course really teaches you how to get out front and fight for that information.”

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County Road 246 ~ 170± Acres

\$323,000

Wonderful spread. 3 yr old planted long leaf pine, huge hay field, good hunting land leading down to Indigo Creek. The creek is the rear boundary of the property. There is a partially enclosed pole barn on the property.



County Road 252 ~ 89± Acres

\$222,500

This gorgeous piece of solitude is ideal hunting land or a gorgeous home site as well. The land gently falls down to Indigo Creek where the owner built a screened-in porch on an island in the creek. Cross the foot bridge & hang out for a while. It's wired for a generator. A summer was spent building a covered bridge further downstream. Shooting houses dot the property as well. You must see to believe it. 20 minutes from Enterprise. Hunting season is just around the corner! Hay field for added income!



181 County Road 680 ~ Lake Nichols

\$249,900

Beautiful home on 2.3± acre lot. French doors open onto a huge & gorgeous screened patio that looks out onto a large wooded backyard. Current owners have created a nice walking trail through the woods. If peaceful country living & privacy are what you seek, then this house is perfect! The floor plan is great for everyday living & entertaining. There's plenty of room for a large family or lots of guests. With acceptable offer, owners will install a closet in the 4th bedroom which they use as a den.



101 Olive Springs ~ So Much Space!

\$179,900

4BR/3BA, new roof in 2007, new flooring in family room, double ovens, an eat-in kitchen, 2 water heaters & a screened porch are some of the nice features of this home. It even has an extra room for office/crafts/hobbies. 1BR/1BA are split from the others & would make a great teenager or mother-in-law space. Located on a level, corner lot in an established neighborhood convenient to Hillcrest Elementary & Dauphin Jr. High, churches & shopping.



116 Stoneridge

\$149,900

Located at the end of Stoneridge, this is a 3BR/2BA with family room & sun room. 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 master bedroom, new laminate flooring throughout except family room. Unbelievable storage! Outside there is a shop with electricity, a shed, 2-car carport with storage room. Deck wraps around 3 sides of the house & there's a front covered porch with swing.



252 Springdale ~ Hartford...Move-In Ready

\$129,900

Completely renovated 4BR/2BA on .70± acre lot. Master suite & sun room added in 2010. New roof, windows, appliances & electrical wiring in 2010. Fresh paint, new flooring, new recessed lighting & light fixtures, molding & beautifully updated & tiled bathrooms are part of the package. Flood lights, gutters, a 12x24 metal shed & a large concrete pad perfect for parking can be found outside as well as a great covered deck for grilling. Beautiful moldings above the windows.



753 Claxton ~ Elba

\$110,000

This 3BR/1.5BA home has 2,194 SF of space & tons of charm. It has a sun porch, a separate dining room with a built-in hutch & a large, level yard. The gleaming hardwood floors were refinished by the current owner & a new HVAC was installed. The large eat-in kitchen has plenty of room for an island to be installed & you will love the vintage farm sink! The huge living room has a beautiful fireplace with a gas heater insert that really keeps the home toasty in cold weather.



6 Reindeer Trace ~ Build Your Home Here!

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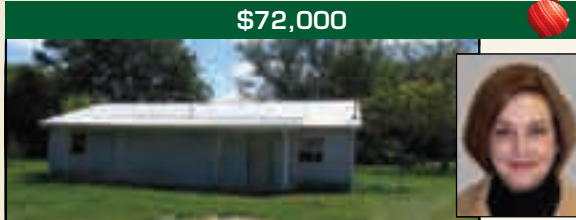
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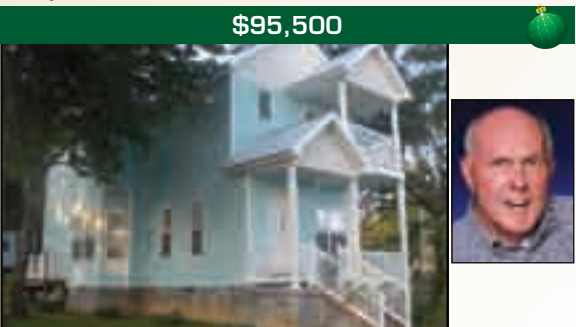
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COUNTY ROAD 537 LOT 2 - \$65,000: Nice 2-story Victorian-style cottage home in Level Plains with beautiful pine wood floors, 3BR/3BA. Perfect for a rental also, only 4 miles from Ft Rucker gate. Also features a balcony off master bedroom, metal roof, crown molding, pantry, wide stairwell, cabinets in laundry room. **VA foreclosure to be sold as is. Alabama right of redemption will apply. CHRIS ROGERS 406-0726**



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A Dream Come True

Executive shares milestones

By Sofia Bledsoe
PEO Aviation Public Affairs

HUNTSVILLE — Getting to the finish line starts with a contract award.

That was the message from the program executive officer for Aviation that resonated with the audience, and was echoed by many of the other speakers and panel members during the annual Army Aviation Association of America Aircraft Survivability Equipment Symposium and Aviation Product Symposium.

Speaking at both AAAA events in the Von Braun Center, Brig. Gen. Bob Marion emphasized the need for discipline in the acquisition processes and to “execute that mark on the wall.”

“There are so many people and organizations that rely on us executing that program and that schedule that we can’t afford to mess that up,” he said.

The start of the line is when the Army obligates and disburses dollars, and what is reported at the Department of Army headquarters level, the Office of the Secretary of Defense, and to members of Congress.

Army Aviation gets marked and when execution reviews are conducted, funding is taken away when the Army cannot obligate and disburse on time, according to the schedules the Army submitted.

“Contract award is when we can get those dollars obligated – which is really the start line. The finish line is when we get capability into the hands of the Soldier. That’s the finish line,” Marion said.

AAAA symposiums are rare opportunities to communicate and get together in one venue with other members of the Aviation enterprise and their industry partners. Marion encouraged everyone to take advantage of the forum to talk with the Soldiers.

“We have Soldiers attending the events this week who have dedicated a lot of time and sweat equity living and fighting with the systems that you in industry are responsible for, so take the opportunity to talk to them for the next few days,” he said.

Twenty-five percent of the Army’s equipment budget is pegged under Army Aviation, with the majority of it falling in the PEO Aviation portfolio. “When you throw the OCO (Overseas Contingency Opera-



PHOTO BY SOFIA BLEDSOE

One of three panels with Program Executive Office for Aviation’s project managers and their industry partners are shown during the Army Aviation Association of America Symposium.

tions) piece into it, it jumps up to about 30 percent. It’s a huge responsibility and we entrust all of you, especially in industry, to execute those programs,” Marion said.

While PEO Aviation is entrusted with the mission of executing the life cycle management of all assigned Army Aviation programs, the organization is not an island.

“We couldn’t deliver system level capabilities without the help of everyone else,” Marion said. “It really is a team sport.

We’ve had great working relationships with all PEOs and our stakeholders. Our ability to get together and deliver capabilities in the hands of Soldiers is due to the great leadership and collaboration across the acquisition community and the Aviation enterprise partners.”

One of the areas of concern discussed during the symposium was the growing

SEE MILESTONES, PAGE B4

ALL ABOARD



PHOTO BY AIR FORCE TECH. SGT. JOSEPH SWAFFORD

Paratroopers with 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, board a CH-47 Chinook at Forward Operating Base Sparta on Joint Base Elmendorf-Richardson, Alaska, Dec. 3.

INTO THE SUNSET

1-17th CAV JRTC rotation 1 of last flights of Kiowa

By Capt. Joseph Bush
82nd Airborne Division Artillery

FORT POLK, La. — After five hours of flying an OH-58D over Fort Polk., CW3 Jason Richards, a Kiowa Pilot with 1-17th Cavalry Squadron, 82nd Combat Aviation Brigade, 82nd Airborne Division, responded to troops in contact with enemy armored mechanized vehicles.

He immediately engaged the rear of the column, destroying two and damaging another, before going bingo (near empty) on fuel, and returning to quickly refuel and get back into the fray.

While at the forward area refueling point, his wingman was shot and taken out of the fight. Richards returned to the fight single ship. On his way out, he picked up a new wingman, an A-10 Thunderbolt II flying overhead about 4 miles out. Richards began calling in the targets for the fixed-wing aircraft to engage. He continually exposed his helicopter, so when the opposition force came out of hiding to engage his Kiowa, they were met with a barrage of 30mm gunfire from the A-10.

This was the scene Nov. 9 during 1st Brigade Combat Team’s Joint Readiness Training Center Rotation 16-02. It was the last rotation of the Kiowa before they are shipped off to their final resting place in the Arizona desert at Davis-Monthan Air Force Base in mid-2016.

“I’m glad to see they’re here, but it pains me to know they are going away,” said Maj. Adam Camarano, the 82nd Operations Group Aviation Division S-3 trainer and former OH-58D pilot.

Camarano said the initial last scheduled Kiowa rotation at JRTC was earlier this year, but due to the 82nd Airborne Division’s Global Response Force mission, it was deemed that 1-17th CAV would participate as ad-



PHOTOS BY CAPT. JOE BUSH

An OH-58D Kiowa assigned to 1st Battalion, 17th Cavalry Squadron, 82nd Combat Aviation Brigade, flies off at dusk over an AH-64 Apache during Joint Readiness Center Rotation 16-02 at Fort Polk, La., Nov. 9.



An OH-58D Kiowa refits at the forward area refueling point.

ditional aerial reconnaissance in the rotation as the AH-64 Apaches begin to transition into the reconnaissance and quick response role.

