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ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

DECEMBER 4, 2014



PHOTO BY NATHAN PFALZ

Chris Davis, mechanic for hire at the Fort Rucker Automotive Skills Center, works on a car in one of the bays at the center earlier this year. The center offers complimentary holiday vehicle inspections Mondays and Tuesdays from now through Dec. 23 from 8 a.m. to 4 p.m. by appointment.

WINTER DRIVING SAFETY GUIDE

Preparation, protection, prevention key

By Nathan Pfau
Army Flier Staff Writer

Although the South isn't known for snowy storms and icy roads, Mother Nature can sometimes throw a curve ball and bring winter's frosty bite down to southern Alabama.

That's why Fort Rucker officials want the installation's residents to be ready for whatever winter weather they might encounter during this holiday season, whether it's on post or during a road trip farther north, people should be ready for increased traffic and poor weather conditions.

One way people can be prepared is by

making sure their vehicles are in proper working order before heading out on long trips or venturing into adverse weather conditions, according to Scotty Johnson of the Aviation Branch Safety Office, who offers the three "Ps" for driving success – preparation, protection and prevention.

Properly prepare for a trip, protect yourself and the ones you love, and prevent crashes by obeying traffic laws, staying vigilant and driving carefully, he said.

Before winter weather hits, Johnson suggests that people have their vehicles properly prepared for the season by having the necessary maintenance checks performed.

SEE SAFETY, PAGE A7



PHOTO BY NATHAN PFALZ

Giving thanks

The U.S. Army Aviation Center of Excellence command team serves Thanksgiving dinner to Soldiers at the dining facility Nov. 27.

BE VIGILANT

Holidays no time to give vigilance a day off

By Nathan Pfau
Army Flier Staff Writer

As people's thoughts turn to shopping for the perfect gifts, spending time with family, and enjoying friends, good cheer and festivities, post officials re-

mind Soldiers and families not to give vigilance any time off for the holidays.

Operational security is a term that most involved in military life are familiar with, but personal OPSEC is just as important, especially when it comes

to keeping families safe, said Maj. Anthony Whittaker, installation OPSEC officer.

"People tend to let their guard down during the holidays," he said. "People's family, friends and others that they love and haven't seen in years are coming in town, and they are just focusing on having a great time. People may not be focused on their surroundings or what could potentially be a threat."

Whittaker said there are a number of things that people need to watch out for during the holiday season when it comes to travel, shopping, social media or just everyday normal activities.

One big thing that people need to be aware of, especially now that the holiday shopping season is in full swing, are people Whittaker calls "shoulder surfers."

Shoulder surfers can be any individual with a camera on their phone or even their watch that can take pictures of credit cards or ATM cards while people are making a purchase or withdrawing money out of an ATM, said Whittaker, adding that people need to keep an eye out for any-



PHOTO BY NATHAN PFALZ

Officer Anthony Strickland, Fort Rucker civilian police officer, and Spc. Edward Ellman, 6th Military Police Detachment, perform a security check of the Munson Heights Neighborhood Center last year. Fort Rucker residents can opt for courtesy checks of their homes while they are traveling by filling out a form at the Directorate of Public Safety.

one that might be trying to snap an image of their information.

The OPSEC officer also suggests that people refrain from carrying large amounts of cash during the holidays, and after making a large amount of purchases, people need to make sure to store the items in the trunk of their car so that potential thieves can't see what might have been purchased through the window.

When loading a ve-

hicle with recent purchases, Whittaker suggests that shoppers load the vehicle and move it to a different location if they are going to continue shopping. This way, any person who might have noticed all of the purchases that were loaded into the car won't have an easy target.

Although people might finally feel safe once they return home after the hectic shopping season,

SEE VIGILANCE, PAGE A7

Tips help people navigate online shopping threats

By Nathan Pfau
Army Flier Staff Writer

While those who braved the crowds of Black Friday probably took steps to ensure their physical safety and avoid being trampled by mobs for a special deal, those who go online to find deals in the digital world are advised to look just as carefully at their online safety, according to Directorate of Public Safety officials.

Since the advent of Cyber

Monday and online shopping in general, people have been quick to offer up their personal information for that special deal, but if shoppers aren't careful, their online dreams could quickly become a nightmare if they don't make sure to stay safe while shopping online, said Peggy Contreras,

SEE TIPS, PAGE A7

PERSPECTIVE

CID warns of scam, provides safety tips

By Criminal Investigation Command
Public Affairs

QUANTICO, Va. – The U.S. Army Criminal Investigation Command is warning the greater Army community about a new carjacking scam targeting unsuspecting holiday shoppers.

CID special agents were recently alerted through law enforcement channels about a new ploy, where criminals use the lure of free cash as a distraction. The crime provides crooks a window of opportunity to swoop in and rob an unsuspecting victim of their belongings, including their vehicle.

“What we’ve heard is criminals will place a \$100 bill, usually on an individual’s windshield under the wiper blade, and while the victim is distracted and gets out to retrieve the cash, the criminals use the element of surprise to approach the vehicle and rob the victim of their belongings and car,” said Special Agent Mark Kerr, a CID agent with Headquarters, Army CID. “It’s the perfect distraction during the



ARMY GRAPHIC

holiday season, because everyone could use a little extra cash, especially if it’s free.”

According to the state of Maryland’s Attorney General’s Office the scam, initially reported to Prince George’s County law enforcement,

has the potential to spread throughout the country. However, steps can be taken by the public to ensure their safety to combat this scam.

Kerr said that should anyone discover money on their vehicle, to quickly move to a safe, public loca-

tion and to notify law enforcement or security personnel immediately. Lock your doors and do not get out of the vehicle to retrieve it.

The following CID recommended safety tips are provided to help ensure the greater Army community has a safe and secure holiday season.

- Have your keys in hand when approaching your vehicle. Check the back seat and around the car before getting in.
- Park in well-lit areas and as close to the store as possible.
- Avoid becoming an easy target for thieves by not purchasing more than you can safely carry.
- Plan ahead by taking a friend with you or ask a store employee to help you carry your packages to the car. If leaving a store late at night, and by yourself, ask security to walk you to your car if you feel threatened.
- Wait until asked before taking out your credit card or checkbook. An enterprising thief would love to shoulder surf to get your account information.
- Do not leave packages visible in

your car windows. Lock them in the trunk or, if possible, take them directly home.

- Deter pickpockets. Carry your purse close to your body or your wallet inside a coat or front trouser pocket.
- Tell a security guard or store employee if you see an unattended bag or package. The same applies if you are using mass transit.
- If you are shopping with children, make a plan in case you get separated. Select a central meeting place and make sure they know they can ask mall personnel or store security employees if they need help.
- Always be alert and aware of your surroundings and do not blindly walk in public areas focused on your phone.

“It’s crucial that Soldiers, civilians and family members protect themselves throughout the holiday shopping season,” Kerr said. “Having a plan in the event of an emergency and being aware of your surroundings is the best way to keep from becoming a victim.”

THIS MONTH IN ARMY AVIATION HISTORY

This month we’re spotlighting the December 1976 issue of the *U.S. Army Aviation Digest*. This issue features:

101st in Reforger 76

Reforger in 1976 introduced the emerging air assault doctrine to Europe. The exercise demonstrated the versatility of Army Aviation in strategic deployment and in the conduct of extensive tactical operations.

A Terrific Job in Europe

“From all the reports we get, Team IV did just a terrific job in Europe,” says Brig. Gen. Donald F. Packard, com-

mander of the U.S. Army Combat Developments Experimentation Command at Fort Ord, Virginia. Project Team IV is SOTAS Test Directorate Team which recently tested the Stand-Off Target Acquisition System near Ansbach, Germany, during Reforger 76.

You and Your Toolbox

How would you like to go for your annual physical – in perfect health – and come away sick? Or, after having undergone an appendectomy, receive the good news that you are making an excellent recovery, then later be informed that a pair of forceps seems to

be missing from surgery and the hospital staff strongly suspects they are nestled somewhere inside your abdominal cavity?

Combat-in-Cities: Does the Helicopter Have a Role?

Fighting in a combat-in-cities environment brings up many questions and hurdles – especially concerning the helicopter’s role.

... and more.

Download this issue of the *U.S. Army Aviation Digest* at <http://bit.ly/av8-dec76>.



Rotor Wash



2nd Lt. Erin Hannigan,
D Co., 1st Bn., 145th
Avn. Regt.

“Get a lot of sleep before you drive long distances. People live all over the country, so people will be driving, and the last thing you want to do is be sleepy on the road.”



Erin Bell,
military spouse

“Check your tires, check your oil and, if you’re going somewhere cold, make sure to get the windshield washer fluid with antifreeze in it.”



David Fernander,
retiree

“If you’re traveling up north make sure you have what you need. Make sure to have extra blankets and covers in case you get trapped in the snow.”



Deontrenise Macklin,
military family member

“Make sure your car is in working condition. Check your tires, your oil and your antifreeze. Make sure you have blankets and water when you’re traveling somewhere cold.”



Jerry Fowler,
civilian

“Make sure you wear your seat belt everywhere you go and, if you’re driving in cold weather, slow down.”

“The Automotive Skills Center is offering complimentary holiday inspections Mondays and Tuesdays from now until Dec. 23. What are some ways families can stay safe when traveling during the holidays?”

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Budget chiefs: Sequestration not only elephant in room

By David Vergun
Army News Service

WASHINGTON — The likelihood of more continuing resolutions is really bad for the Army, said Maj. Gen. Thomas Horlander, director of the Army Budget.

CRs, as they're called, occur when lawmakers fail to pass a budget and spending levels are kept at previous budget levels. CRs result in a lot of uncertainty for planners, he said. As a result, readiness suffers.

Horlander and other senior Army leaders spoke at the Veteran and Military Service Organization quarterly summit at the Pentagon Nov. 20.

The Army can't suddenly build an effective brigade combat team that hasn't trained in a while, Horlander said. Once readiness is lost, it takes years for a brigade to recover, as training has "accumulative and dynamic" aspects to it that can easily be lost.

The Army is now waiting to hear from Congress, as it submitted its budget earlier in the year.

"We're working with the Hill," Horlander said, describing the current state. Lawmakers are "working on a conferenced version that may or may not pass."

"They know what the Army position is," he added, meaning that senior leaders have been testifying at numerous House and Senate committees and subcommittees all year and conversing with them on a person-to-person basis explaining their logic and answering questions on numerous occasions.



PHOTO BY DAVID VERGUN

Maj. Gen. Thomas Horlander, director of the Army Budget, speaks about the budget at the Veteran and Military Service Organization quarterly summit at the Pentagon Nov. 20.

Besides the CR, the overseas contingency operation budget remains problematic, he said. OCO has been used over the years to pay for overseas wars and equipment resets that follow.

Along with the budget, the Army submitted a separate fiscal year 2015 OCO for about \$26 billion to Congress. However, as anyone can see from events over the past year, the world can change in unpredictable ways and it's hard to predict how much OCO money is needed, Horlander said.

"I don't know if it's the 80 or 60-percent solution," he said.

Other elephants

Besides sequestration and

CRs, other worries for the Army are compensation and structural reforms that need to be addressed by lawmakers, said Brig. Gen. John Ferrari, director, Program Analysis and Evaluation, who also spoke.

If those reforms are not enacted, "we'll have to get rid of more Soldiers and do less training" on top of force reductions resulting from sequestration, Ferrari predicted. "It's that simple."

Compensation and structural reform involve unpopular things, he said, like decreasing the compensation for retiree health care, lowering or freezing pay raises, and removing subsidies that go to commissaries and making

them more like the exchanges.

Those and other costs are lumped into the Army's baseline budget and when those costs increase — which they always do — it impacts dollars that can be spent on readiness and modernization, he explained.

Ideally, he said, the entitlement money should be taken out of the Army budget altogether. An informed discussion needs to occur among the American public as well as lawmakers, Ferrari said, about the way forward.

"We're now taking out 20,000 Soldiers a year," he said. If full sequestration goes into effect next year, that means "400 Soldiers a week" will need to be separated until 2019, when

the active force level will have dropped to 420,000.

If the Army can't get a handle on entitlements, more Soldiers than that will be let go, he added.

Also, a structural reform involving moving Black Hawk, Apache and other helicopters around the components under the Aviation Restructuring Initiative needs to go through. Failure on that would exacerbate the effects of sequestration, he said.

"There's a kid today in ninth grade somewhere starting high school," Ferrari said. "In four years, that [now-]13-year-old may be wearing a rucksack. He or she will be in some forsaken place that we don't even know today. We always go to the places we don't know. They'll bear the entire brunt of the risk of misapplied financial decisions we make collectively."