As part of the Global Response Force, the Kiowa’s are air landed by a C-130 or C-17 aircraft, and they are in the fight in less than two hours from wheels down to skids up. With the Apache taking over the role, the 82nd CAB is testing the AH-64’s capabilities and procedures needed for them

to take over the fight.

“Reconnaissance is a mission, not an airframe,” said Camarano in reference to the Kiowa pilots being retrained on the Apaches transition. “Making the transition with the Kiowa pilots will cross-pollinate the recon mindset to Apache.”

“They’re taking it whole hog,” said Richards, who has been flying the

SEE SUNSET, PAGE B4

FRIENDSHIP TAKES FLIGHT

Aviators improve relations with Japanese forces

By Sgt. John Carkeet IV
U.S. Army Japan Public Affairs

CAMP ZAMA, Japan — Soldiers from the Army Reserve Engagement Team-Japan coordinated with the U.S. Army Japan’s Aviation Battalion to transport their Japan Ground Self-Defense Force partners via a UH-60 Black Hawk helicopter from Camp Takeyama, one of the country’s largest joint training bases, to USARJ Headquarters in Camp Zama, Japan, Nov. 19.

Japanese citizens seeking enlistment into the Japan Ground Self-Defense Force Reserve component undergo a rigorous five-day training program that molds raw recruits into a dynamic self-defense force.

When JGSDF Lt. Col. Kenichi Hirohata, the commander of the JGSDF’s 117th Training Battalion, invited nine of his reserve candidates to dedicate one of those days to a bilateral air mission with their U.S. Army Reserve counterparts in Camp Zama, the group literally took flight.

“The 117th Training Battalion is honored to train together with our American allies,” said Hirohata. “This was a fantastic opportunity for our candidates to learn how (the U.S. Army) operates and apply those lessons to their individual training.”

“The air mission came about due to the long distance between Camp Takeyama and Camp Zama,” said Col. Timothy M. Snyder, deputy chief of staff, ARET-J. “Using USARJ’s air assets allowed us to maximize the candidates’ actual training time.”

“In previous bilateral missions, we could only host two or three events before our JGSDF partners embarked on a three-hour drive back to (Camp) Takeyama,” added Army Sgt. 1st Class Martin V. Arcilla, operations noncommissioned officer, ARET-J. “Thanks to this air mission, we more than doubled that number.”

Snyder and his team gave their guests an overview of the U.S. Army Reserve’s structure, missions and capabilities. His team also facilitated a briefing that gave a glimpse of what it takes to serve as a language interpreter.

“Most of the candidates who joined us today speak several languages fluently and all of them have expressed interest in joining JGSDF’s highly coveted language interpreter corps,” said Snyder. “Integrating our guests with native English speakers, while simultaneously immersing them in a military atmosphere thick with acronyms and technical terms, challenges them to re-evaluate and refine their high level of fluency.”

ARET-J also guided their guests into Camp Zama’s proud past with a walking tour of the base’s museum, monuments and the Japanese emperor’s air raid shelter dating back to World War II.

“Camp Zama was once home to one of Japan’s

SEE FRIENDSHIP, PAGE B4



PHOTO BY IMADA YUICHI

Japan Ground Self-Defense Force Reserve Component candidates exit a UH-60 Black Hawk from U.S. Army Japan’s Aviation Battalion Nov. 19 at Sagami General Depot, Japan.

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Milestone: Executive discusses Army Aviation future

Continued from Page B1

capabilities of U.S. adversaries.

“The enemy gets a vote,” Marion said. “Threat matures in ways we don’t always expect and on timelines we don’t always control. We have to get capabilities to the field as quickly as possible. The process of developing the capabilities is not held up by the materiel development process but works hand in glove with our ability to budget, provide funding and define requirements. All those things have to happen together.”

He emphasized the need to balance performance and capability with sustainment. The requirements span all three. “We control that balance through requirements, KPPs (key performance parameters), KSAs (key system attributes), whatever it might be, and then we also control that balance with how we develop the performance work statement that we ask industry to do.”

Marion spent some time giving the audience a snapshot of the status of each of the programs within PEO Aviation. He spent additional time discussing two programs in which the acquisition community has done and is going to do some things completely different.

Degraded Visual Environment is a high priority for Army Aviation. PEO Aviation has been tasked to develop a capability to enable aviators to successfully conduct operations using pilotage DVE. The first step is to develop a frontal sensor pilotage capability to focus on the aircraft induced

environment of brown out, also known as Brownout Enhancement System.

“We’re leveraging work that has been done with other services and within industry. The third leg of the stool is the synthetic piece, and that is what we’re going after in BORES,” Marion said.

“The question is, what we’re going to qualify to pilotage. We’re talking about takeoff and landing, limited hover at the X. That’s what we’re going to do initially. But we’re going to grow that capability over time. We’re talking about using a DVE to our advantage.”

The Request for Information for BORES was released Nov. 17 and PEO Aviation is looking forward to industry’s response.

The Limited User Assessment, a critical piece in the process, will take pilots of all skill levels and demonstrate their piloting capabilities with a system that has synthetic vision, and the ability to operate flight controls similar to a CH-47F Chinook’s Digital Flight Control System.

“That LUA is going to inform us – along with the response from the RFI and the capability development document – on what our RFP (Request for Proposal) will look like in October 2016,” Marion said. “We’re going to jump into a Milestone B at that point because we believe that there is going to be enough industry investment – and there has been already – so that we don’t have to go through a technology maturation phase. It’s about getting a capability to the field that will handle the vast majority of the DVE

issues that we’ve run into over the last 10 years and we’ll get to the other environments later.

“And since at MS B, you have to be funded, our intent is on June 2017, we’ll be set up to fund this program,” he added.

The other program Marion focused on was the Improved Turbine Engine/Future Vertical Lift. The PM ITE/FVL is the ninth and newest office to be stood up within PEO Aviation and is tasked to manage one of the Army’s key modernization programs.

From a survivability perspective, the other element that ties to BORES is power and that means ITEP. “If you’re in a situation and you have to get out of that situation and you need power, in many cases today, we don’t have it,” Marion said.

ITEP is a key enabler and is the number one development priority in Army Aviation. “We’ve had great success linking the science and technology work that was done to bring about the program of record. This is a big win for Army Aviation, and most notably now that OSD has delegated the Milestone Decision Authority to the Army. A year ago I never would have imagined we would be as far along as we are,” Marion said.

PEO Aviation has received approval to make the office a colonel-level centralized selection list position, which means a board select PM in fiscal 2017. “Our current PM, Rich Kretzschmar, is doing a great job in that position,” Marion said.

Friendship: Candidates receive hands-on marksmanship training

Continued from Page B1

prestigious military academies,” said Arcilla. “Today it serves as the headquarters for USARJ and several JGSDF units. Both sides pay their respects to Camp Zama’s proud past by maintaining the many landmarks that make this post so unique.”

“I was shown so many things about our history that I did not learn in school,” said JGSDF Reserve candidate Atsushi Iwata

as he touched a steel hatch originally designed to protect Japan’s emperor from bombs and shrapnel. “I’m pleased that our two countries work together to preserve these historic sites.”

The candidates concluded their tour with a five-minute flight to Sagami General Depot. For the first time in their budding military careers, these young men and women received an introductory lesson in the art of marksmanship.

“Most of these candidates had never held a weapon, even authentic props like the ones used at Sagami Depot’s Training Support Center,” said Snyder. “Their hands-on training with realistic video simulations produced by the TSC’s Engagement Skills Trainer gave them a memorable introduction on how to properly use a weapon in a safe and fun environment.”

“I learned that marksmanship is more than just pointing the

weapon at the target and squeezing the trigger,” said Iwata. “Posture, aiming and breathing played pivotal roles in whether or not I hit the target on the screen. I look forward to using what I learned today when I fire a real rifle-a Japanese Howa Type 89-with live ammunition for the first time at Camp Takeyama.”

After a full day of briefings, tours and training, the candidates flew back to Camp Takeyama with a greater level of respect and

admiration for their American allies.

“(ARET-J) wanted to design a bilateral engagement that demonstrated the Army Reserve’s commitment to the alliance,” said Snyder. “The air mission reinforced that commitment by showing our sincere interest in our partners’ training.”

“The more we engage with our JGSDF partners, the more both sides receive from this remarkable relationship,” he said.

Sunset: Remaining OH-58D Kiowa pilots to retrain on Apache

Continued from Page B1

OH-58D since 2004 in both Iraq and Afghanistan. “It’s hard to change the mindset from the inside to the new pseudo-recon role.”

Richards said they need the Kiowa pilots’ mentality to not just look at the deep fight

but the shorter fight. He adds local area security built from the mindset of the recon pilots make the new aerial attack squadrons work effectively.

The Apache will be outfitted with an L2-MUM, an unmanned aircraft system uplink, so the AH-64 pilots can have eyes forward on the battlefield in order to supply

intelligence that ground commanders need and still engage without being detected.

“One of the drawbacks is that (UAS) can’t get people to come out, because they can’t see them,” said Richards. “They see us and we scare them, and that forces them to come out and fight, then we shoot them.”

The 82nd CAB will send their Kiowa’s

off for decommission next summer to meet the Army’s final decommission timeline of December 2016. The remaining pilots of the 1-17th CAV will be retrained as Apache pilots or be moved to another job. For many of them, this rotation was their final ride into the sunset on the OH-58D Kiowa.



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DECEMBER 10, 2015

BREAKING BREAD

Families enjoy holiday meal at Fort Rucker Primary School

By Nathan Pfau
Army Flier Staff Writer

The holiday season is a time for gift giving and tinsel, but it's also a time when families can get together and spend a bit of quality time with one another.

To help with the latter, Fort Rucker Primary School, with the help of Corvias Military Housing, hosted a holiday meal at the school Dec. 3 where parents were invited to join their children for a bit of family time with good food, according to Melissa Heitzenroder, FRPS secretary.

"It's wonderful to be able to share this day with our parents and students," she said. "We go out of our way to make this a special event and I think that the parents truly appreciate it."

"It is a wonderful blessing to be able to provide a beautiful holiday meal to our families," added Mietta Hammond, FRPS guidance counselor. "This is only a small part that we play in their holiday festivities. The families come with their smaller children and some with extended family members, so it is more than an honor to be able to give back in such a little way as this to Soldiers who daily go beyond the call of duty for (our country)."

The meal was complete with turkey,

stuffing, green beans, mashed potatoes and gravy, cranberry sauce and peach cobbler, and many parents came out to spend a little extra time with their children during the holidays and felt appreciated through the schools thoughtful gesture.

"I think that this is just so nice for them to provide a little extra family time for us, especially during the holidays," said Jamie Smith, military spouse and FRPS parent. "I feel like it's really special for the kids, too, because it's not often we get to see them during school hours, so it's nice to be able to spend lunch time with (my child) while he's at school where he spends a lot of his time. I'm just really grateful for what they provide."

Although many parents turned out for the meal, not all parents could make it to the event due to work obligations and such, but the school made sure that those children whose parents couldn't attend didn't feel left out.

Soldiers from the Warrant Officer Career College are invited to attend and sit with those children whose parents can't be there, said Hammond.

"It's important that all children feel included on this special day," she said. "The Soldiers are an inspiration to the



PHOTOS BY NATHAN PFAU

Families and students spend time together as they share in a holiday meal provided by the Fort Rucker Primary School Dec. 3.

children, and to have a Soldier eat lunch with them puts a smile on their face and happiness in their little spirit. We're truly grateful to have the Soldiers be a part of this holiday meal."

"We don't want the children to feel left out," added Heitzenroder. "If we don't have enough Soldiers, our staff members step in to make sure no one is left without a meal buddy."

Much planning goes into putting on the event, and feeding the parents plus the children a holiday meal is no small feat, said the school secretary.

"This event takes months to prepare. I

usually start the process in August, so we make sure those invites are sent out early. We make sure that our parents know well ahead of time, said Heitzenroder. "We also get a lot of help from the lovely (Corvias Military Housing) staff who come every year dressed as elves. They're one of our biggest supporters."

Despite all the planning and work that goes into the process, Hammond said the effort is well worth the outcome.

"It is the one time during the year that families come together to show the spirit of the holiday and support of the school," she said.



VOLUNTEER OPPORTUNITIES

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Position: Youth Basketball Coaches

Duties: Volunteers will teach basic basketball fundamentals, and attend practices and games. If interested, call 255-9108.

Position: Child, Youth and School Services Volunteer

Fort Rucker School Age Center, Winter Wonderland Skating, Dec. 18, 6:15-7:15 p.m. and 7:30-9:30 p.m. If interested, call 255-2246.

A NIGHT IN BETHLEHEM

Fort Rucker Chaplaincy hosts drive-through experience

By Jeremy Henderson
Army Flier Staff Writer

Bethlehem Village once again welcomes visitors at Fort Rucker this year, but with a drive-through twist.

"The Religious Support Office began this program in 2007 under the name Bethlehem Village," said Nancy Jankoski, Fort Rucker Religious Support Office director of religious education. "Bethlehem Village is the name we have used until this year. We changed the name to 'A Night in Bethlehem' for 2015 because this year's program is very different and the name change reflects what's happening this year: a one-night, drive-through Nativity display with five specific scenes."

The Fort Rucker Chaplaincy will host its free "A Night in Bethlehem" event Dec. 15 from 6-8 p.m., which will re-enact the events leading to Jesus' birth with a drive-through experience at the main post chapel loop using scenes depicting the annunciation to Mary, no room at the inn, the manger scene, shepherds in the field receiving the news from angels and the deployed choir depicting how 21st century Soldiers celebrate Christmas when on mission.

"Prior to this year, there were only two outdoor components: a live manger scene (weather permitting) and the live animals used for the shepherds in the field," Jankoski said. "The animals remained outdoors, but the participants could stay under a covered shelter to see and pet the animals. All the other stations were indoors, where participants signed in at the front, were given a copy of the site map and allowed to roam freely through the indoor village, going to



stations at their own pace.

"The indoor version allowed for many more shops than a drive-through would accommodate, but all the essentials of the Christmas story are covered in the drive-through version," she added.

This year's event will also provide an opportunity for patrons to get into the holiday giving spirit.

"The other major difference for this year

is that we are advertising for voluntary donations of canned goods to help stock a local food pantry," Jankoski said. "Persons can drive through Bethlehem, even if they do not participate in the canned goods drive. There is no cost for this, we are just trying to help the needy and offer participants a chance to help a community food pantry as a community service outreach."

For more information, call 255-3140.

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Giving giveaway at library

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

For more information, call 255-3885.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop Friday from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information from the military pay office on benefits, entitlements, advance pay, government travel card and more. They will also receive information on Army Emergency Relief and budgeting, preparing for employment before moving (for spouses), compiling the necessary documents and forms for exceptional family members moving overseas, and relocation checklists and websites to help prepare for a move.

Space is limited, so people should register early by contacting the relocation readiness program at 255-3161 or 255-3735.

Breakfast with Santa

The Landing will host Breakfast with Santa Saturday from 9 a.m. to noon. The breakfast will feature a buffet style menu with children-friendly favorites, including pancakes, eggs, bacon, fruits and assorted pastries. Cost is \$10.95 for ages 13 and older, \$5.95 for ages 3-12, and ages 2 and younger eat for free. Also, the Military Family Special is \$25 for two adults and up to two children, ages 12 and under. Reservations are highly recommended. When people make their reservations, they should include how many adults and children will be in their party. Children will have the opportunity to meet Santa and get their photos taken. For more information or to make a reservation, call 598-2426.

Parents day out

Parents can bring their children to the school age center Saturday while they enjoy some time out and about, free of children, to shop for the holidays, decorate, go to a matinee movie or just have some “me” time, according to organizers. The parents day out is open to parents of child, youth and school services members ages 6-10 in first-fifth grades. The center will provide breakfast, lunch and a snack. Children will skate, make Christmas crafts, have hot chocolate and tell Christmas stories. Cost is \$4 per hour from 8 a.m. to 1 p.m. and free from 1-6 p.m. Parents can drop their children off at whatever time best suits them.

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

Tot Time

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

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

Winter Wonderland Skate Night

The Fort Rucker School Age Center Winter will host its Wonderland Skate Night Dec. 18. Cost is \$2 for the safety skate from 6:15-7:15 p.m. (parents must be present) and \$5 for regular skate from 7:30-9:30 p.m. for ages 6 and older. Children are welcome to dress up as a snow princess, ice prince, snowboy or snowgirl, and judges will pick the best costume. A crown will be presented to the winner. There will also be giveaways and picture taking sessions. Youth must be registered child, youth and school services members.

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

Rucker Lanes New Year’s Eve Bowl

Rucker Lanes will host a pin down count-down New Year’s Eve with its New Year’s Eve Bowl. Patrons may choose from two sessions of Sock Hop-themed bowling – from 6-9 p.m. or 10 p.m to 1 a.m. The cost per adult is \$30 and the cost per child is \$20. Both fees include unlimited bowling, shoe rental, a three-course meal of salad, steak or chicken entrée, dessert and a beverage suitable for ringing in the New Year.



FILE PHOTO

Christmas Craft

The Center Library will host a Christmas craft session Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. The event is open to all authorized patrons. Space is limited to the first 65 children to register. For more information or to register, visit the Center Library or call 255-3885.

To make reservations or get more information, call 255-9503.

English as a Second Language

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

For more information, call 255-3161.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Jan. 7. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Ski trip

MWR Central will host a ski trip to Wolf Ridge Ski Resort. Participants will travel to Mars Hill, North Carolina. Jan. 8, departing Fort Rucker at 4 p.m. and arriving in North Carolina at 1 a.m. Jan. 9 will be a full day of skiing. The price of the trip includes transportation to and from Fort Rucker, two nights hotel accommodations, all-day lift ticket, ski rental, group lesson, and breakfast, lunch and dinner. Prices are \$291 for one person per room, \$211 for two people per room, \$187 for three people per room and \$173 for four 4 people per. Deadline to register is Jan. 4.

For more information, call 255-2997 or 255-9517.

International Spouses Get Together

Army Community Service Relocation Readiness Program will host an International Spouses Get Together Jan. 8 at 9 a.m. at the Allen Heights Community Center. Spouses are welcome to attend and meet spouses from other countries, along with gaining the support and knowledge in finding the resources for obtaining U.S. citizenship, education, getting a drivers license and more. Multilingual volunteers will be available.

For more information, call 255-3735.

Mom & Me: Dad too!