And, it's not just the kid in ninth grade — Soldiers today will be impacted as well, he added.

"The wrong answer for the Soldier is to put things off limits in the budget, and make certain things forbidden to talk about. Everyone has an interest group. The only person who doesn't have an interest group at this time is that Soldier in Afghanistan. Because they're out there, no one is campaigning for their readiness dollars."

Ferrari said he appreciated the help that Veteran Services Organization and Military Service Organization representatives give in taking the Army message to Congress, and to the American people and helping veterans.

DOD CFC contributions could top last year's — online signup encouraged

By David Vergun
Army News Service

WASHINGTON — This year's Combined Federal Campaign contributions for the entire Department of Defense are 85 percent ahead of last year's pace at this time in the drive, said a CFC-loaned executive.

While 85 percent seems high, the goal of \$11.3 million is just 30 percent attained, said Pete Rossi, who was at the Pentagon last week with other volunteers raising awareness and ginning up interest with a bake sale.

People tend to put off contributing until near the end of the campaign, which this year goes from Sept. 1 to Dec. 15, he said. "I think there will be a strong finish this year."

The low contributions last year, Rossi said, were almost certainly the result of sequestration and furloughs, something that fortunately didn't occur this year.

CFC is encouraging people to go online to donate.

There are a number of reasons to donate online, said Giselle Whitfield, a DOD-loaned executive from the Army Acquisition Support Center, Fort Belvoir, Virginia.

First, donations can be done at home or any place with Internet access, she said.

Second, the online catalog lists 25,000

charitable organizations, as opposed to just 4,000 in the print catalog.

Third, personal information is more secure online than by paper, she said, explaining that a person's Social Security number is more protected online than on paper, which someone has to carry around and then enter online anyway.

The DOD is moving away from paper enrollment, and by 2016, that will be the only way to enroll, she said, noting that this year and next are transition years away from paper.

To enroll online, Whitfield said, go to MyPay, which has step-by-step instructions, accessed by clicking on the CFC link under the Pay Changes category on the main page.

Not everyone likes to do things online, she admitted, relating that at a visit to a certain unit, there were a lot of older people who just preferred paper. The long transition away from paper will be used to persuade and assist people like them to go online.

Every DOD unit has a CFC campaign manager who is designated to assist anyone needing help in contributing. Also, each command runs its own CFC campaign, and many have found really creative and fun ways to get people to contribute, she said.

The Pentagon bake sale was mostly



PHOTO BY STAFF SGT. BERNHARD LASHLEYLEIDN

Cpl. Brittany Robbins, Pvt. Chantey Fryer and Staff Sgt. Toloai Sosene look through the Combined Federal Campaign book for a charity to donate to this 2014 season at Camp Buehring, Kuwait.

cookies and cupcakes, comfort food Rossi said he was trying to avoid indulging in. His next CFC campaign stop, he said, is a healthy eating demo where there will be fresh fruits and vegetables. Something he's really looking forward to.

Besides pastries, a representative and his pooch from paws4vets — a CFC charity — was at the Pentagon CFC drive, as well as Marine Sgt. Liz Medina, the winner of National Miss Virginia 2015.

Medina was there to promote Catch A Lift and Toys for Tots, two CFC charities. Catch a Lift pays gym memberships for wounded veterans or provides in-home gym equipment if a veteran is unable to travel to a gym.

Medina served in Afghanistan. In 2010, she was involved in a vehicle accident and sustained traumatic brain injury. Her talent for winning National Miss Virginia was poetry.

News Briefs

CFC continues

The Heart of Alabama Combined Federal Campaign continues through Monday. The awards ceremony is scheduled for Monday at 1 p.m. at the U.S. Army Aviation Museum. For more information, call 255-9261.

Holiday post run

Fort Rucker will conduct a holiday post run Dec. 12, with units forming up at about 5:45 a.m., observing Reveille at about 6 a.m., and then running the almost 4-mile route. The run will feature all mission, garrison and tenant units on Fort Rucker.

The run will primarily take place on Ruf Avenue and a portion of Novosel Street, but will also include 2nd Street, a portion of Andrews Avenue and 1st Street. These roads will be blocked off to traffic in the areas where the run will take place.

Gate hours

The Faulkner and Newton gates will operate with reduced hours Dec. 19-Jan. 2, being open from 5:30 a.m. to 5:30 p.m. those days except for the days they are closed, Dec. 25-26 and Jan. 1-2.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's un-

wanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible.

For more information, call 255-9595.

Flu shots

Lyster Army Health Clinic's Preventive Medicine Department offers flu shots for patients Mondays-Fridays from 7:30 a.m. to 3:30 p.m.

ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, first-served basis. People may experience delays in service from 11 a.m. to 1 p.m.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

Boy Scouts sign-ups

Fort Rucker's Boy Scouts of America Troop 50 will hold sign-ups Jan. 16-17 in

the Scout building behind the commissary. Jan. 16, sign-ups will be conducted from 6-8 p.m. and Jan. 17 from 10 a.m. to 3 p.m. The sign-ups will feature refreshments and information about Scouting.

For more information, call 447-3791 or visit frtroop50.wix.com/troop50.

PPPT instructor training

People looking for a way to positively impact Soldiers and gain experience as a leader should consider become a Pregnancy and Postpartum Physical Training Program instructor trainer. The position requires completion of the PPPT Exercise Leader Training that provides guidance on leading exercise sessions for pregnant and postpartum Soldiers in a PPPT consolidated installation program.

Attendees may include unit NCOs, health care personnel, and Morale, Welfare and Recreation personnel interested in PPPT program implementation. Requirements include: enthusiasm about helping others succeed; E-6 and above or junior officer; not being pregnant or postpartum; not on a permanent physical profile for no physical training; and stability of at least one year.

Course registration is available by calling the local PPPT NCO in charge at 255-7846, or the officer in charge at 255-7719. The next training is scheduled for Jan.

12-16 at the Fortenberry-Colton Physical Fitness Center.

For more information about the PPPT Program visit the Army Knowledge Online PPPT website at <https://www.us.army.mil/suite/page/693153>.

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person's life.

For more information, contact the religious support office at 255-2989.

Cyber Branch offers Soldiers challenges

Fort Gordon Public Affairs
For Army News Service

FORT GORDON, Ga.—Soldiers who want to defend the nation in cyberspace as part of the Army’s newest and most technologically advanced career field now have an Army branch to join that will take its place alongside infantry, artillery and the other Army combat arms branches.

Army Secretary John McHugh and Chief of Staff Gen. Raymond Odierno approved the creation of the Cyber Branch in September as one of the first official steps in establishing a 17-series career field specifically dedicated to managing the careers and professional development of officers. The remainder of the 17-series career field management program is expected to be implemented by October, with both enlisted and warrant officer career paths.

“This is a historic development for our Army, for the Soldiers who are already defending the nation in cyberspace and for those who will do so in years to come,” said Maj. Gen. Stephen G. Fogarty, commanding general of the Cyber Center of Excellence. “Creation of the Cyber Branch acknowledges the critical role that our cyber warriors play in the armed forces of today and tomorrow, and it will provide us with the structure to make certain that the highly skilled Soldiers who are selected for these positions are well-trained, professionally developed and appropriately assigned.”

To support these goals, both the

U.S. Army Cyber Center of Excellence at Fort Gordon and the Human Resources Command created personnel career management and proponent offices to lead and shape the future development of this new Army career field.

“The establishment of a Cyber Branch shows how important and critical the cyber mission is to our Army, and allows us to focus innovative recruiting, retention, leader development, and talent management needed to produce world-class cyberspace professionals,” said Lt. Gen. Edward Cardon, the commanding general of Army Cyber Command.

Cyber CoE officials say the United States’ military networks evolved from providing communication systems and services to a warfighting weapons system. All of cyberspace is now considered a warfighting domain and an operational environment in which the Defense Department will conduct cyberspace operations. This new warfighting domain brings the need for a new type of Soldier capable of understanding cyberspace as an operational environment, just as an infantryman understands the land domain and a pilot the air domain.

“Every day, newspaper headlines underscore the importance of cyber defense to national security,” said Col. Gregory Conti, director of the Army Cyber Institute at the U.S. Military Academy at West Point. “The creation of the branch lays the foundation for a professional cyber force to best protect the Nation.”



The Cyber Branch already reached a milestone accepting the first six officers for duty as cyber operations officers in the 17A area of concentration. Five of the six will be assigned to the 780th Military Intelligence Brigade (Cyber), at Fort Meade, Maryland, with the sixth assigned to the Cyber Protection Brigade at Fort Gordon.

By October 2015, enlisted Soldiers joining the career field will be designated as military occupational specialty 17C, cyber operations specialist, while warrant officers will become 170A cyber operations technicians. The process for warrant officers and NCOs to transfer to career field 17 is under development.

According to Col. Jennifer Buckner, commandant of the U.S. Army Cyber School, within the Cyber CoE, the branch will form in two phases, with a target of bringing almost 1,200 officers, warrant officers and enlisted Soldiers into the branch during the first phase, through 2016. In the second phase, the cyber branch will incorporate electronic warfare Soldiers in the 29-series Military Occupational Specialty.

“Much of the infrastructure of the branch is still under development,” Buckner said. “For ex-

ample, for the time being, officers selected for the branch will attend either signal or military intelligence officer education courses. However, the Army needs outstanding young men and women with these qualifications now, so we will start to build the branch with the available institutional training and plan to evolve to cyber-specific courses in fiscal year 2016.”

As the proponent for the Army’s newest career field, the Cyber CoE is developing the accession standards and strategies for filling positions in the branch. Although the Army is currently accepting applications from second lieutenants through colonels, the Cyber CoE is still working on firm standards for entry into the branch, Buckner said. In order to be eligible, applicants must be able to obtain a top secret clearance and be able to pass and maintain a counter-intelligence polygraph and National Security Agency access. She added that a bachelor’s degree in a science, technology, engineering or mathematics discipline would be a plus.

“Beyond that, we’re still developing standards,” Buckner said. “So my advice is, if you can meet the basic requirements, feel you have something to offer to our Cyber branch and are motivated to join what will truly be an elite corps of professionals in our Army, then go ahead and apply.”

Once accepted into the career field, officers, warrant officers and enlisted Soldiers will fill a wide variety of positions with cyber

mission force units and traditional Army formations, including cyber operator, analyst and planner positions. The branch will also include traditional leadership, command and staff positions.

Although a significant number of cyber positions will be located at Forts Gordon and Meade as the majority of cyber elements are assigned there, cyber Soldiers will have assignment opportunities across the force. The Army’s total force approach to cyber includes significant growth in the Army National Guard and Army Reserve’s cyberspace capabilities and capacities.

“We believe the branch will attract high quality talent to the Army and many of those people, once they experience the opportunities available in the cyber branch will choose to stay,” Conti said.

“I think membership in the cyber branch presents an exciting, cutting-edge opportunity for the right Soldiers,” Buckner said. “It will be a unique gathering of professionals, using skills that have become associated with the bad guys in our popular culture. But we’ll be wearing the white hats – good Soldiers, doing good work in cyberspace for a great nation. I can’t think of a more interesting and rewarding opportunity to serve than that.”

For information on joining the Cyber branch as an officer, contact the Human Resources Command Cyber branch at (502) 613-5398/6614. Enlisted and warrant officer branch contact information will be released as it is established.

Cybercom chief details U.S. cyber threats, trends

By Cheryl Pellerin
Department of Defense News

WASHINGTON — Cyber threats are real, hurting the nation and its allies and partners, costing hundreds of billions, and potentially leading to a catastrophic failure if not addressed, Navy Adm. Michael S. Rogers told a House panel Nov. 20.

Rogers, the commander of U.S. Cyber Command, director of the National Security Agency and chief of the Central Security Service, testified before members of the House Permanent Select Committee on Intelligence on advanced cyber security threats facing the United States.

Cyber threats ‘not theoretical’

“There should be [no] doubt in anybody’s mind that the cyber challenges we’re talking about are not theoretical. This is something real that is impacting our nation and those of our allies and friends every day,” Rogers said.

Such incidents are costing hundreds of billions of dollars, leading to a reduced sense of security and potentially to “some truly significant, almost catastrophic failures if we don’t take action,” the admiral added.

In recent weeks, cyber-related incidents have struck the White House, the State Department, the U.S. Postal Service, and the National Oceanic and Atmospheric Administration.