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

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

DFMWR Spotlight

Fort Rucker Family & MWR
Upcoming Events & Activities

OPEN TO THE PUBLIC

Breakfast
with
Santa

December 12
The Landing
9 am–12 pm

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• Bacon
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Family Special
(two adults and up to
two children ages
12 and under)

Reservations are highly recommended!
For more information call
The Landing at (334) 598-2426.

www.ftruckermwr.com

Lifeguard recertification courses

Lifeguarding courses for recertification only will be held at the Fort Rucker Physical Fitness Center Dec. 19 and 20 from 8 a.m. to 6 p.m. Attendees must have current certification to enroll. The course is open to patrons ages 15 and up, and costs \$125 for military and Department of Defense ID card holders, and \$150 for members of the general public.

A prerequisite test on the first day must be passed to enter the course. Those interested may register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to the course start date. The class may be canceled if minimum enrollment is not met.

For more information, call 255-2296. Army Family Team Building app

FORT RUCKER MOVIE SCHEDULE FOR DECEMBER 10-13

Thursday, December 10

The Martian (PG-13)7 p.m.

Friday, December 11

Burnt (R)7 p.m.

Saturday, December 12

The Peanuts Movie (G)1 p.m.
Steve Jobs (R)7 p.m.

Sunday, December 13

The Peanuts Movie (G)1 p.m.
Burnt (R)4 p.m.

TECHNOLOGY

Army researchers developing self-righting for robots

By C. Todd Lopez
Army News Service

ABERDEEN PROVING GROUND, Md. — When a Soldier trips over a rock, he picks himself up, dusts himself off and presses on. Bomb-defusing robots, for the moment, are not so good at recovering themselves in the same way.

Chad Kessens, a robot manipulation research engineer with the Army Research Laboratory, part of the Research, Development and Engineering Command on Aberdeen Proving Ground is working to make it so the autonomous vehicles used by Soldiers to investigate the inside of a room, or to defuse an improvised explosive device, can turn themselves back over, right side up, if they ever get flipped the wrong way.

At his lab at APG, Kessens had an improvised explosive device-defusing robot sitting atop a piece of plywood that was propped up slightly on one edge to create an incline. He flipped the robot over on its back. A nearby researcher initiated a sequence of instructions for the robot and, within seconds, the machine had flipped itself upright.

His research, he said, will mean less time manipulating the sometimes complex controls of an autonomous vehicle to make it right itself, and fewer situations where a Soldier has to make the tough decision to either leave a robot behind or go into what may be a dangerous area to retrieve it.

Kessens said he embarked on his work after having attended the Army's Route Reconnaissance and Clearance Course.

"Soldiers take it to learn to use robots for finding improvised explosive devices by the roadside in theater," he said. "Through my interactions with

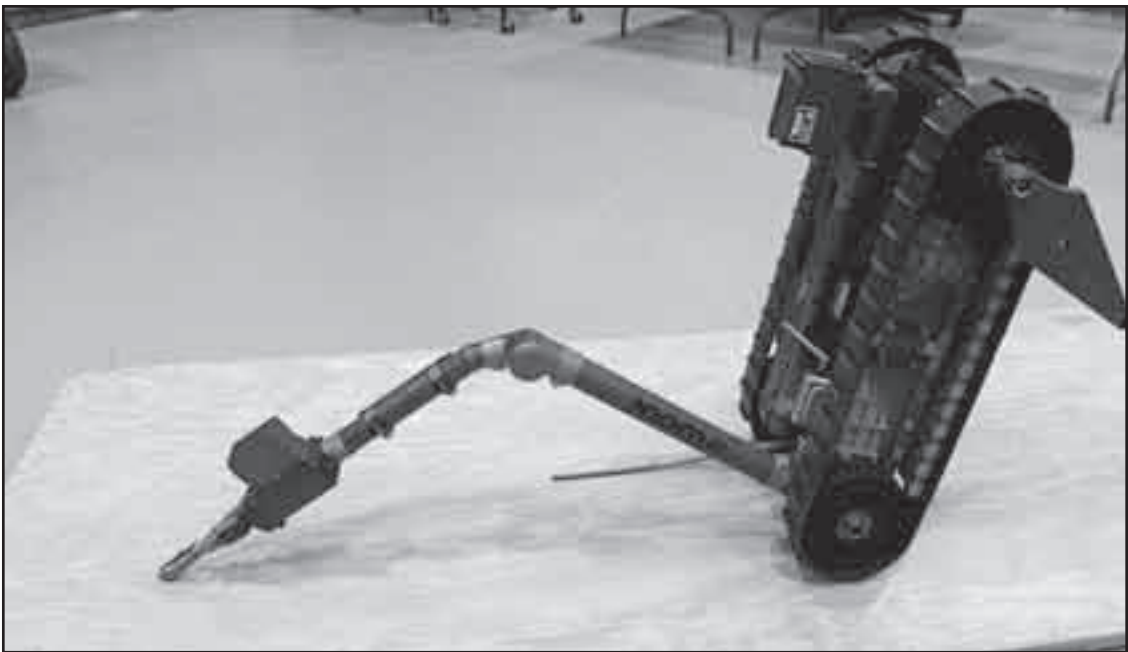


PHOTO BY DAVID VERGUN

In a laboratory at Aberdeen Proving Ground, Md., a robot automatically flips itself right-side up Nov. 3.

the Soldiers and the trainers, who had been in theater using these robots, I learned that these robots turn over surprisingly often. And when they do, it can be difficult for the Soldier to return it to its upright state and continue the mission."

One Soldier, he said, relayed to him a story about exactly the kind of scenario that would demand a robot perform on its own what now requires the intervention of an operator. An autonomous robot had flipped over and the Soldier found himself spending an inordinate amount of time manipulating the controls trying to recover it.

"After 20 minutes of trying, he couldn't do it," Kessens said. "He valued his robot so much that he got out of the safety of the vehicle, and went over and saved the robot. And that is exactly the kind of situation that we don't want to put the Soldier in."

When Kessens returned home, he looked into the scientific literature on what has been already

done with self-righting robots.

"I found several solutions, each for a specific robot," he said. "But the Army has several types of systems and new systems will come out. I wanted to be able to develop a general framework for creating a self-righting solution for any robot. That includes tracked robots, legged robots, flying robots and also very small robots that don't have a lot of memory or processing power. My work has been aimed at developing a framework that can be applied to any robot. You give me a robot, and I give you a self-righting solution for the robot, assuming it is physically possible."

Kessens said that many times when a robot flips over in an operational environment, the user — the Soldier — can't see the robot, so he has no way of knowing what way the robot is actually sitting on the ground.

"It can be really disorienting when the robot flips over and the camera is staring straight at the sky or the ground, and the op-

erator might not have a good idea of how the robot is configured, which could make it challenging to make the robot return to its upright state," Kessens said.

So, Kessens has developed software that, when coupled with information about how a specific robot is designed, generates a set of instructions the robot can use to flip itself back upright.

The software Kessens has designed does not run on the robot. Rather, the software runs on a separate compute, and develops an array of solutions the robot can use to flip itself upright, based on what orientation it might find itself in. Those solutions are then loaded into the robot and it takes that set of instructions with it wherever it goes.

"One of the nice things about the framework I've been developing is that it takes pre-processed plans and distills them down to something that doesn't take much memory or processing power," he said. "It runs before the robot ever hits the field."

The smallest robots might not have on board the processing power to calculate their own self-righting solutions on the fly. But with Kessens' idea, even small robots with limited memory and processing power could carry on-board with them a set of already-developed self-righting solutions to get themselves back in the game.

When a robot flips over, then it can assess its orientation, reference the set of instructions it has for that particular situation, and then use its own flippers, wheels or arms to turn itself upright again and get on with its mission.

Within the Autonomous Systems Division and within ARL, Kessens said, researchers are working to "transform tools into teammates."

"We want to take these robots and give them enough autonomy that they act more like a well-trained dog, where the Soldier can send the robot on a mission where it operates on its own for a couple of minutes, where the Soldier doesn't have to manage every joint motion and every single activity that the robot is doing," he said.

If robots can be provided with a "higher level of cognitive ability," he said, then instead of multiple Soldiers needing to deploy and operate and retrieve robots, "maybe we can flip that ratio and have one Soldier command four robots, where each of those robots is doing something, and it acts more like a teammate."

Kessens said that kind of relationship between a team of Soldiers and the tools they use is "a ways down the line. But self-righting is one technology that is a part of that, one step toward that vision. We want to give Soldiers a robot that has more self-reliance."

New autonomous robot extends communication beyond line-of-sight

By Kelly White
U.S. Army
Communications-Electronics Research, Development and Engineering Center

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Army engineers demonstrated autonomous robots as part of a teaming effort to evolve natural interaction between Soldiers and autonomous systems during an exercise Nov. 2-3.

This interaction allows for one Soldier to use numerous unmanned systems, which require neither dedicated operators nor significant cognitive burden on the part of commanders.

The U.S. Army Communications-Electronics Research, Development and Engineering Center Technology Enhancements in Autonomous Machines was rapidly initialized to focus on the single mid-term exercise. The team used two Modular Detection and Response System robots for the demonstration.

The demonstration incorporated a tactical scenario to show relevance of how this capability can be integrated into a mission to

benefit the Soldier.

The two MDARS navigated autonomously to their destinations while the C-TEAM followed in a chase vehicle, and engineers verified that the radios provided a communications relay by watching the video streams from each vehicle and sending it back to the commander vehicle via a radio network.

Chuck Shoemaker, lead for autonomous systems at CERDEC, said the concept of the demonstration was to show how the commander can leverage unmanned ground vehicles to create beyond line-of-sight communications, use mission command applications

to create plans and task the UGVs to execute mission, leverage the sensors on board the unmanned systems for situation awareness, and get eyes on target for target detection and engage the enemy from beyond line of sight.

The idea was the culmination of more than a year of collaborative effort consisting of four CERDEC directorates to include the Command, Power and Integration Directorate, the Space and Terrestrial Communications Directorate, Night Vision and Electronic Sensors Directorate, and the Intelligence and Information Warfare Directorate.

Assisting in this effort were several industry contractors, supporting the MDARS as a platform and the development of a high-performance planner that allows the MDARS to operate off-road.

During his opening remarks, Gary Blohm, CERDEC CP&I director, emphasized all systems, manned and unmanned, need robust Command, Control, Communications, Computers, Intelligence, Surveillance and Reconnaissance capability.

"We demonstrated the power of bringing all of CERDEC together to address challenges in autonomous operations. Through

teamwork, the team accomplished a great deal and has identified next steps to continue to advance autonomous capability," he said.

Autonomous robots are capable of task execution with limited supervision, and their capabilities continue to advance rapidly. Each of the directorates used their science and technology expertise to enhance the capabilities of the MDAR robots.

"We are setting a new baseline for a number of technologies used on robotic vehicles that are a step beyond teleoperated systems," Shoemaker said.

The C-TEAM focused on four major areas to in-

clude navigation, communications, command and control, and studies to identify new sensors that would provide the look-ahead range, resolution and scan rate to identify a new class of Laser Imaging and Detection Systems.

"It's important to have sensor LIDARS on the vehicle to ensure minimal latency and detect obstacles in field of view for robot and ensure maneuvers around the obstacles," Shoemaker said. Each focus area will help accelerate the rate at which these systems are deployed. "The technologies demonstrated are invaluable to the Soldiers."

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Zoo transforms into Winter Wonderland

From Staff Reports

Army Flier

The Montgomery Zoo will transform into a Winter Wonderland sparkling with thousands of lights and festive decorations during its annual Christmas lights festival now through Dec. 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.



WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

DECEMBER — Court Square will host Christmas in Candyland Fridays, Saturdays and Sundays in December. For more information, visit <http://www.christmasincandyland.com>.

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

DALEVILLE

DEC. 19 — The Korean American Association of South Alabama will host its annual Christmas party at 6 p.m. at the Veterans of Foreign Wars Post 6020 on Hwy. 84. Cultural entertainment and food will be provided. Tickets cost \$10 and will be available at the door. The association also seeks Korean War veterans who would like to attend and be recognized at the party. If interested, call 347-1796.

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

DOTHAN

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

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

ONGOING — Disabled American Veterans Chapter 87 will host a dinner and

meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

ONGOING — The Wiregrass Museum of Art hosts First Saturday Family Day the first Saturday of every month at 10:30 a.m. The event is recommended for elementary-aged children. For more information, visit wiregrassmuseum.com or call 794-3871.

ENTERPRISE

JAN. 27 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will hold its next monthly luncheon program at 11 a.m. at Ryan's Steakhouse Restaurant. No lunch program is scheduled for December. The guest speaker will be Chris Alexander from Blue Cross Blue Shield Health Insurance who will point out the latest personal health insurance benefits and procedures that apply to current and retired federal employees. All federal employees, active or retired, are invited to attend the luncheon programs at the same time and place every fourth Wednesday of the month. For more information, call 393-0492.

JAN. 8 — Enterprise High School will host a military appreciation night at its basketball games against Prattville. All military and veterans with military ID will get into the game for \$1. The girls team plays at 5:30 p.m. and the boys team plays at 7 p.m.

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

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

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

OZARK

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

ONGOING — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

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 Methodist Church. For more information, call 983-3064.

SAMSON

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

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

TROY

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

WIREGRASS AREA

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

ONGOING — The U.S. Army Officer Candidate School Alumni Association, Inc., located in Columbus, Georgia, and adjacent to Fort Benning, represents and supports all Army officers commissioned through an Army Officer Candidate School, regardless of location or branch. Meetings, activities and reunions are conducted throughout the year. The annual USAOCS Hall of Fame Induction Ceremony and USAOCS Alumni Association Reunion is scheduled for April 26-30 at Fort Benning. For more information, call 813-917-4309 or send an e-mail to ocsalumni.com.

Beyond Briefs

Governor's Mansion Christmas tours

Governor's Mansion Candlelight Tours are scheduled for Dec. 14 and 21, from 5-7:30 p.m. to allow people to see the mansion decorated for Christmas. Admission is free and tickets are available at the Governor's Mansion Gift Shop. No reservations are required.

For more information, visit <http://governor.alabama.gov/governors-mansion/mansion-tours/>.

'The Alien Who Stole Christmas'

The W.A. Gayle Planetarium will host its "The Alien Who Stole Christmas" program throughout now through Dec. 19. People are welcome to take a tour of the winter's evening sky and then join Santa and concerned alien, Mr. Freep, as they explore the solar system's planets and meet the Christmas Eve needs of their fictitious inhabitants.

Showtimes are Mondays-Thursdays at 4 p.m. and Saturdays at 2 p.m. The planetarium will be closed Dec. 21-Jan. 1. Tickets go on sale 30 minutes before showtime. Admission is \$6.50 per person for ages 5 and above. Shows start promptly, no admittance into building once show has begun.

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

Airmen of Note

The U.S. Air Force Band's Airmen of Note will perform live in Montgomery for a Glenn Miller-themed holiday concert on Dec. 17 at the Davis Theatre. Programming will include new and classic repertoire. Tickets available during business hours at MAX Credit Unions listed here:

- MAX Taylor Rd Branch, 3401 Malcolm Drive, Mont-

gomery;

- MAX Eastdale Branch, 400 Eastdale Circle, Montgomery;
- MAX on Maxwell Air Force Base, 10 East Selfridge Street; and
- MAX on Gunter Annex 100 South Turner Boulevard. Doors open at 6:30 p.m. Tickets are first come, first served. All remaining tickets will be available at the Davis Theater box office the evening of Dec. 17.

For more information, visit www.usafb.af.mil/events/.

Capital City Christmas parade

People are welcome to help the capital kick off the holiday season Dec. 18 with Montgomery's Christmas parade from 6-8 p.m.

For more information, call 334-625-2100 or visit www.funinmontgomery.com/announcements/capital-city-christmas-parade.

Camellia Bowl

The 2015 Raycom Media Camellia Bowl will be held Dec. 19 at 4:30 p.m. at the Cramton Bowl in Montgomery. This postseason college football game will match up the Sun Belt Conference against the Mid-American Conference. The game will be televised live on the ESPN family of networks.

For more information, email info@camelliabowl.com.

'A Christmas Carol'

The Alabama Shakespeare Festival in Montgomery hosts its production of "A Christmas Carol" now through Dec. 24. ASF officials said, "Charles Dickens himself, who, with sleight of hand and sense of humor, brings his magical story to life. When miserly Ebenezer Scrooge

receives an unwanted visit from the ghost of his former business partner, an overnight journey of epic proportions begins. With a gorgeous set, period costumes, carols and a spectacular new ending, you and your family will be left totally enthralled!"

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

Christmas boat parade

Gulf Shores will host its annual Christmas Lighted Boat Parade Dec. 12 from 5:30-8:30 p.m. along the Intracoastal Waterway Canal.

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

Montgomery Symphony Orchestra

People are welcome to join Thomas Hinds and the Montgomery Symphony for an evening of holiday music Dec. 14 at 7:30 p.m. at the Montgomery Performing Arts Center.

For tickets, call the MPAC box office at 334-481-5100. For more information, visit www.montgomerysymphony.org/subscription/.

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.

Veteran unemployment rate lowest in nearly 8 years

By Terri Moon Cronk
Department of Defense News

WASHINGTON — A concerted national effort to hire veterans, coupled with their sought-after essential skills training, likely had an effect on making October’s veteran unemployment rate the lowest since April 2008, a Defense Department official said Nov. 30.

Susan S. Kelly, who leads DOD’s Transition to Veterans Program Office, spoke to DOD News about the October Bureau of Labor Statistics Report published by the Labor Department, which indicated that veteran unemployment has been lower than the rate of non-veteran unemployment for 23 consecutive weeks. In October, the veteran unemployment rate stood at just 3.9 percent, while non-veteran unemployment was 5.4 percent.

Kelly said she believes the drop in veterans’ unemployment stems from several factors, such as the economic upturn across the country, as well as the many layers of effort in the public and private sectors to hire veterans.

In addition, she said, employers are seeking the professional “essential skills” ingrained in every veteran.

“Employers have been telling us the last 18 months, ‘We can train them in technical skills, but the (other skills) take years to develop,’” Kelly said.

Those “essential skills” include leadership, ability to handle work stress, persistence, attention to detail, interpersonal skills, teamwork and team-building, oral and written communication, decision making, training people, supervising, critical thinking and project planning, she said, adding that the philosophy be-

hind hiring veterans has evolved from the “right thing to do” to “the smart thing to do.”

“The heads of corporations say they spend millions of dollars every year teaching their managers leadership skills,” she said, and employers have learned that veterans arrive at the workplace already equipped with these skills.