The Defense Department, the U.S. Sentencing Commission and the U.S. Treasury also have had cyber intrusions.

Sophisticated malware has been found on industrial control systems used to operate U.S. critical infrastructure, and other major intrusions have been reported by J.P. Morgan Chase, Target, Neiman Marcus, Michaels, Yahoo! Mail, AT&T, Google, Apple and many more companies.

Intrusions seek to acquire capability

“We have ... observed intrusions into industrial control systems,” Rogers said. “What concerns us is that ... capability can be used by nation-states, groups or individuals to take down” the capability of



NAVY PHOTO BY PETTY OFFICER 2ND CLASS JOSHUA J. WAHL
U.S. sailors assigned to Navy Cyber Defense Operations Command take their stations at Joint Expeditionary Base Little Creek-Fort Story, Va., Aug. 4, 2010. The Navy and the other service branches are contributing service members to the U.S. Cyber Command workforce.

the control systems.

And “we clearly are seeing instances where nation-states, groups and individuals are aggressively looking to acquire that capability,” he added.

Rogers said his team thinks they’re seeing reconnaissance by many actors to ensure they understand U.S. systems in advance of exploiting vulnerabilities in the control systems.

“We see them attempting to steal information on how our systems are configured, the specific schematics of most of our control systems down to the engineering level of detail so they [see] ... the vulnerabilities, how they are constructed [and] how [to] get in and defeat them,” the admiral said.

“Those control systems are fundamental to how we work most of our infrastructure across this nation,” Rogers added, “and it’s not just the United States – it’s on a global basis.”

Growth areas of vulnerability

When he’s asked about coming trends, Rogers said, industry control systems, and supervisory control and data acquisition systems come to mind as “big growth areas of vulnerability and action that we’re going to see in the coming 12 months.”

“It’s among the things that concern me the most,” he added, “because this will be truly destructive if someone decides that’s what they want to do.”

What it means, he said, is that malware is on some of those systems and attackers may already have the capability to flip a switch and disrupt

the activity the switch controls.

“Once you’re into the system ... it enables you to do things like, if I want to tell power turbines to go offline and stop generating power, you can do that,” he explained. “If I want to segment the transmission system so you couldn’t distribute the power coming out of power stations, this would enable you to do that.”

Criminals as surrogates for nation-states

The next trend Rogers sees near-term is for some criminal actors now stealing information designed to generate revenue to begin acting as surrogates for other groups or nations.

“I’m watching nation-states attempt to obscure, if you will, their fingerprints,” he said. “And one way to do that is to use surrogate groups to attempt to execute these things for you.”

That’s one reason criminal actors are starting to use tools that only nation-states historically have used, the admiral said.

“Now you’re starting to see criminal gangs in some instances using those tools,” he added, “which suggests to us that increasingly in some scenarios we’re going to see more linkages between the nation-state and some of these groups. That’s a troubling development for us.”

Such activities across the cyberspace, he said, make it difficult for private-sector companies to try to defend themselves against rapidly changing threats.

A legal framework for

cyber sharing

But before Cybercom can help commercial companies deal with cyber criminals and adversarial nation-states, Rogers said the command needs a legal framework “that enables us to rapidly share information, machine-to-machine and at machine speed, between the private sector and the government.”

The framework, he added, must be fashioned in a way that provides liability protection for the corporate sector and addresses valid concerns about privacy and civil liberties.

Such legislation has passed in the House but not in the Senate, and the Senate has created its own similar legislation that has not yet passed the full Senate.

Rogers says there are several ways Cybercom can share what it knows about malicious source code with the private sector so companies can protect their own networks, and assure Americans that NSA isn’t collecting or using their personal information while sharing information with private companies.

What the private sector needs

With private-sector companies, Cybercom and NSA must publicly “sit down and define just what elements of information we want to pass to each other,” he said, specifying what the private sector needs and what the government needs, and also areas that neither wants to talk about.

“I’m not in that private-sector network, therefore I am counting on the private sector to share with us,” the admiral said.

What he thinks the government owes the private sector is this – Here are the specifics of the threats we think are coming at you. Here’s what it’s going to look like. Here’s the precursor kinds of activities we think you’re going to see before the actual attack. Here’s the composition of the malware we think you’re going to see. Here’s how we think you can defeat it.

What Rogers says he’s interested in learning from the private sector is this – Tell me what you actually saw. Was the malware you detected

written along the lines that we anticipated? Was it different and how was it different? When you responded to this, what worked for you and what didn’t? How did you configure your networks? What was effective? What can we share with others so the insights of one come to the aid of many?

“That’s the kind of back-and-forth we need with each other,” Rogers said, and legislation is the only thing that will make it happen.

Helping defend critical infrastructure

Rogers says he tells his organization that he fully expects during his time as Cybercom commander to be tasked to help defend critical infrastructure in the United States because it is under attack by some foreign nation or some individual or group.

“I say that because we see multiple nation-states and

in some cases individuals in groups that have the capability to engage in this behavior,” the admiral said, adding that the United States has seen this destructive behavior acted on and observed physical destruction within the corporate sector, although largely outside the nation’s borders.

“We have seen individuals, groups inside critical U.S. infrastructure. That suggests to us that this vulnerability is an area others want to exploit,” the admiral said. “All of that leads me to believe it is only a matter of time when, not if, we are going to see something traumatic.”

Rogers says he’s “pretty comfortable” that there is broad agreement and good delineation within the federal government as to who has what responsibilities if Cybercom is called on during a major cyberattack in the United States.

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USAREUR: Eastern Europe rotations could continue

By David Vergun
Army News Service

WASHINGTON — Soldiers of the 1st Cavalry Division and later replacement units will rotate to locations in eastern Europe through the end of next year as part of Operation Atlantic Resolve, and those rotations could continue after next year and for the foreseeable future, the commander of U.S. Army Europe said Nov. 24.

Lt. Gen. Ben Hodges spoke to reporters at the Pentagon from Vilnius, Lithuania, via a video teleconference.

The rotations — part of the Army's regionally aligned forces concept — are taking place in Eastern Europe to provide "important assurance" to NATO allies of U.S. commitment and "deterrence to Russian aggression," Hodges said. Also, the presence of U.S. forces in Eastern Europe will ensure a more rapid response, should aggression occur, he added.

Forward-stationed forces

Because the United States no longer has a massive military presence as it had in West Germany during the Cold War, the current strategy is to provide forward-stationed forces with a rapid-response capability. The strategy also relies on training with local NATO forces, he said.

The other part of the strategy is to pre-position equipment in Eastern Europe, Hodges said. While there are logistical assets already in Germany, the idea is eventually



NATO PHOTO BY BRITISH ARMY WO2 IAN HOULDRING

Army Lt. Gen. Ben Hodges, right, commanding general, U.S. Army Europe, talks with Maj. Gen. Sir George Norton, deputy commander, NATO Rapid Deployable Corps Italy, at the Distinguished Visitor Day visit to Exercise ARCADE Fusion Nov. 20.

to move a heavy brigade combat team with its tanks and Bradley vehicles to an area further east, such as Poland, Romania, or one of the Baltic countries, he added. The Defense and State departments, as well as NATO countries, are now discussing the location, he said.

Although "the footprint in Europe is much smaller than it used to be, we can still provide the needed capabilities," the general said, adding that he's hopeful that overseas contingency operations money will be approved for all of the necessary expenses that come with ramping up Operation Atlantic Resolve.

Two reasons for optimism

The reason for optimism is two-fold, he said. First, the U.S. has committed to a strategy to defend eastern Europe's NATO countries through the European Reassurance Initiative.

Second, NATO itself is now on board. "I've never seen the NATO alliance more unified than coming out of the [September] summit in Wales," he said, explaining that the heads of NATO nations "recognized Russia's illegal annexation of Crimea and its illegal activities inside eastern Ukraine."

Hodges said he believes that with NATO resolve, Russia would

not dare to engage in a conventional attack. Rather, he said, they would try to stir up ethnic Russians, as they did in Ukraine, or intimidate nations, as they tried to do in Lithuania.

At the end of the Cold War, he explained, when Lithuania gained its independence, some 70,000 Lithuanian soldiers who were drafted by the Russian government didn't report for duty because their country had become a sovereign nation. Russia's government issued extradition orders, declaring those soldiers to be fugitives or draft dodgers, the general said.

That NATO agreed to sanc-

tions against Russia and declared its resolve against its aggression is all the more impressive, he said, because not all of the 28 NATO allies agree that Russia is the No. 1 threat the alliance faces. For example, some southern NATO countries see illegal immigration from north Africa as the bigger threat, and Turkey looks across its border at Iraq and Syria and sees the trouble there as its chief concern.

'Strong Europe' slogan

That the U.S. Army is committed to standing alongside its European allies is reflected in a new slogan: "Strong Europe," which is a take on the "Army Strong" slogan, Hodges said. The strength of the Army is its dedicated soldiers and their leaders, he said, many of whom spent Thanksgiving in eastern Europe.

"I'm extremely proud of them," he said, noting that he had spent time earlier in the day with Soldiers of the 1st Cavalry Division in Lithuania. Later this week, he said, he'll visit Soldiers in Estonia and Poland.

Hodges said the United States and NATO will not be intimidated by Russian aggression, and that any aggression will be met with a firm and rapid response. He noted that a few months ago, Russian President Vladimir Putin said, "We can be in Vilnius in two days."

"Well, I got here in three hours, coming from Wiesbaden," Germany, Hodges said.

Army in final steps of defining service 'ethic'

By C. Todd Lopez
Army News Service

WASHINGTON — As guests of Secretary of the Army John M. McHugh, about 100 Army civilians within the Senior Executive Service met Nov. 20 at the National Defense University to discuss and provide input on a new addition to Army doctrine called the "Army Ethic."

This coming June, the Center for the Army Profession and Ethic at Fort Leavenworth, Kansas, will release the second edition of the Army Doctrine Reference Publication 1, called "The Army Profession." This time around, that publication will contain an entire chapter dedicated to defining the Army Ethic, something that was mentioned only in brief in the first edition of AD RP 1 in June 2013.

At the National Defense University, Army civilians discussed options for integration of the Army Ethic throughout the professional development process for Army civilians and provided their thoughts on how to strengthen morale, retention, and esprit within the Army Civilian Corps.

"We think of ourselves as ethical people," McHugh said. "We have standards and measurements by which we guide our lives — it's kind of the glue that holds our society together."

But he said person to person, ethical standards vary. And that is why there needs to be a unifying ethic for the Army.

"As an organization, we really need to think of ourselves more as a single organism, as a single profession," he said. "Which means it's better if we can come together, if we can come to the most common understanding we can as to what it means to be an Army professional and what it means to live the Army ethic."

The secretary asked senior Army civilians for their "honest reactions" and "candid input" regarding a proposed version of the Army Ethic. The document has already been seen by and commented on by officers attending the May 2014 class of the Command and General Staff College. Additionally, two-star Army generals had their own chance to provide input in July during a forum hosted by Chief of Staff of the Army Gen. Ray Odierno at the U.S. Military Academy at West Point, New York.

"What I hope we can all take away from today's effort ... we have to have that shared vision among all of us — uniform and civilian — because we are one Army and we are very proud of that fact," McHugh said. "And we have to reinforce guidance we generate here today on how we live the Army ethic."

McHugh told the civilians he needed their "observa-

tions, and counsel, on how the Army can integrate these principles throughout its professional development effort. It has to permeate the entire Army — civilian and military."

The current draft Army ethic defines a "trusted Army professionals" as being three things: "honorable servants of the nation — professionals of character;" "military experts — competent professionals;" and "stewards of the Army profession — committed professionals."

"As trusted Army professionals, we strive to be honorable military experts, and servants, and stewards of the Army — as a professional institution — and do the right thing by the people who are entrusted to us," he said. "That is our identity. That is who we claim we are ... as we practice this profession we must uphold the Army ethic, and reflect a common understanding of why we serve and how we serve in defense of the American people."

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PHOTO BY JOHN G. MARTINEZ

About 100 senior Army civilians within the Senior Executive Service met Nov. 20 at the National Defense University in Washington, D.C., as guests of Secretary of the Army John M. McHugh to discuss and provide input on a new addition to Army doctrine called the "Army Ethic."



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Army Emergency Relief releases new app

Army Emergency Relief
Press Release

WASHINGTON — Army Emergency Relief released an app that will provide Soldiers and families instant access to AER information 24/7.

The app will provide basic information about AER, explain the specifics of both the assistance and scholarship application process, as well as explain loan repayment procedures, said retired Col. Guy Shields, AER's chief of communications and public affairs.