Snowball effect

Not long ago, veteran unemployment among young veterans ranged in the double digits. When the White House’s Joining Forces initiative began in 2011, it called on all sectors of society to hire veterans and spouses, and “opened avenues for veteran employment,” Kelly said.

At DOD, with the help of several federal agencies, Kelly led the transformation of the transition assistance program into weeklong, mandatory training for transitioning service members, giving them the skills and knowledge necessary to secure jobs, seek education and pursue optional training, such as how to start a business.

More federal agencies, corporations and nonprofit organizations joined the hiring effort and sought veterans for employment. For example, national retailer Wal-Mart launched the Greenlight a Vet campaign to shine a light on how veterans enrich communities and to encourage hiring veterans, who are known to take action quickly, show great leadership skills and “represent the best of America,” an organization statement noted.

Several organizations, including the Institute for Veterans and Military Fam-

ilies; Team Red, White and Blue; Team Rubicon; Blue Star Families; and the U.S. Chamber of Commerce’s Hiring Our Heroes program have also joined the effort.

“Each one brings us a unique contribution to veteran unemployment,” Kelly said.

Veteran skillset

While it was understood veterans had strong work ethics and skills, Kelly said, those basics weren’t “codified” until DOD enlisted the Rand Corp. to study the combat arms profession – the field with the fewest technical skills transferable to civilian employment.

Since Rand’s study this year, it has endorsed hiring veterans and illustrated how veterans’ essential skills line up “very well” with what the Labor Depart-

ment, academia and economists named as necessary in the 21st century workforce, she said.

The professional standards taught to troops are an asset to the civilian workforce during a time when the nation is challenged to fill what Kelly calls “a gap in workforce skills.” She said that while DOD is “delighted” with the drop in veteran unemployment, the turnaround is an ongoing effort that is continually adapting to new lessons learned.

“We look at these skills as an asset for the workforce, but our veterans have an incredible amount of attributes that can be used in all aspects of community life,” Kelly said. “They can be leaders, and in (those) I meet, I tell them to run for public office, because our nation needs leaders, and they have what it takes for the betterment of all of community life.”



COURTESY PHOTO

Pick-of-the-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/](http://www.facebook.com/fortruckerstrayfacility/) for constant updates on the newest animals available for adoption.

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

BIBLE STUDIES

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

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

Adult Bible Study
Spiritual Life Center, 7 p.m.

Wednesdays
Catholic Women of the Chapel
Wings Chapel, 8:30 a.m.

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

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

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

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

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

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

Thursdays
Adult Bible Study
Spiritual Life Center, 9 a.m.

Latter-Day Saints Bible Study
Wings Chapel, 6:30 p.m.

Saturdays
Protestant Men of the Chapel
Wings Chapel (1st Saturday), 8 a.m.

Fort Rucker Chapel

HOLIDAY WORSHIP SERVICES & PROGRAMS SCHEDULE



U.S. Army Aviation Center of Excellence & Fort Rucker
Fort Rucker, Alabama

2015

Event	Date/Time/Location
Advent Workshop	22 Nov, 1200-1430 Spiritual Life Center
Post-wide Thanksgiving Service	24 Nov, 1130-1200 Headquarters Chapel
Thanksgiving Eve Mass	25 Nov, 1700-1800 Main Post Chapel
Hanukkah	6-13 Dec, 1700 Main Post Chapel
Children Christmas Program "Miracle on Main Street"	13 Dec, 0930 Wings Chapel
A Night in Bethlehem: A Drive-Thru Nativity	15 Dec, 1800-2000 Spiritual Life Center
Christmas Eve Candlelight Service	24 Dec, 1900-2000 Main Post Chapel
Children's Christmas Eve Mass	24 Dec, 1600-1700 Main Post Chapel
Christmas Midnight Mass	24 Dec, 2400-0100 Main Post Chapel
Christmas Day Mass	25 Dec, 0900-1000 Main Post Chapel
New Year's Eve Mass	31 Dec, 1700-1800 Main Post Chapel

For more information regarding other religious holiday services, contact the Religious Support Office at 334-255-2989/2017

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Find us on Facebook: www.facebook.com/fortruckerchapel

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DECEMBER 10, 2015

DRIVEN

Instructor feels consistency, patience key to fitness training

By Jeremy Henderson
Army Flier Staff Writer

A classic Hip Hop hook proclaims “give it to me,” accompanied by the cascading beat of participants’ sneakers as they push through sets of heel touch jump squats.

For Megan Oldorf, Fort Rucker fitness specialist, this is home.

“This is all I know,” she said. “I’ve been training and teaching myself and others since I was 20, so I have a good 17 years of fitness training.”

And Oldorf takes training herself and others seriously, opting to command weekly High Intensity Interval Training classes and an Ultimate Conditioning class alongside personal training sessions.

“You’re going to have to work hard,” she said. “You have to be consistent and patient. I cannot express that enough.

“When you leave the gym, make sure you are happy with what you put out,” she added. “Don’t compare yourself to the person next to you and what they can do. Focus on yourself, on pushing yourself even further than before. Your goals are your own. But it won’t come easy. It won’t come overnight.”

During a recent HIIT class, which Oldorf admits can be hard to describe, her enthusiasm was palpable. She bounced from one end of the classroom to the other,



PHOTO BY JEREMY HENDERSON

Megan Oldorf, Fort Rucker fitness specialist, motivates students during a High Intensity Interval Training session at the Fortenberry-Colton Physical Fitness Center.

providing demonstrations and encouragement.

“I try to change it up every week,” she said. “But I try to hit on all the different areas of fitness – plyometrics, endurance, strength, etc. I want to make sure everyone who attends my class – from someone who may have been sedentary to a seasoned athlete – gets the most they possibly can out of my class.”

According to Oldorf, a key component to furthering physical fitness is variety.

“I try to slide something different into each class to challenge you and push past your comfort zone,” she said. “If you attempt them, then that’s great. If you overcome them, that’s great. It makes my job more challenging to invent new ways to challenge each class.

“I try to change things up to make them more fun,” she added. “It’s actually harder, but I call it more fun. What you get from fitness training depends on what you contribute. You have to put

in the work.”

Oldorf’s business cards carry a quote from Jimmy Dugan, coach of the all-women’s baseball team the Peaches in the 1992 film “A League of Their Own.”

“It’s supposed to be hard,” Dugan states in the film. “If it wasn’t hard, everyone would do it. The hard ... is what makes it great.”

And, for Oldorf, seeing students push past boundaries to achieve personal greatness is daily motivation and inspiration.

“It makes me feel really good

for them to accept and overcome each challenge,” she said. “I can see their progression from Day 1 until that moment. It is nice to see those accomplishments.

“It’s not my intention to make class intimidating and no one should be intimidated,” she added. “I am simply trying to make each person better, wherever they might start. I am trying to get you past your comfort zone just a tad, just a little. Once you give 110 percent, you have pushed yourself past a sticking point.”

However, Oldorf admits education is only valuable and effective with proper and consistent execution.

“Whether you take my class or we have a training session together, I am only with you for an hour,” she said. “You have the other 23. It is up to you what you do with them. I can teach you how to steer the ship, but it is up to you to use the knowledge to reach your desired destination.”

Oldorf transferred from Fort Campbell, Kentucky, to Fort Rucker in August 2014 alongside her husband, Capt. Lance Oldorf, MEDEVAC Proponency Directorate Aeromedical Physician Assistant, and three children.

For more information about group fitness classes or personal training sessions, call 255-2296 or 255-3794 or visit <http://www.ftrucker.mwr.com/recreation/physical-fitness-centers/>.

Army surgeon general relinquishes MEDCOM command



PHOTO BY ROBERT SHIELDS

Gen. Daniel B. Allyn, Army vice chief of staff, and Lt. Gen. Patricia D. Horoho salute during the ceremony where Horoho relinquished command of the U.S. Army Medical Command Dec. 3.

By Kirk Frady
Army Medicine

FORT SAM HOUSTON, TEXAS — Lt. Gen. Patricia D. Horoho passed the flag to Army Vice Chief of Staff Gen. Daniel Allyn during a ceremony at Fort Sam Houston Dec. 3, marking the end of her tenure as the Army’s 43rd surgeon general.

Horoho assumed command of the U.S. Army Medical Command Dec. 5, 2011, and was sworn in as the 43rd Army Surgeon General on Dec. 7, 2011. She was the first female and first nurse to command the Army’s largest medical organization.

Maj. Gen. Stephen L. Jones will serve as the acting commander and Army Surgeon General until the new Army Surgeon General is confirmed by the Senate. Jones is currently commanding general of the Army Medical Department Center and School.

“The men and women in formation today represent our remarkable command and are a credit to our nation,” Horoho said during

the ceremony. “Army Medicine is blessed to have such exceptional commanders, senior enlisted advisers and staffs. Thank you for your service and sacrifice and, most of all, for ensuring the readiness of the young men and women we send into harm’s way in the name of democracy and freedom.”

“These past four years for me have been a continuation of the lessons I’ve learned as a Soldier and about trusting the values instilled in me from the day I took my oath of office – loyalty, duty, respect, selfless service, honor, integrity and personal courage,” she added. “The past four years were not about being the first of anything, but about only being the next Soldier called up.”