Highlights of the app are the "Frequently Asked Questions" buttons in each category. These FAQs address the vast majority of questions that are received at AER Headquarters every day. Another key feature of the app will be the "AER

News" button, which will be the "live" Twitter feed of @aerhq that will provide the latest AER news, updates and financial management tips.

The app is available for iPhones at the Apple App Store and for phones that use the Android operating system at Google Play. Soldiers will be able to go to their respective app store and download the AER app for free. Simply enter "Army Emergency Relief" in the search field.

"Our analytics have been telling us that more and more of the visitors to our website are using mobile devices," said Shields "In October 2013, 24 percent of the visits to our website came from mobile devices. That grew to 40 percent in October 2014.

"We know that many of our Soldiers and families use their smart phones as

their computer, as well as their primary means of communication," he continued. "We believe that making AER information available to them in a format that they are familiar with will help expedite the assistance process."

In addition to providing loans and grants for emergency travel, initial rent deposits and vehicle repairs, AER continues to be the organization of choice for Soldiers' unique financial needs to include household and appliance repair, family dental care and initial home furnishings, he said.

AER is a private, non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than \$1.6 billion to more than 3.6 million Soldiers, families and retirees.



ARMY EMERGENCY RELIEF PHOTO ILLUSTRATION

Army Emergency Relief released a new app which will provide Soldiers and families instant access to AER information 24/7.

Researchers test insect-inspired robots

By Joyce P. Brayboy
*U.S. Army Research Laboratory
Public Affairs*

ADELPHI, Md. — Army researchers are finding they have much to learn from bees hovering near a picnic spread at a park.

Dr. Joseph Conroy, an electronics engineer at the U.S. Army Research Laboratory, part of the Research, Development and Engineering Command, works with robotic systems that can navigate by leveraging visual sensing inspired by insect neurophysiology.

A recently developed prototype that is capable of wide-field vision and high-update rate, hallmarks of insect vision, is something researchers hope to test at the manned and unmanned teaming exercise at the Maneuver Center of Excellence, Fort Benning, Georgia. This project will give the Army a chance to implement methods of perception such as 3-D mapping and motion estimation on a robotics platform, Conroy said.

The Maneuver Center of Excellence exercise will test whether ARL's robotics platform is on track with the Army's vision to team a robot with a Soldier. The tests will help to inform ARL researchers on how Soldiers might utilize information that can be provided by these platforms while attempting to clear a building from a safe distance in an urban environment, Conroy said.

The military's goal of teaming autonomous systems with Soldiers requires collaboration among a variety of researchers from within ARL and outside, including Carnegie Mellon University researchers, who have been the primary collaborators for this project.

Carnegie Mellon is part of the Micro-Autonomous Systems Technology Collaborative Technology Alliance, or MAST CTA, of ARL's robotics enterprise, which explores ways to enhance Soldiers' situational awareness on the battlefield through basic research on micro-scale robotic systems.

The MAST CTA is led by BAE Systems, with principal members — the Jet Propulsion Laboratory, University of Maryland, University of Michigan and University of Pennsylvania, and 13 other university consortium members.

"The upcoming tests are a small example of a much larger effort," said Brett Piekarski, Collaborative Alliance manager. "The university researchers across the consortium work with the Army researchers to come up with systems that can provide Soldier/robot teaming, and be transitioned to industry."

The prototype is designed to help Soldiers



PHOTO COURTESY OF KREL ROBOTICS

These nano-quads are the size that the U.S. Army Research Laboratory Micro-Autonomous Systems Technology consortium of researchers envision. The current state is about as compact as a microwave oven.

have tactical awareness at the squad and personal level in urban and complex environments.

"If our prototype operates in the way it was designed to during these tests, it would be a technical win," Conroy said. "But I would say the real goal of this exercise is to put the technology in the hands of Soldiers, gather their feedback, and gain understanding about what will make autonomous systems more useful."

The components of the quad rotor are a mix of commercial and custom-designed parts to develop the navigation, exploration and mapping necessary for military applications, said Brendan Byrne, who manages the platform from the perspective of Computational and Information Sciences.

"Carnegie Mellon has previously demonstrated many of the capabilities that we will require for this project in a controlled environment, however, we are testing 3-D mapping and localization in a large, unstructured environment," Byrne said.

ARL has been working with the Carnegie Mellon team for about two years, but only for the last nine months for the MUM-T exercise, Byrne said.

Issues can be uncovered when ARL engineers probe weaknesses in experimental setups that have been previously used to demonstrate capabilities in controlled environments. Further collaboration with university researchers can address these issues and produce a far more robust system.

The university researchers addressed the issues and came back with a far more robust algorithm, he added. "Just yesterday we were flying it through the building, zipping up and down stairwells."

ARL is interested in stretching the boundaries of what will be feasible for Army unmanned system doctrine. The lab's novel technology will be the least mature platform represented at MUM-T.

"We take a crack at unsolved problems," Byrne



Army researchers address the challenge of Soldier/robot teaming at the squad level.

said. "The technology may not completely work, but it directs where our attention should be focused."

Today, human/robot teaming requires a lot of hands on participation from the Soldier but this platform is designed to navigate through a 3-D maze and avoid obstacles without help, he said.

MUM-T will be the first time ARL has demonstrated the technology in a more operational environment.


"It is exciting," Byrne said. "On one hand, the technology offers the most cutting edge possibilities. On the other hand, the lack of maturity makes it the most prone to failure."

Over the past few decades, there has been much

interest in this class of flying robotic platforms known as micro-air vehicles. The palm-sized vehicles operate relatively low to the ground, and are capable of navigating indoors or outdoors with stealth, low cost and low operator workload.

Engineers begin look-

ing to insects because of the robust navigation in uncertain environments. In particular, Conroy became interested in the insect capability of detecting and tracking small targets, and their capability for perceiving structure of the environment without stereo vision.



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Safety: Simple steps ensure happy holidays

Continued from Page A1

Get an engine tune-up in the fall, be sure all lights are in good working order, have the brakes adjusted, check the battery and voltage regulator, and remember to switch to winter-weight oil if not already using all-season oil.

Being properly prepared is the key to safe, winter driving, he said.

“Avoid driving while you’re fatigued,” said Johnson. “Getting the proper amount of rest before taking on winter weather tasks reduces driving risk. Also, never warm up a vehicle in an enclosed area and make certain your tires are properly inflated.”

He also advises to never mix radial tires with other type of tires and to keep the gas tank at least half full to avoid gas line freeze ups.

Before heading out on long trips, Johnson said people should watch weather reports beforehand to avoid hitting bad weather, and even suggests delaying a trip when especially bad weather is expected.

“If you really don’t have to go out, don’t,” he said. “Even if you can drive well in the snow, not everyone else can, so don’t tempt fate.

“If you must leave, let others know your

route, destination and estimated time of arrival,” said Johnson, “and always make sure your vehicle is in peak operating condition by having it inspected by a AAA-Approved auto repair facility.”

When driving, Johnson said drivers should never use cruise control when driving on slippery or wet surfaces, especially during rain or snow storms.

“Always look and steer where you want to go and always wear a seat belt every time you get into your vehicle,” he said.

If driving in snow, people should take extra care, especially if it’s not something they are used to, he said.

“Accelerate and decelerate slowly,” said Johnson. “Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don’t try to get moving in a hurry and take time to slow down for a stoplight. Remember, it takes longer to slow down on icy roads.

“Drive slowly. Everything takes longer on snow-covered roads – accelerating, stopping, turning – nothing happens as quickly as on dry pavement,” he continued. “Give yourself time to maneuver and remember that the normal dry pavement following distance of three to four seconds should be increased to eight to 10 seconds in snowy conditions.”

Braking can sometimes be tricky in the snow, and that’s why Johnson said people need to know their brakes – whether they are antilock brakes or not.

“The best way to stop is threshold breaking,” he said. “Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.”

People should also prepare an emergency kit when traveling, to include a cellular telephone, blankets, gloves, hats, food, water and any needed medication.

In the event that people become snow-bound, Johnson said the best course of action is to stay with the vehicle, which will provide a temporary shelter and make it easier for rescuers to locate them.

“Don’t try to walk in a severe storm. It’s easy to lose sight of your vehicle in blowing snow and become lost,” he said. “Also, don’t over exert yourself if you try to push or dig your vehicle out of the snow.”

Instead, people should tie a brightly colored cloth to the antenna of the car or place a cloth at the top of a rolled up window to signal distress. At night, Johnson suggests keeping the dome light on if possible to make it easier for rescuers to see.

“Make sure the exhaust pipe isn’t clogged with snow, ice or mud,” he added.

“A blocked exhaust could cause deadly carbon monoxide gas to leak into the passenger compartment if the engine is running.

“Use whatever is available to insulate your body from the cold, including floor mats, newspapers or paper maps,” he said. “If possible, run the engine and heater just long enough to remove the chill, (but try to) conserve gasoline.”

In order to help people on Fort Rucker stay safe throughout the holidays, the automotive skills center is offering free pre-Christmas vehicle inspections Mondays and Tuesdays from now through Dec. 23 from 8-4 p.m.

“We conduct these free safety inspections before most major holidays. We want to make sure Soldiers and their Families are safe before they go on long trips,” said Tina Barber, auto skills center program manager.

The mechanics will do an overall inspection of the vehicle – checking multiple areas, including engine fluid levels, radiator fans, tire condition, belts and lights. The inspections are by appointment only, so people must make sure to call to reserve a time.

For more information or to make an appointment, call 255-9725.

Tips: Quick action key to recovery after online theft

Continued from Page A1

Community Police supervisor for Fort Rucker’s DPS.

“A lot of people now shop online during the holiday season, and when they do so, they need to make sure that they are shopping on a secure website,” she said. People should look for a little lock pad in the URL that tells them that the website is secure, and if they have any questions about the site, they should call the site directly and ask questions, or do whatever they can to verify that the site is reliable.

Most reputable websites will secure their websites with encryption, especially when dealing with financial information like credit card numbers or bank information. Encrypted websites will start with “https” at the beginning of the web address – the “s” at the end of “http” stands for “secure,” according to the Federal Trade Commission website, ftc.gov/idtheft.

The threat of identity theft is everywhere, but people can be more at risk while doing shopping online, said Contreras. If people do their shopping online, she suggests that the visit only websites that they have trusted in the past.

“People need to do their homework when shopping online, or in general,” she said. “If you are shopping on a new website that you’ve never been to before, you need to

be extremely careful. If there is any indication to them that the website might be bogus, take the extra step to check it out or avoid it altogether.”

People should also be wary of misspelled words in emails and especially web addresses, which are usually telltale signs that the website is fraudulent, she said. Also, people should never divulge personal information through email, phone or text messages, and especially avoid giving out Social Security numbers.

Another threat that people should be aware of are online scammers who will pretend to sell items that they don’t really have, said the community police supervisor. Websites that people can buy directly from other people are usually done at their own risk, so she suggests that people avoid those entirely if possible.

Although the threat of identity theft is out there, Contreras said that responsibility continues to fall on the individual to make sure they are protected, and that protection should also extend to their children.

“It would be wise to think about your children because a lot of times we don’t think about it, but their identities can be stolen, as well,” she said. “You don’t want to wait until they’re 16 or 18 to find out that they have something on their credit report, so make sure you check up on it while they’re young.”

An extra preventative measure that people can take is to take on a credit-monitoring service, said Contreras. These companies will monitor your information and any unusual activity to prevent identity theft.

Some red flags people should look out for are: mistakes on bank, credit card or other statements; bills or collection notices for services never received; calls from debt collectors about debts that don’t belong; unwarranted collection notices on their credit report; or even calls and emails about accounts in their child’s name, according to the FTC.

If people experience anything like this, they need to contact one of the nationwide credit reporting companies, said Contreras. Even if there is no issue, she suggests that people do this after the shopping season is over to be sure.

Having one’s identity stolen is bad enough, but the recovery from the havoc it can cause to a person’s credit report can take a long time to bounce back from, so Contreras said the best form of protection is prevention.

“You don’t want to wait six months down the road to find out that somebody might have used of your information,” she said. “We live in a new time now. We used to sleep with the doors open but now you we can’t do that. If you leave your information where someone can get it, they will.”

Vigilance: Garbage, social media can give thieves information

Continued from Page A1

people don’t need to let their guard down once they are in their home because houses can become a prime target for criminals during the holidays, according to Matthew Roe, communications specialist for Corvias Military Living.