“We’re successful because we’re American Soldiers and Department of the Army civilians, we’re warriors and members of a team, we live the Army values, we place the mission first, we never accept defeat,

SEE COMMAND, PAGE D4

PIGSKIN PICKS



	Minnesota vs. Arizona	Buffalo vs. Philadelphia	New Orleans vs. Tampa Bay	San Diego vs. Kansas City	Washington vs. Chicago	New England vs. Houston	N.Y. Giants vs. Miami
 Col. Tom von Eschenbach CDID (58-33)							
 Capt. Louis Hill 6th MP (54-37)							
 Jim Hughes PAO (61-30)							
 Capt. Mike Simmons DPS (63-28)							
 Sharon Storti NEC (59-32)							

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



Trivia test

by Fifi Rodriguez

TRIVIA

1. GEOGRAPHY: Which U.S. state is closest to Russia?
2. HISTORY: In what year did labor leader Jimmy Hoffa disappear?
3. FOOD & DRINK: What relative of the banana is a staple food in tropical regions?
4. TIME: When is the next leap day?
5. MOVIES: What famous 1950s movie featured an unlikely couple named Charlie and Rose?
6. MUSIC: Who was the first artist to have a "greatest hits" album?
7. TELEVISION: Who starred as Simon Templar in "The Saint"?
8. SCIENCE: What is the most abundant gas in the air we breathe on Earth?
9. GENERAL KNOWLEDGE: In olden days, what was the occupation of a wainwright?
10. ANIMAL KINGDOM: What is a baby whale called?

See Page D4 for this week's answers.

Super Crossword

FROM END TO BEGINNING

ACROSS

- 1 With a leg on either side of
8 "What — thou?"
14 Curt
20 Be afraid to
21 Stock market worker
22 Pasta piece
23 Province capital on the Yellow River
25 Over there
26 Old-time actress
Lanchester
27 Countless years
28 Aves. and blvds.
29 — Jima
31 See 50-Down
32 Tasty tidbit
35 Director of the Humphrey Bogart film "Sahara"
38 Reduces to bits, as a potato
41 Chief ore of lead
43 Lusu necklace
44 Foo faraw
45 Chair part
48 Winner's sign
49 "So long!"

- 51 The Beatles' "— Be"
56 Greek philosopher known for paradoxes
59 "Avatar" actress
61 Ribald
62 Word after church or film
63 Of the back
64 Cotton machines
65 Yale alum
67 "La Loge" painter
69 Penguin of Antarctica
71 Me, to Mimi
73 European country capital
78 Piloted
79 Not hidden
81 Without delay
82 — Lanka
84 Stadium row
85 Kia sedan
89 Stare open-mouthed
91 Eagerly excited
94 Animal-filled attraction in Georgia
96 Philharmonic director
98 Extrapolate

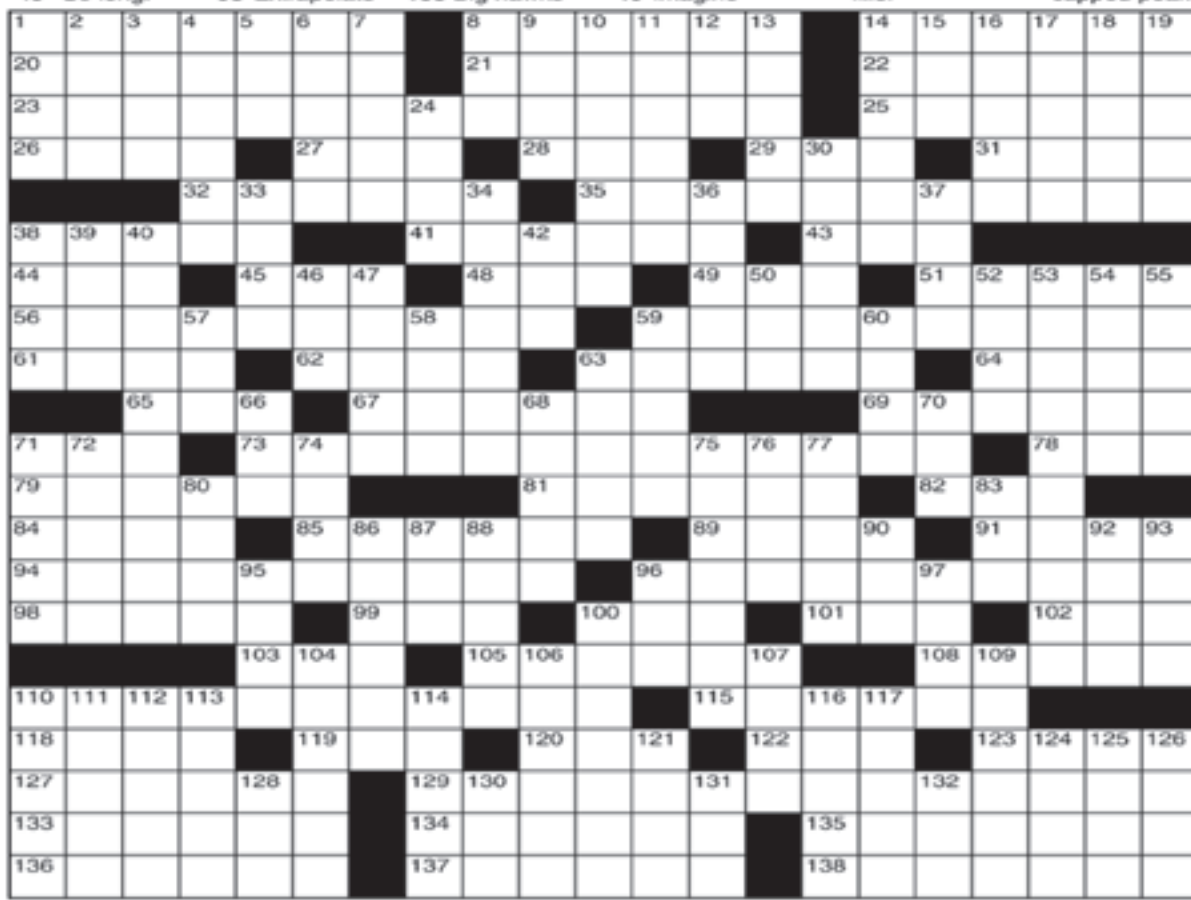
- 99 Euro divs.
100 Deep blue
101 Subpar mark
102 Griddle
Tebow
103 Put a question to
105 Alma — (home schools)
108 Space of the screen
110 Sorority founded at Howard University in 1920
115 Rigid beliefs
118 Flubs up
119 Party game
120 Managed care gp.
122 Luc's "yes"
123 Word-of-mouth
127 London native, e.g.
129 Shooter allowing for an adjustable focal length
133 Altman of film
134 Taking Rx drugs
135 Natural abilities
136 Warnings
137 Hi-fi setup
138 Big hawks

DOWN

- 1 Carving tool
2 Funny Mort
3 Very, in Paris
4 Label again
5 Gerund suffix
6 One napping
7 Communal character
8 Erwin of film
9 Parabolas' paths
10 Game with five dice
11 Thomas who founded GE
12 VIP in D.C.
13 Attribute
14 "— home?"
15 Jeering shout
16 Sonata movement
17 Cow dangler
18 Appeal earnestly
19 On — firma
24 Blood type, informally
30 Polish labor leader Lech
33 Major city of Norway
34 Shirley's sitcom friend
36 Toll away
37 "To — a Mockingbird"
38 Motorola cellphone
39 Inking
40 Imagine

- 42 Meadowland
46 String after D
47 Maestro Soliti
50 With 31-Across, hubby's assent
52 Verge
53 Red braking signals
54 Many a navel
55 Stunned with a gun
57 Olive loved by Popeye
58 Lustful look
59 Stuffed masked swordsman
60 Jai —
63 Formal flats
66 Suffix with final or moral
68 Romney's 2012 rival
70 "— Kapital"
71 Actress Gaynor
72 Kitchen bulb
74 Mil, truant
75 Vigilant
76 Hail — (cry "Taxi!")
77 Slightly warm
80 "Dies —" (hymn)
83 "Norma —"
86 Wolf down
87 Grenade filler

- 88 "Open up!" follower
90 Propyl ender
92 Redding of song
93 Like slightly spoiled meat
95 Ensnare
96 Closing letter
97 Little plateau
100 Talk like
104 Railroad switches
106 In the house
107 Before long
109 Related compound
110 Bicolor beast
111 Flynn of film
112 Family group
113 Daisy cousin
114 Clowns
116 Enthusiasm
117 Minerals in thin layers
121 Aged, once
124 Descartes of philosophy
125 Culturally pretentious
126 Maiden
128 Meal scrap
130 Ottawa loc.
131 Thai, to Juan
132 High, snow-capped peak



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See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D4 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

TUB FILLER: Mrs. Plane, who has a houseful of assorted plants and is running out of space for more, decided to plant a water lily in her bathtub. After a while, the plant started to grow every day for 20 days, at which point it covered the tub's entire surface.

Question: How long did it take for the water lily to cover half the tub's surface?

Answer: 10 days.

10th GRADERS: Add the color red to each segment bearing an X in the drawing above and you will see what's on his way.

EAR BENDER EXERCISE

Drawn above are half a dozen eight-letter words containing the three-letter word EAR. Scissors cut out the words and use them to make a word chain. Each word must contain the word EAR and the last letter of one word must be the first letter of the next word.

1. First to arrive.
2. Overhead of danger.
3. Open space in the woods.
4. Prepare for a show, for instance.
5. Sailboats examine at harbor or college.
6. Shoes, slippers, boots, etc.
How quickly can you make these words?

Time limit: 3 minutes.

SEEN? RED! Add the color red to each segment bearing an X in the drawing above and you will see what's on his way.