“Burglaries are a rare thing on post, but it can still pose a threat, especially during the holiday season,” said Roe. “There’s a lot more opportunity during this time of year because people are purchasing a lot of high-value items. Fort Rucker is a pretty safe community, but people still need to remain cautious.”

Roe suggests that people avoid bringing too much attention to their home, and one way to do this is by making sure to not stack too many presents under the tree near a window. Presents that are visible from the outside of the house can be very inviting for criminals, he added.

In order for people to feel safer in their homes throughout this time of year, as well as year round, Roe said people should always make sure to lock their windows and doors, and secure their garage doors.

Many people will be traveling out of town during this time of year and people need to make sure they secure their home before they leave town as well, he added.

“If you’re traveling out of town, ask a friend or neighbor to check on your mail and pick up newspapers from the yard,” said Roe. “Also, install timers to turn lights on and off during the evening hours, and if others on the installation notice something that is out of the ordinary, they should call the military police.”

Residents can even opt for quarters checks provided by the Fort Rucker Military Police by stopping by the Directorate of Public Safety and filling out a form that allows police officers to check on their homes while they are out of town. This

is a service that is provided year round, not just around the holidays, so people should take full advantage, added Roe.

Even after the season of gift giving is over, Whittaker said that people should be careful not to stack all of their opened gift boxes on the sides of the street too long before trash pickup. The boxes can almost advertise to potential criminals what items are in the home and make the home a potential target.

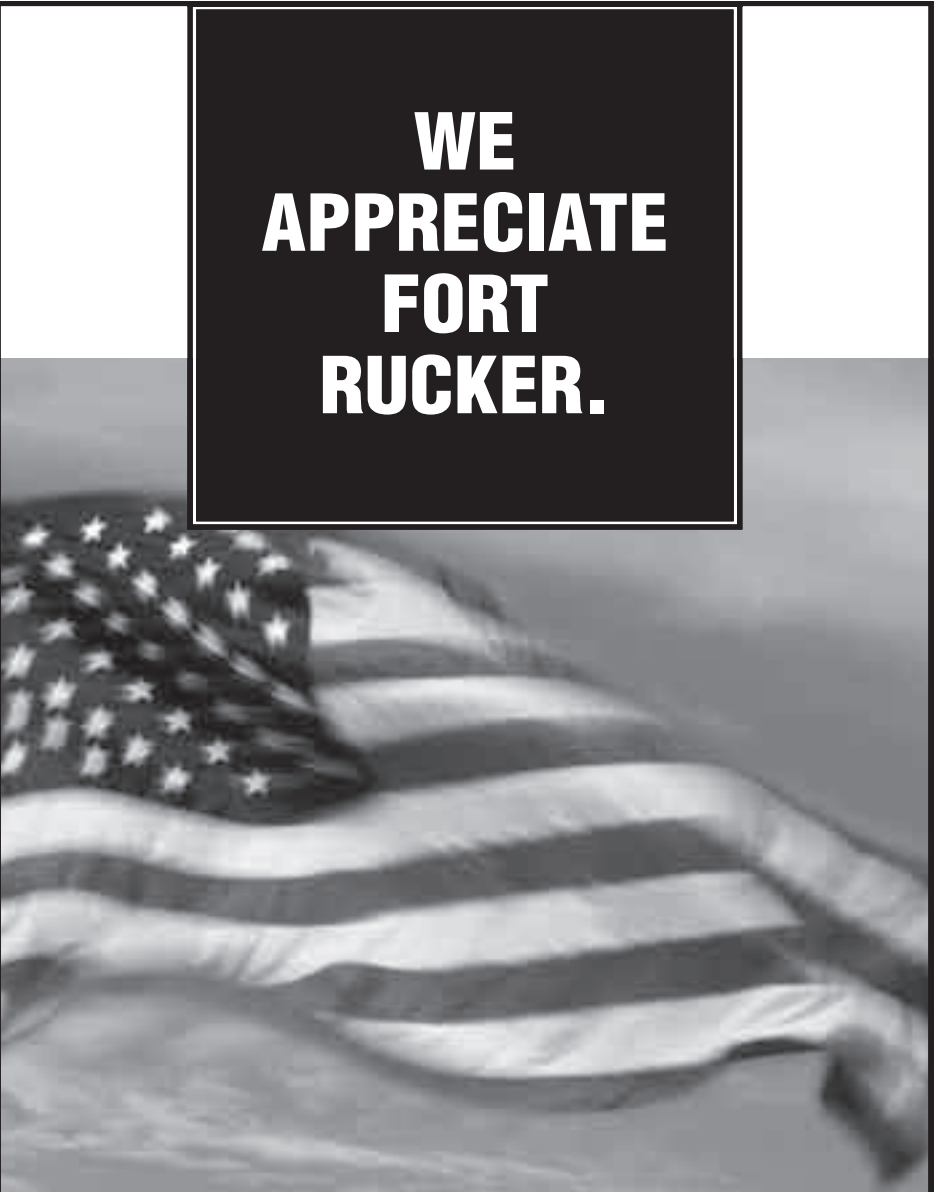
Break the boxes down and place them in an opaque trash bag, or wait until the day of trash pickup and give the items to the sanitation department when they arrive, said the OPSEC officer.

Another thing people need to be wary of is posting personal information on social media websites, which can provide a wealth of information to any criminal, said Whittaker.

“People need to watch what they are putting (on these sites), especially in regards to where they are going,” he said. “These are just opportunities for (criminals). If I’m a criminal and I know when you’re leaving or what you’re planning to do, that allows me to easily plan and see what it is I’m going to do to take advantage of you.”

Whittaker said people should avoid posting this type of information, and also be aware that when they take photos and post them on many of these sites, the photos are geotagged so that the location of the place the photo was taken can be traced. People should go into their settings and disable location-sharing information on their smart phones and devices.

“People aren’t expecting to get taken advantage of during this time of year because the holidays are suppose to be about giving and love, but people have to be vigilant and aware of their surroundings,” he said. “We live in a different world now and some people have different motives, and they will take advantage of you if they can.”



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Photo courtesy of Brenda Adams

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END OF AN ERA: *Last MH-60K Black Hawk takes its final flight*

By Sgt. 1st Class Thaddius S. Dawkins II
United States Army Special Operations Aviation Command (Airborne)
Public Affairs

FORT PIERCE, Fla. — As the crowd gathered around the National Navy Sea, Air and Land Museum Nov. 19, it became clear this wasn't a standard military retirement. There was no podium, no colors and no sound system. A small crowd gathered with their eyes fixed on the horizon.

Then, a familiar sound became increasingly audible to the special operators in attendance. That sound was the rotors of two MH-60 Black Hawks, an MH-60K and an MH-60L, as they appeared over the shoreline, flying as a team one final time.

The MH-60K, Tail No. 388, made it's long anticipated final flight from Fort Campbell, Kentucky, to the National SEAL Museum, where it will be demilitarized and put on display.

"The relationship between the Army,

the Navy and what we do has been in the shadow for a long time," said Rick Kaiser, a retired Navy Seal Master Chief Petty Officer and Executive Director of the museum. "A lot of people will ask the same question — 'Why do you have this Black Hawk in here?' People always assume it's Navy aircraft that fly the SEALs around. We will then be able to tell them the story about the relationship between the SEALs and the Army Special Operations Aviators."

The process, which began almost a year prior, required careful coordination between several command elements, branches and offices across the Army: the unit who owned the aircraft — 1st Battalion, 160th Special Operations Aviation Regiment (Airborne), 160th SOAR (A) Operations Section, the United States Army Special Operations Aviation Command (Airborne) Aviation Readiness Branch,

SEE FLIGHT, PAGE B4



PHOTO BY SGT. 1ST CLASS THADDIUS S. DAWKINS II

Pilots from the 160th Special Operations Aviation Regiment (Airborne) stand with the unit's last MH-60K Black Hawk, Tail No. 388, prior to handing the aircraft over to the National Navy Sea, Air and Land Museum Nov. 19.



AIR FORCE PHOTO BY TECH. SGT. HEATHER REDMAN

Specs. Jack Wood and David Swain prepare to attach a container to a CH-47 Chinook helicopter during air load and fly-away training on Soto Cano Air Base, Honduras, Nov. 25. Wood and Swain are assigned to the Joint Task Force-Bravo U. S. Southern Command Situational Assessment Team, Army Forces Battalion.

MISSION READY

2-6th Cavalry prepares for Korea deployment

By Staff Sgt. Tramel S. Garrett
25th Infantry Division
Public Affairs

SCHOFIELD BAR-RACKS, Hawaii — The Soldiers assigned to 25th Combat Aviation Brigade, 25th Infantry Division, vigorously trained day and night in a brigade-wide field training exercise to validate 2nd Squadron, 6th Cavalry Regiment, as the unit prepares for an operational deployment to Korea.

The focus of this combined training exercise was aimed at the individual, team, scout weapon team and company level as the forces integrated for modern battlefield training while maneuvering from one location to another.

"This field exercise is our culminating training event for our pending deployment to Korea. We are doing to the individual task and working our way up to see where our Soldiers stand," Command Sgt. Maj. Gerardo Gonzalez, 2-6th Cavalry senior enlisted adviser. "As the command sergeant major to the squadron, I also wanted to see where troops stand on everyday tasks."

The training challenged Soldiers with realistic scenarios, to include engag-



PHOTO BY CW3 MARK LEUNG

Aviators with the 25th Combat Aviation Brigade, 25th Infantry Division, conduct a brigade-wide combined training exercise to validate 2nd Squadron, 6th Cavalry Regiment, as the unit prepares for an operational deployment to the Republic of Korea.

ing mechanized enemy forces and water gunnery training. This was an opportunity for Soldiers to learn from their mistakes and to build unit cohesion.

Additionally, Soldiers established fuel points, rearming points, conducted convoy operations and relocated 95 pieces of equipment from one side of Oahu to the other.

"Our troops are experts and being able to jump from Oahu to the big island (of Hawaii) and re-establishing themselves, arm and refuel our helicopters — (this) is one

thing this regiment does very well," Gonzalez said. "This training is incredibly helpful to the 25th ID supporting the Pacific area of responsibility."

While on the big island, Soldiers were tested with a live-fire exercises, reconnaissance and security. In addition, petroleum specialists set up mobile gas stations to ensure every Soldier had the opportunity to sharpen their military occupation specialty, as well as, common skills tasks.

Because of the unique terrain, Hawaii provides a genuine battlefield en-

vironment, which will to prepare for their future deployment to the Korean peninsula. As a result, training over land and water would play a role in the culmination event of the training exercise with air and ground integration.

The operation began on Wheeler Army Airfield and ended in the Kahukus Training Area. Similar to the upcoming mission in Korea an infantry platoon was air assaulted into a location to deter enemy forces.

SEE MISSION, PAGE B4

Medevac pilot reflects on his Cherokee heritage

By Staff Sgt. Whitney Houston
U.S. Forces Afghanistan

BAGRAM AIRFIELD, Afghanistan — For more than 200 years, Native Americans have served with distinction in the ranks of the U.S. military. Their bravery and dedication has played a significant role in military victories.

Capt. Eric Doe, a Long Island, New York, native who serves as a battle captain and medical evacuation pilot with Task Force Pale Horse, 82nd Combat Aviation Brigade, 82nd Airborne Division, is one of the about 22,000 Native Americans serving in today's military and carrying on that tradition of service. Doe and his unit provide aerial over watch for three Aviation task forces in Train Advise and Assist Commands East and South from Bagram Airfield.

"My job is basically to manage the overall day-to-day aspects of Task Force Corsair, Task Force Talon, and Task Force Wolf Pack," Doe said. "I need to understand what they're doing so I can provide my commander oversight and situational awareness of what's happening in theater, which enables them to make sound operational decisions in a timely manner."

"It's a pretty intense job," he said. "Twelve hours a day you're focused and making sure nothing bad happens. If something bad does happen, you're allocating the appropriate resources and getting players into the game."

Doe's experience flying on the battlefield has given him a sound knowledge of what it takes for the task forces to perform their Black Hawk missions in Afghanistan.

"What first struck me about Capt. Doe is how mission-oriented he is. He's very thorough in what he does. He really cares about Soldiers and is very approachable. I have really enjoyed having him work for me," said Maj. Caryn Butler, who serves as tactical operation center chief of operations with TF Pale Horse.

Occasionally, Doe will fill his additional duty as a MedEvac pilot, which was his primary duty on his first tour to Afghanistan in 2007. During that time at Jalalabad Airfield, he had a direct hand in saving lives on many occasions.

"It's probably one of the most rewarding assignments that I've ever had, or could have in my Army career," Doe said. "There's nothing like it. When you

SEE HERITAGE, PAGE B4



COURTESY PHOTO

Capt. Eric Doe, a native of Long Island, New York, poses for a portrait at Fort Bragg, North Carolina, while he served with C Company, 3rd Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, as an aeromedical evacuation pilot.

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Flight: Donation allows preservation of MH-60K legacy

Continued from Page B1

the USASAOC (A) Technology Applications and Program Office, the SEAL Museum, and the Army Tank and Automotive Command (TACOM) donations branch. All offices worked together to ensure all the necessary requirements were met in order to legally transfer the aircraft to the museum.

Sgt. 1st Class Joseph W. Evans, USASOAC (A) Aviation Readiness Branch senior maintenance NCO in charge, has been working the project since he arrived to the unit in March.

“This is the first time I have had the opportunity to work an aircraft donation for the team,” said Evans. “Previously, I worked with the U.S. Army Center of

Military History to divest aircraft (Tail No.) 288 to the U.S. Army Aviation Museum at Fort Rucker. There is a big difference between a divestiture and an outright donation to a group not funded by the Federal Government.”

For aircraft 388’s final flight, it only seemed fitting that CW5 Ben D. Savage, 160th SOAR’s (A) command chief warrant officer, was in the cockpit. Savage has been training on the airframe since it arrived in the unit 20 years ago.

“We started getting the MH-60K in 1994,” he said. “I was part of the train-the-trainer in Block Zero. Block Zero was to train all the instructor pilots in each of the following blocks. In April of ’94 I got qualified on the aircraft and started teaching block one in the fall.”

Savage, who had close to 4000 flight hours on the MH-60K airframe, said Tail No. 388 had a storied history during its lifetime.

“This aircraft has been on multiple Joint Readiness Exercises leading up to 2001,” he explained. “It has also been in a Class A accident where it rolled over and was unable to fly for an extended period of time. In 2002, it made its first trip to Afghanistan and has flown multiple missions in Iraq, Afghanistan and Africa since that time. During one of 388’s missions, the aircraft’s copilot had his microphone boom shot off his helmet and its pilot-in-command was shot in the face. They still managed to fly the aircraft out of the area after it had taken fire, so the

aircraft has a significant history of battle damage, as well.”

The aircraft also participated in the mission that helped rescue American Jessica Buchanan and her coworker Poul Hagen Thisted. Both Buchanan and Hagen Thisted were captured by Somali pirates and held hostage for three months in 2012.

During the operation, SEAL team members parachuted into the objective and engaged the pirates, killing all of them. After the firefight, multiple aircraft evacuated the SEALs and the two hostages, including aircraft 388.

“I’m going to put this on my list of things to do once this display gets set up,” Savage said. “We are leaving our checklists, which have our names in them,

in the aircraft. So it’s an honor to know it’s going to be in the SEAL Museum. It’s quite fitting because of the number of SEALs we’ve carried around in this airframe.”

As for Evans, he said everyone’s hard work to get the aircraft donated to the museum pales in comparison to what the pilots, crewmembers and MH-60K have all given to the Special Operations community.

“To me, the reward is knowing the 160th’s last MH-60K will be preserved and on display for many years to come,” he said. “This ensures the memory of those that have gone before us and what they accomplished on so many missions with the use of the MH-60K and more specifically, aircraft 388.”

Heritage: Aviator proud to walk in ‘footsteps of giants’

Continued from Page B1

get to cheat death and say ‘Not today. This one lives. This one’s going home. This one’s coming with me,’ it’s the best feeling in the world.”

Evacuating the sick and wounded from the battlefield left many indelible impressions on him that continue to shape who he is as an Aviator. One such instance was extracting a young Soldier who was wounded by a rocket-propelled grenade in eastern Afghanistan.

“My very first dust off mission was back in 2007. We got a call that this young Soldier with the 173rd Airborne Brigade out of Vicenza, Italy, had been hit while in his vehicle with an RPG that peppered his whole left side with shrapnel,” Doe said.

Doe explained the wounded Soldier’s comrades dressed his wounds and put him on a gurney next to a Humvee while waiting for the MedEvac helicopter to arrive. The wounded Soldier later told Doe that his mind was inundated with thoughts that

he would die there, until Doe’s helicopter came into view. Then the Soldier’s despair was replaced with a hope he would live.

“That moment changed me. It was one of those things that happens in your life that makes you a different person,” Doe said. “It put everything into perspective for me, of why I’m here and why I’m doing this job, and what the job meant to me. Nothing that I’ve experienced compares to saving a life.”

Doe attributes a lot of his career success to his wife, Jenny, and son, Gavin. They drive him to succeed, he said, and the day his son was born, he knew that all of his decisions from that point on would revolve around his well being.

“Jenny is absolutely the best. She keeps me focused and on task – I can’t shout her praises enough and my boy Gavin gives me reason for everything,” Doe said.

Doe believes that everything happens for a reason, a belief that was instilled by both his mother, who is African American, and his father, who is Cherokee.

“I remember my mother always saying when I was growing up that everything happens for a reason, to never worry and that everything has a way of working itself out,” he said.

“My father also told me a story when I was young that I draw back on often about why we have déjà vu,” Doe said. “Some Native Americans believe when babies are sleeping that angels are showing them their whole life. That’s why you see them make faces, clench their fists, laugh and cry. So when you have déjà vu, it’s because you’ve already been shown that portion of your life and it’s an actual memory you already have.”

Doe explained that his belief in fate doesn’t come without effort, that luck or fate is where opportunity meets preparation, and that you have to have an active role in it for it to take its effect through your life’s journey.

Although Doe’s parents were of different ethnicities and cultures, Doe explained he always knew who he was. He said that he

never felt conflicted between cultures but rather had a deep pride and love for both.

His love for his Cherokee heritage came from his father’s influence, and bringing him to powwows where he would see his father interact within his own culture.

“I’ve always grown up with my father as an extremely prideful Native American. When we’d go to these powwows in South Carolina, I would see him surrounded by his culture. His smile was always a little bigger, his chest stuck out a little more and it’s those little things that I paid attention to.

“That same pride my father has, I have,” Doe said. “I want to pass that same pride on to my son. It’s not something that every culture does, but I have the opportunity to do it, and I look forward to it.”

Doe said that as a Native American serving in the Army, he is proud to walk in the footsteps of giants. He mentioned, in particular, his Cherokee brothers that have been awarded the Medal of Honor and fixed their place in American history.



PHOTO BY CW3 MARK LEUNG

Aviators with the 25th Combat Aviation Brigade, 25th Infantry Division, conduct a brigade-wide combined training exercise to validate 2nd Squadron, 6th Cavalry Regiment, as the unit prepares for an operational deployment to the Republic of Korea.

Mission: 2-6th assists local forces, Republic of Korea

Continued from Page B1

“We had the ability to train at several different locations in Hawaii over water and land, in a similar operations environment that we encounter in Korea,” said Maj. Mark Fulmer, 2-6th Cavalry operations officer in charge.

The 2-6th Cavalry will have the vital task of assisting the local forces and the Republic of Korea to discourage aggression in the peninsula, while attached to Eighth Army.

“Our ability to react here allows us to go out and do the humanitarian assistance and disaster relief throughout the Pacific in support of U.S. Army Pacific,” Fulmer said. “In Korea, we will be able to do the same operations tactically.”



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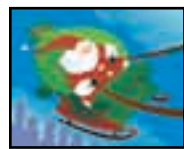
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DECEMBER 4, 2014

Happy Holidays

Tree lighting sets off string of holiday events

By Nathan Pfau
Army Flier Staff Writer

As Christmas officially kicks off on post with the tree lighting ceremony this evening, Fort Rucker has no shortage of ways to get people in the holiday spirit.

Santa Claus and his helpers will make a special visit today at Howze Field from 4:45-6 p.m. to kick off the season with the Fort Rucker Christmas Tree Lighting Ceremony, but that's just the beginning of what the installation has in store for its residents and visitors.

"Whether you're a civilian or military, single Soldier or family member, you will be able to find something to do with the many fun activities planned for this holiday season," said Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation marketing director. "It's December and that means music. Lots and lots of happy, jolly holiday music."

"We hope everyone will be able to take in one of the performances the 98th Army Band will host, starting with the tree lighting ceremony," she said. "We're very excited to have them support our annual Christmas Tree Lighting (tonight). The band puts on a great show and it's a wonderful opportunity to show your support for the talented Soldier cast and the U.S. Army."

Following the tree lighting, people can stop by The Landing for photos with Santa and Mrs. Claus from 6-7:30 p.m.

Tuesday, the Center Library will host its Christmas Craft Activity Tuesday from 3:30-4:30 p.m. where children ages 3-11 can go to make a variety of Christmas decorations and artwork.

Children must register and space is limited to the first 65 children. For more information or to register, stop by the Center Library or call 255-3885.

One of the biggest ways to get into the holiday spirit this year is with the Commanding General's Holiday Concert where the 98th Army "Silver Wings" Big Band will perform a host of holiday favorites to usher in the season of giving.

The concert will be held at the post theater Wednesday at 7 p.m. as the first in their series of performances. Subsequent performances will be held Dec. 11 at the Flowers Performing Arts Center in Ozark and Dec. 12 at the Dothan Opera House in Dothan, both starting at 7 p.m.

All concerts are free and open to the public and seating is limited, so people are encouraged to arrive early.

For those looking to keep fit while enjoying the tastes of the season, Fort Rucker will host the Holiday Ham Golf Shootout Dec. 13, with tee times run-



PHOTOS BY NATHAN PFAU

Sgt. James Old, 98th Army "Silver Wings" Band vocalist, reads "Twas the Night Before Christmas" to children in the post theater during the Commanding General's Holiday Concert last year.

ning from 7-9 a.m. at the Silver Wings Golf Course where people can play to win a holiday ham.

The game will be an Individual Stroke Play and cost to participate is \$20 per person, plus cart and green fees, if applicable. Prizes will be awarded to gross and net winners, and people must register to play by 9 a.m. Dec. 13. For more information, call 598-2449.

To get the blood pumping a little faster, Fortenberry-Colton Physical Fitness Center will host the annual Mistletoe 5K and 1-mile fun to get people pumped for the holiday season.

The run will be held in front of the fitness center Dec. 13 at 9 a.m. Participants are encouraged to pre-register for the race, and can do so at either gym or MWR central. People can also register for the race on the day of the event from 7:30-8:40 a.m.

Refreshments will be provided and trophies will be awarded in different categories, including overall male and female; master male and female; grand-master male and female; first place trophies in 14 age categories; and medals for second and third place in 14 age categories. There will also be a team trophy and team streamers awarded to the top 10 finishing teams. For more information, call 255-3794.

Following the Mistletoe 5k, people can head down to The Landing for breakfast with a very special guest. Erdlitz



Santa makes a special appearance during last year's Christmas tree lighting ceremony at Howze Field.

said there are plenty of opportunities to see the man in red, but one of the most memorable occasions is Breakfast with Santa.

Families can enjoy a morning of Breakfast with Santa Dec. 13 from 9 a.m. to noon at The Landing with a breakfast buffet to include eggs, bacon, hash browns, pancakes, toast, ham, biscuits with gravy, assorted fruits and much more.

"Families can sit down together and enjoy a spectacular breakfast, spending that quality family time together," said the marketing director. "Afterwards, kids can meet with Santa, give him their Christmas list and enjoy some fun time meeting and getting their pictures made together."

Another family-friendly activity to get into the swing of the holidays is at Fort Rucker's own Rucker Lanes, where people can decorate a pin from now until Dec. 15. People can decorate with paint, paper, jewels and ribbons, and prize packs will be awarded for the best pins Dec. 23. Cost to enter the contest is \$1 and pins must be brought back by Dec. 19 to be entered for a chance to win.

Rucker Lanes will also be hosting its Ugly Sweater Party Dec. 24 from 10 a.m. to 6 p.m. People are encouraged to don their ugliest sweater and bowl a few games for a chance to win a prize. Cost to enter is \$6 per person, which includes two games of bowling, shoe rental, one cup of eggnog and two cookies.

For more information on decorating a pin or the Ugly Sweater Party, call 255-9503.

The holidays are also known for many

as a time of worship, and the Fort Rucker Religious Support Office has worship services and events planned to help educate and entertain.

The Advent Workshop, which will be Sunday at 11:30 a.m. at the Spiritual Life Center, teaches the meaning of the advent season. Children will enjoy different activities in different classrooms and learn the meaning of the different manger scenes, as well as what the colors of Christmas mean, said Nancy Jankoski, Fort Rucker Religious Support Office director of religious education.