Wishing Well

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

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.

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

DECORATE

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

Try to score at least 50 points.

SPELLBINDER

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

DECORATE

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

Try to score at least 50 points.

Wishing Well

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

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.

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

DECORATE

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

Try to score at least 50 points.

HOCUS-FOCUS

BY HENRY BOLTRACOFF

Find at least six differences in details between panels.

1. The dog is wearing a hat.
2. The dog is wearing a bow tie.
3. The dog is wearing a vest.
4. The dog is wearing a shirt.
5. The dog is wearing a jacket.
6. The dog is wearing a sweater.

ENHANCED ACCESS

DOD meets interoperability requirements for electronic health records

By Lisa Ferdinando
Department of Defense News

WASHINGTON — The Defense Department has met the interoperability requirements for electronic health records as called for in the National Defense Authorization Act of 2014, according to DOD officials.

DOD and Veterans Affairs have two goals in integrating patients' records and making the information accessible by both agencies, said Chris Miller, the program executive officer for Defense Healthcare Management Systems.

Those goals, he said, are to create a seamless health record, and modernize the software that clinicians and analysts in both agencies use.

"At the end of the day, I think it comes down to some pretty basic things," Miller said in a media roundtable at his Arlington, Virginia, office Nov. 19. "Are we

able to share information and are people able to use that information to accomplish their job on the other side?"

Integrated view helps doctors, veterans

By seeing a patient's combined record, doctors will have a complete picture of the patient's medical treatment, he said. This will allow the clinicians to make the best choices for the patient.

It saves doctors and analysts from having to sort through stacks of copies of files, Miller said, adding that patients will no longer have to provide hard copies of their records, which could be hundreds of pages long.

There are multiple electronic health record systems within DOD, he said. The first steps in building the integrated system included making sure officials knew where all the data was and agreeing to common terms using national standards.

The web-based, integrated system, called the Joint Legacy Viewer, is secure, Miller said. A user needs government credentials to log in, and the system keeps track of who accessed a person's record.

The JLV can be viewed by DOD and VA personnel. Benefit analysts use the information for disability evaluations.

"That's an important concept because that really gets at what is important, which is really having access to the information," Miller noted.

Long-term commitment

Interoperability is a "steadfast commitment on our behalf," he said.

"What we really want to be able to show is the progress we've made and demonstrate our commitment to making sure that we're providing tools that are useful for our providers but also making things better for our ser-

vice-member veterans and their families," Miller said.

There is a lot of information and data, he said. The JLV integrates information from 300 data sources.

"We've done a lot to get this information to a point where it's both shared and it's usable, but we recognize that we're going to continue to have to do more things to actually continue to make it as useful as possible," Miller said.

JLV is still in a testing phase, he said.

"This data does a lot to help people and it also does a lot to improve how our clinical providers do their job," Miller said.

During the media roundtable, Dr. Brian Jones, the Defense Health Agency user integration branch chief, demonstrated using the JLV.

"The data the JLV is exposing is actually all the way from when somebody enters the military, all

the way through deployment, and also follows them to the VA," he said.

In a letter dated Nov. 16, Frank Kendall, undersecretary of defense for acquisition, technology and logistics, said that DOD and VA have partnered closely to meet the 2014 NDAA requirements.

DOD has mapped all 21 domains requiring national standard terminologies, representing nearly 1.8 million unique clinical terms, Kendall said in the letter to U.S. Representative Harold Rogers, the chairman of the House Appropriations Committee.

The NDAA required all data in DOD's Armed Forces Health Longitudinal Technology Application outpatient system be shared in compliance with existing national standards.

Kendall said the DOD exceeded NDAA requirements by integrating data from other DOD systems, including inpatient, theater and pharmacy.

Hydration remains important during winter workouts

By Col. Joanna Reagan
U.S. Army Public Health Command

Snowflakes may soon be flying in some areas, but people shouldn't use cold weather as a reason to slow down on their winter health plan.

Winter is a great time to join a gym, try a new class or get into a new winter sport. Winter is also a time to prevent dehydration.

It is important for warrior athletes to remember their sweat rate does not change just because the temperature drops. This is because sweat rate is determined by numerous factors, including fitness level, pace and acclimatization – not just ambient temperature. Warrior athletes are just as likely to become dehydrated during winter workouts as summer workouts.

The message to drink water is easy in the summer, but not so much in the winter. Dehydration can come because warrior athletes feel less thirsty during winter workouts. Second, some may overdress for cold-weather exercise sessions by wearing too many layers of clothes. Third, athletes may convert to indoor workouts during the winter, and sweat more while inside.

Warrior athletes can check for dehydration by checking the color of their urine. If the urine looks like lemonade, this indicates proper hydration. If it is darker and looks



PHOTO ILLUSTRATION BY DEBORA CARTAGENA

like apple juice or pale ale, then more fluids are needed. In contrast, if the urine looks clear, this can indicate over hydration and drinking too much.

Other symptoms of dehydration may include: drowsiness, headaches, dry skin, dizziness or nausea. Remember, don't rely on thirst as an indicator of hydration status. Usually people are already 3-percent dehydrated when they become thirsty.

So, what are the recommendations for healthy drinks? Water is the best choice: it's calorie-free, inexpensive and it's easy to find. It is the perfect choice to re-hydrate athletes and restore fluids lost during a workout.

As a basic guide, an adequate intake of total water from fluids and foods is 12 cups a day for men, ages 19-30 years, and nine cups a day for women of the same age based on the Dietary Reference Intake. For most people, about 80 percent of this water volume comes from beverages – the rest comes from food.

Sports beverages are designed to give athletes carbohydrates, electrolytes and fluid during high-intensity workouts greater than one hour. For other folks, they're just another source of sugar and calories.

If your workout consists of moderate to heavy intensity for 45-60 minutes, then a sports drink would be recommended. Examples would be activities where you have minimal conversation, an increased sweat rate, heavy breathing and a high heart rate.

Try to avoid drinks that have added sugars for flavor such as sugar-sweetened soda, sweet tea or energy drinks. One bottle of regular 16-ounce soda has about 185 calories, one 16-ounce bottle of sweet tea has 200 calories and one 16-ounce energy drink has about 250 calories.

Energy drinks have as much sugar as soft

drinks. They contain caffeine to raise your blood pressure and additives whose long-term health effects are unknown. For these reasons, it's best to skip energy drinks. Over time, the extra calories add to weight gain and increased risk of Type 2 diabetes, heart disease and gout.

For some people who are accustomed to drinking flavored beverages, water can initially taste bland. One recommendation is to increase water consumption without losing flavor or increase daily water intake by trying infused water.

Instead of purchasing expensive flavored waters in the grocery store, infused water can be made at home by adding sliced citrus fruits (lemon, lime, orange, grapefruit), or crushed fresh mint. One could also add sliced fresh ginger, sliced cucumber or maybe crushed berries for some other ideas. Sparkling water with a splash of juice is another idea to increase fluids.

Other drinks to try in the winter are sugar-free apple cider or sugar-free hot chocolate. Coffee and tea, without added sweeteners, are healthy choices, too. Try carrying a water bottle throughout the day to sip at work or at home. Also try eating foods high in water content such as oranges and grapefruit.

Winter is a great time to focus on your health. Remember, it is also a time to drink more fluids to stay hydrated and achieve your performance goals.

World-class Soldier-rugger on path for Olympic consideration

By Tim Hippi
Installation Management Command

SAN ANTONIO — Sgt. Mattie Tago was playing rugby at Fort Bragg, North Carolina, one evening several years ago when he invited an older onlooker to join the game.

Before they left the field that night, the older man suggested that Tago should apply for a tryout with the All-Army Rugby Team.

"I didn't even know they had an All-Army Team," Tago recalled. "I told him: 'I don't know about that. I don't know how to apply for it or anything.' He told me all the steps, how the process goes, and he gave me confidence that I would make the team.

"It turned out this old man just so happened to be the coach."

Shortly thereafter, Tago was playing at the 2012 Armed Forces Rugby Sevens Championship Tournament in Glendale, Colorado.

"We've come a long way," said Tago, 24, a native of Pago Pago, American Samoa, who is stationed at Fort Carson, Colorado. "I'm so happy that coach took me in and taught me a lot of things I needed to work on."

Tago has won three consecutive Armed Forces Rugby Sevens Championships on All-Army teams.

"Mattie is a special guy to us," said All-Army Rugby Sevens Coach Col. Mark Drown of the Utah Army National Guard. "He's going to do nothing but grow and mature. I think he's going to be a phenomenal asset (or the U.S. national team.) He's a powerful runner and he's still learning."

Tago, the only rugger who has played all four years for the All-Army Team since the armed forces tournament switched from 15-man rugby sides to the seven-man format, entered the U.S. Army World Class Athlete Program in May.

"I'm happy to represent the U.S. Army, my unit, WCAP, and our brothers and sisters downrange," Tago said. "We always pray for them to make it back to their families. We play for them and all of the U.S. Army."

Tago's goals include training with the USA Men's Eagles Sevens rugby athletes at the U.S. Olympic Training Center in Chula Vista, California; earning a spot on the final Team USA Olympic men's sevens roster; and playing Olympic rugby in Brazil.



PHOTO BY DAVID KAMM

Tago advances the ball during All-Army's last-minute march to a 19-14 walk-off victory over All-Air Force in the gold-medal game of the 2013 Armed Forces Rugby Sevens Championship.

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