"This is to help prepare people's hearts for Christmas and learn about faith, hope, peace and love," she said.

There will also be a Christmas Family Night Tuesday at 6 p.m. at the Spiritual Life Center where people can "find their place at the manger," and enjoy "The Jesus Birthday Party." During the event, children can help build the manger scene as the story is being told, then celebrate the birth of Jesus with a birthday party afterward, where they will be sent home with a stocking stuffed with gifts.

Dec. 17, at the Main Post Chapel, Bldg. 8940, children will put on their annual Christmas drama, and this year's drama will feature "The Best Christmas Present Ever." Following the performance, a light supper will be served.

For more information on worship services, call 255-2989 or 255-2012.

"We make the opportunities happen to help families make memories together that will last a lifetime," said Erdlitz. "I hope everyone has a very merry Christmas and holiday season."



Members of the 98th Army "Silver Wings" Band perform during the Commanding General's Holiday Concert last year.

ON POST

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

Christmas tree lighting
Santa pays a visit to Fort Rucker during last year’s Christmas tree lighting. This year’s Fort Rucker Christmas Tree Lighting will be held today from 5-6 p.m. at Howze Field. The event will feature music, hot chocolate, the lighting of the post Christmas tree and a visitor from the North Pole. Afterward, enjoy complimentary photos with Santa and Mrs. Claus at The Landing, where there may treats for children. The event is free, open to the public and Exceptional Family Member Program friendly. In case of inclement weather, the event will take place at The Landing. For more information, call 255-1749 or visit www.ftruckermwr.com.

Annual spaghetti dinner
Following the Christmas Tree Lighting Ceremony today, people are welcome to stroll over to The Landing for the annual spaghetti dinner from 6-7:30 p.m. Dinner prices are \$10 for ages 13 and older, \$5 for ages 3-12, and children ages 2 and younger eat for free. There is also a family special price of \$25, which includes two adults and up to two children ages 12 and younger. Dinner will include people’s choice of pasta and sauce, garlic bread, assorted cookies, tea and coffee. The dinner is open to the public.
For more information, call 598-2426.

Bowling pin decorating contest
Rucker Lanes will host a bowling pin decorating contest now through Dec. 15. People are welcome to visit Rucker Lanes and pick up a pin, decorate it and bring it back for a photo by Dec. 19. Prize packs will be awarded to the top pins Dec. 23. Cost is \$1 to enter the contest. All pins are used.
For more information, call 255-9503.

Financial Readiness Training
Army Community Service will offer Financial Readiness Training Friday from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal Financial Readiness Training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are welcome to attend.
For more information, call 255-9631 or 255-2594.

Parents Day Out
Fort Rucker Child, Youth and School Services will host its Parents Day Out Saturday and Dec. 13. The program is designed to help parents enjoy some time out and about, free of children, while they shop during the holidays. The program is open to all CYSS members ages 6-10 in grades 1-5. The program will run 8 a.m. to 1 p.m. Saturday and 10 a.m. to 1 p.m. Dec. 13. The cost is \$20 and payment is due at the time of enrollment. Late pick-up fees are in accordance with



FILE PHOTO

Breakfast with Santa

The Landing will host its Breakfast with Santa Dec. 13 from 9 a.m. to noon. Children can meet Santa and get their photos taken while they share their Christmas list with him. The breakfast buffet will include eggs, bacon, hash browns, pancakes, toast, ham, biscuits with gravy, assorted fruits and more. The price for the breakfast will be \$10.95 for adults 13 and older, \$5.95 for children 3-12, and children 2 and under eat for free. There will also be a family special for \$25 for a family of two adults and two children 12 and under. For more information, call 598-2426.

the Department of Defense Fee Policy. No refunds or fee transfers are permitted.
For more information, call 255-9108. For membership, parents can register their children at parent central services, 255-9638.

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

Small business counseling
Small business owners and those interested in starting their own business can get some free one-on-one counseling Wednesday from 9:30 a.m. to noon in the Soldier Service Center, Bldg. 5700, Rm. 350. Areas of counseling may include, but are not limited to: advertising, organizational structures, financial planning, inventory, controls, management, marketing, personnel planning, pre-business planning and sales techniques. The counseling is sponsored by Army Community Service Employment Readiness Program and the Troy University Small Business Development Center. Appointments are scheduled every 30 minutes beginning at 9:30 a.m. The counseling is open to active-duty, National Guard, and Reserve Soldiers, retirees, Department of Defense civilian employees, and eligible family members.
For more information or to set up an appointment, call 255-2594.

Employment Readiness Class
Army Community Service is giving people the chance to build and enhance their careers at one of the Fort Rucker’s Employment Readiness Program Orientation Sessions,

held monthly in the Soldier Service Center, Bldg. 5700, Rm. 371A. The next session is Dec. 11. People will first meet in Rm. 350 at 8:45 a.m. for paperwork and attendance prior to going to Rm. 371A. People can sign up to learn essentials about the program and receive helpful job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.
For more information, including times, or to register, call 255-2594.

Ugly Sweater Day
People are invited to wear their ugliest sweaters to The Landing Zone all day Dec. 12 to receive half off an appetizer. The LZ staff will hand out prizes to who they think has the ugliest sweater. The prizes awarded cannot be combined with any other discounts.
For more information, call 598-8025.

Ski trip
Outdoor recreation will host a ski trip to Maggie Valley, North Carolina, Dec. 12-14. The cost is \$160 per person, based on two people per room. The price includes lift tickets, ski or snowboard rental, lessons, hotel for two nights, continental breakfast and transportation. ODR estimates the time of departure to be 5 p.m. Dec. 12. The trip is open to the public and limited to 24 people.
For more information, call 255-4305.

Family Member Resilience Training
Army Community Service will host its Family Member Resilience Training Dec. 15-16 from 8:30 a.m. to 3 p.m. at The Commons. The training is designed to give people the tools they need to become more resilient in all the challenges that life throws at them. To attend, people need to RSVP by Dec. 12.
For more information and to register, call 255-3735.

DFMWR

Spotlight

Fort Rucker Family & MWR
Upcoming Events & Activities

Christmas Tree Lighting Ceremony
DEC 4
4:45 pm – 6 pm at Howze Field

Music by 98th Army Silver Wings Band & Local Choirs
Lighting of the Post Christmas Tree
Complimentary Hot Cocoa
Special Visitor from the North Pole

Special Events, (334) 255-1749

In case of inclement weather, event will take place at The Landing. Not a pay friendly event.

Annual Spaghetti Dinner
6:00 pm – 7:30 pm at The Landing Ballroom
Dinner Includes: choice of pasta & sauce, salad, garlic bread, assorted cookies, tea and coffee.
For dinner details call The Landing, (334) 598-2426

Complimentary Photos with Santa from 6 pm to 7:30 pm at The Landing. Gifts for all the Boys and Girls will be available!

It's that magical time of the year again...

December 13th
9 am - 12 pm
The Landing

Family Special (2 adults and up to 2 children 12 & under): \$25
Adults ages 13 & over: \$10.95
Children ages 3-12: \$5.95
Children ages 2 & under FREE

Breakfast with Santa

Breakfast includes: eggs, bacon, hash browns, pancakes, toast, ham, biscuits with gravy, assorted fruits and more!

For more details call The Landing, (334) 598-2426

www.ftruckermwr.com

FORT RUCKER MOVIE SCHEDULE FOR DEC. 4 - 7

Thursday, Dec. 4

Dracula Untold (PG-13)
.....7 p.m.

Friday, Dec. 5

The Best Of Me (PG-13)
.....7 p.m.

Saturday, Dec. 6

TBD
.....7 p.m.

Sunday, Dec. 7

TBD
.....2 p.m.

NORAD prepares to track Santa’s flight

North American Aerospace Defense Command
News Release

PETERSON AIR FORCE BASE, Colo. – The North American Aerospace Defense Command’s NORAD Tracks Santa website, <http://www.noradsanta.org/>, launched Monday featuring a mobile version, a holiday countdown, new games and daily activities and more.

The website is available in eight languages: English, French, Spanish, German, Italian, Japanese, Portuguese and Chinese.

Official NORAD Tracks Santa apps are also available in the Windows, Apple and Google Play stores, so parents and children can countdown the days until Santa’s launch on their smart phones and tablets. Tracking opportunities are also offered on Facebook, Twitter, YouTube, and Google+. Santa followers just need to type “@noradsanta” into each search engine to get started.

North Pole elves

Also new this year, the website



features Santa’s elves in the North Pole Village. NORAD Tracks Santa is introducing the newest elf and asking the public to help choose the perfect name for him. Details can be found via NORAD Tracks Santa social media or in the “Name the Elf” video in Santa’s North Pole Movie Theater at www.noradsanta.org.

Starting at 12:01 a.m. MST on Dec. 24, website visitors can watch Santa make preparations for his flight. NORAD’s “Santa Cams” will stream videos on the

website as Santa makes his way over various locations.

Then, at 4 a.m. MST (6 a.m. EST), trackers worldwide can speak with a live phone operator to inquire as to Santa’s whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to noradtrackssanta@outlook.com. Any time on Dec. 24, Windows Phone users can ask Cortana for Santa’s location, and OnStar subscribers can press the OnStar button in their vehicles to find Santa.

A global experience

NORAD Tracks Santa is a global experience, delighting generations of families everywhere. This is due, in large part, to the efforts and services of numerous program contributors.

This year’s contributors include: the 21st Space Wing, Acuity Scheduling, Alaska NORAD Region, America Forces Network (AFN), Analytical Graphics, Inc., Avaya, BeMerry! Santa/Noerr Program, Bing®, Canadian NORAD Region, The Citadel Mall, Colorado Springs Business Alliance, Continental NORAD Region, CradlePoint, Defense Video & Imagery Distributions Systems, DoD News, Federal Aviation Administration, Globelink Foreign Language Center, Harris, Hewlett Packard (HP), iLink-Systems, Kids.gov, Level 3 Communications, Marine Toys for Tots, Foundation, Meshbox, Microsoft®, Microsoft® Azure, Naden Band of Maritime Forces Pacific, National Tree Lighting Ceremony, Naturally Santa’s Inc., Newseum, OnStar, PCI Broadband, Portable North Pole/ Ugroup Media, Pueb-

lo Riverwalk, Ronald McDonald House Charities of Southern Colorado, Space Foundation, Spil Games, SriiusXM®, Strategic Air & Space Museum, Unity, U.S. Allegiance, U.S. Air Force Academy Band, U.S. Air Force Band of Liberty, U.S. Air Force Band of the Golden West, U.S. Air Force Band of the West, U.S. Air Force Band, U.S. Air Force Heartland of America Band, U.S. Army Ground Forces Band, U.S. Coast Guard Band, U.S. Department of State Family Liaison Office, U.S. Merchant Marine Academy, U.S. Band of MidAmerica, Verizon, Visionbox, West Point Band, and Xtomic.

History

NORAD Tracks Santa started in 1955 when a local media advertisement directed children to call Santa direct – only the number was misprinted. Instead of reaching Santa, the phone rang through to the crew commander on duty at the Continental Air Defense Command Operations Center. Thus, began the tradition, which NORAD has carried on since it was created in 1958.

**Fort Rucker
HOLIDAY
WORSHIP
SERVICES &
PROGRAMS
SCHEDULE**

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

POSTWIDE THANKSGIVING SERVICE	
21 Nov (1130-1215) Headquarters Chapel	Thanksgiving Service

CATHOLIC (MAIN POST CHAPEL, BLDG 8940)	
26 Nov (1700)	Thanksgiving Eve Mass
7 Dec (1015)	Advent Workshop
8 Dec (1200/1700)	Immaculate Conception (Holy Day of Obligation)
24 Dec (1600)	Children's Christmas Eve Mass
24 Dec (2400)	Midnight Mass
25 Dec (0900)	Christmas Day Mass
31 Dec (1700)	New Year's Eve Mass (Holy Day of Obligation)

PROTESTANT	
7 Dec (1130) Spiritual Life Center, Bldg 8920	Advent Workshop
9 Dec (1800) Spiritual Life Center, Bldg 8920	Christmas Family Night, "Find Your Place at the Manger" and "The Jesus Birthday Party"
14 Dec (0930) Wings Chapel, Bldg 6036	Christmas Celebration
17 Dec (1730) Main Post Chapel, Bldg 8940	Christmas Drama, "The Best Christmas Present Ever"
24 Dec (1800) Main Post Chapel, Bldg 8940	Christmas Eve Protestant Candlelight Service

For more information regarding other religious holiday services, contact the Religious Support Office at 254-252-2886/2012



COURTESY PHOTO

Pick of the litter

Meet Bessie. She is an approximately 9-month-old short-hair, female Siamese available for adoption at the Fort Rucker stray facility. She is lovable, but doesn't appear to have any interest in toys. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at <http://www.facebook.com/fortruckerstrayfacility/> for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES
Except as noted, all services are on Sunday

Headquarters Chapel, Building 109
8 a.m. Multi-Cultural Worship Service

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Traditional Worship 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 Contemporary Worship Protestant Service
1 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesday-
9 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6 p.m. Protestant Women of the Chapel, Wings Chapel
7 p.m. Adult Bible Study, Spiritual Life Center

Wednesday-
8:30 a.m. - Catholic Women's Bible Study, Spiritual Life Center
11 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12 p.m. Adult Bible Study, Soldier Service Center
6 p.m. Adult Bible Study, Spiritual Life Center

Thursday-
9 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel
6:30 p.m. Wings Bible Study (Meal/ Bible Study), Wings Chapel

Church Directory

First United Methodist Church
Traditional Worship Service
8:30AM & 11:00AM
Contemporary Worship - New Connection
8:45AM & 11:00AM
The Gathering - Youth
5:45PM
Sunday School
10:00 M
Nursery Care: During all services
217 S. Main St • Enterprise, AL
Office: 334-347-3467
efumc@adelphia.net
Prayer Line (24 Hours) 334-393-7509

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

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Native American Vietnam vet takes spiritual path

By Shannon Collins
Department of Defense News

SOUTH GATE, Calif. — Cherokee tribe member Tony LittleHawk waved a bald-eagle-feather fan as he performed the sun dance at the Native American Veterans Association’s annual Veterans Appreciation and Heritage Day Pow Wow Nov. 8-9.

The dance is a distinctive ceremony where Native Americans use intense dancing, fasting, piercing, sun-gazing and other spiritual devices to pray on behalf of their people for healing, according to the Encyclopedia of the Great Plains.

LittleHawk, who is also a Native American spiritual adviser, went from being a Los Angeles gang member, an Army airborne combat medic and infantryman in Vietnam and motorcycle gang member to getting a calling to run sweat lodges and be a sun dancer. He also started performing counseling services for his Native American community.

Early years

LittleHawk was born in Marshall, Texas, but he grew up in North Hollywood, California, with his mother and grandmother in a predominantly Hispanic neighborhood.

“My grandmother always told me about my culture, though,” he said of his Cherokee tribe. “My great grandmother was on the Trail of Tears in 1835.”

He joined a gang when he got older, but got into trouble for fighting and joyriding in the 1950s, so his probation officer encouraged him to join the military. He joined the Army for eight months and then re-enlisted.

LittleHawk said he was one of two Native Americans in his basic training unit.

“We were very few, even in basic. There was only one other Native beside myself,” he said, laughing. “We became friends right away. Even after basic, when I went to medical training and then jump school, there were very few Natives, few and far between.

“When I was in Vietnam, I ran into my next-door neighbor, who was Sioux,” he continued. “I used to go out with his sister. We ran into each other while I was out on patrol and we were sitting in a foxhole together in Vietnam.”

After basic training, LittleHawk was assigned to the 82nd Airborne Division and deployed to the Dominican Republic for three months.

Service in Vietnam

He said he picked up valuable skills, patching up civilians in the Dominican Republic by holding sick-call hours in an abandoned home. Afterward, LittleHawk volunteered twice to go to Vietnam, and since he was a jungle expert and pathfinder, his name was first on the list. He was assigned to the 173d Airborne Brigade and signed up for the Long Range Reconnaissance Patrol.

“I loved the jungle, crawling around out there, being all secretive, trying not to get caught,” he said. “I was very patriotic, gung-ho. I was like, ‘Let’s go out and end this war the best way we can.’ I started volunteering for every mission.”

LittleHawk said he employed his first-aid kit to assist American troops and Vietnamese civilians.

“I’ve delivered babies, picked out shrapnel metal, you name it, whatever it was to be done,” he said. “If we were out on an operation, it was about finding the enemy and killing them or escaping them. But if we went through a village and there were civilians, I would treat them. I never lost that compassion to help people. It was a strange situation.”

LittleHawk said his fellow Soldiers never treated him differently for being Native American.

“I got a lot of respect because I was very devoted to my job, and I would always tell them if you get hit, make sure you’re hit, because if they can see you when I go out there, they can see me,” he said, leaning forward. “My guys knew I was going to take care of them, and they took care of me. When we would pass through a town, it was like, ‘Doc, your money’s no good here.’

“They took care of me because they knew I had their backs when we were out there,” LittleHawk continued. “I didn’t care if I was under fire or what. I was going because I wasn’t going to leave my guys out there suffering.”

Difficult experiences

He said his most difficult experiences in Vietnam occurred when he’d “look into somebody’s eyes when they got hit, and they’re going, ‘Doc, help me,’ and you’re looking at them, and I’m going, ‘I got you,’ but I already know they’re going to die from their wound and you could just see it in their eyes.

“But you have to go, ‘Don’t worry, I’ve got you,’ and then in a few minutes, they’re dead,” he continued. “It was hard not to be able to do something for them.”



PHOTOS BY MARVIN LYNCHARD

Marine Corps veteran Antonio Quezada, from the White Mountain Apache tribe, receives a spiritual cleansing and prayer from Tony LittleHawk, the Native American Veterans Association’s spiritual adviser, Cherokee tribe member and Army Vietnam veteran.

LittleHawk said while he was there, he never thought he was going to die until shortly before he was to leave Vietnam.

“Even though I worked on a lot of guys who died and patched guys up, sucking chest wounds, slapping them with morphine, whatever I had to do, the thought never entered my mind that I was going to die,” he said. “I’m going to get out of here. When I got short, I had less than 30 days to go in-country over there. They wanted to send me out on a mission. I finally told them, ‘No, I’m not going.’ Something made me feel like I wasn’t going to make it this time.”

Return to civilian life

LittleHawk said because he had volunteered for so many missions, he didn’t get any reprisals and was able to return home.

He got out of the Army as a buck sergeant with a few broken bones, a Bronze Star, a Purple Heart and a Vietnam Cross of Gallantry, and caught a ride home to California with a Marine.

Decades later, in 2000, after encouragement from fellow Native American veterans, LittleHawk started receiving treatment and disability for his post-traumatic stress from his time in Vietnam.

Motorcycle club member

After his military service concluded, LittleHawk said, he didn’t want to put on a suit and sit behind a desk every day. He said he wanted an experience that provided a shot of adrenaline like during his military days, so he decided to join a motorcycle club. He ended up riding with the club for 16 years and was an officer for 12 of them.

“Almost all of the guys in my chapter were ex-military. They were all reconnaissance, Navy SEALs, Airborne or whatever,” LittleHawk said. “I was right at home. I retired out of the club, though, because I didn’t see my life going anywhere. It was all about partying, riding and whatever.”

Immersed in Native American culture

LittleHawk went back to college to learn technical illustration and substance abuse counseling. Then a friend took him to a pow wow. He said when he first heard the beat of the drums, he was hooked and has been going to pow-wows ever since.

“I would’ve never thought 30 years ago that I would be doing what I do right now,” LittleHawk said. “It was like it was all about me for the first 40 years of my life and then the Creator said, ‘You’ve done your thing; now it’s my turn.’ I sold my motorcycle, retired out of the club, everything. In a year of my life everything changed – 180-degrees. I have no regrets.”

LittleHawk said his Uncle Matt in Montana adopted him into the Gros Ventre Nation on the Fort Belknap Indian Reservation, and he started going to the Pipe ceremony. On his fourth year, he made a new pipe and while he was in the sun dance arena, he offered the pipe up and committed to 16 years.

“When I sun dance, I suffer for the people, so they don’t,” LittleHawk said. “Somebody always needs help. Creator helps them – I’m just the instrument.”

LittleHawk will be 72 years old in January, but said he won’t be finished with sun dancing for three more years. He gets pierced several times a year on behalf of his people.

“I’m the oldest sun dancer around here right now,” he said with a barking laugh. “Even my aunt and uncle said, ‘We’re thinking about 86’ing you because you’re getting too old for this. Why don’t you let the youngsters do it?’ I have a commitment



Tony LittleHawk, an Army Vietnam veteran, Cherokee tribe member and sun dancer, performs a spiritual cleansing and prayer with white sage he picked himself.

for 16 years. If I can give the motorcycle club 16 years of my life, I can make a 16-year commitment to sun dance. I’m going to keep giving back to the community.”

Helping fellow veterans

LittleHawk has also worked with United American Indian Involvement as a counselor and is the Native American Veterans Association spiritual adviser. He also became ordained online so he could sign marriage contracts after performing traditional Native American weddings.

“I’ve been doing marriages now for over 10 years,” he said. “When they want somebody to do a traditional wedding, they call me. A lot of people call me for funerals, too. When a church is involved, I go talk to the priest or minister or who-

ever, and I let him do the inside part, and I do the gravesite part. I do the traditional part, singing Native songs and giving Native blessings.”

Even though he said he’s retired, LittleHawk continues to perform ceremonies, conduct sweat lodges and provide counseling to whoever needs it.

He said everyone calls him “uncle” out of respect, but he won’t let them call him “spiritual leader” until he hits his 80s and has white hair.

LittleHawk said he’ll continue to visit hospitals and pray with Native American veterans and help them however he can.

“I pray for a lot of people,” he said. “I’m proud of my people and I love my people to death. I’ll be doing what I do until the day I die.”

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AAFES gift cards personalize holiday care packages

Army and Air Force Exchange Service

Press Release

According to a recent National Retail Federation survey, gift cards will be the most requested gift this year with 62 percent preferring a gift card over any other item. For Soldiers, Sailors, Airmen and Marines, their gift card of choice is the one that can be redeemed at military exchanges from Okinawa to Oklahoma.

The Army and Air Force Exchange Service is making it easy for any American to send their support with an exchange gift card that service members can use for electronics, snacks or a good book.

“An exchange gift card empowers troops to choose items that make their lives easier wherever they are called to serve,” said Larry Salgado, the Fort Rucker Exchange general manager. “The needs of a Soldier here at Fort Rucker are different from the Soldier in Afghanistan. An exchange gift card allows service members to get exactly what they need to make the holidays brighter.”

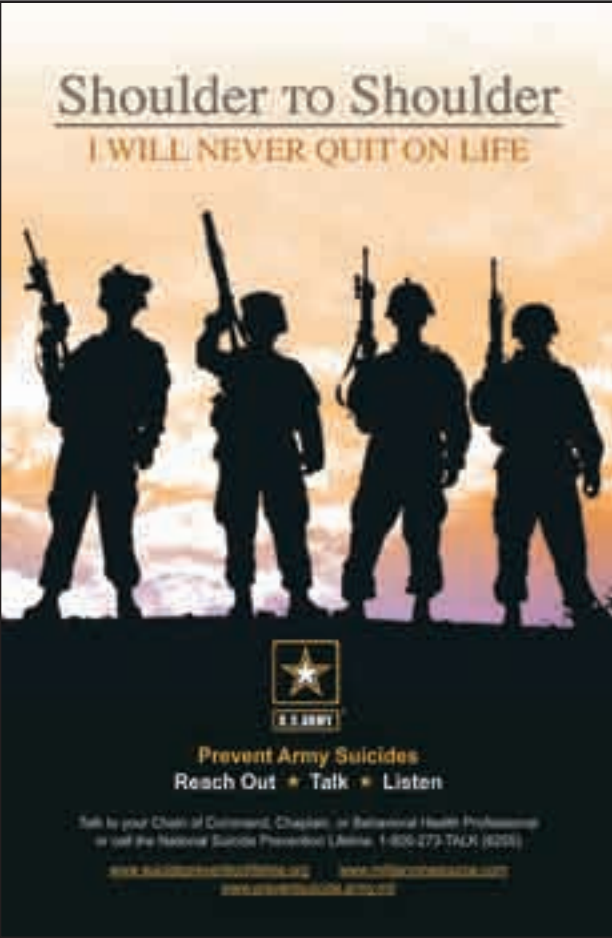
While only authorized military shoppers can redeem exchange gift cards, any American can send one by simply calling 800-527-2345 or logging on to www.shop-myexchange.com and clicking “Purchase Gift and Phone Cards” at the bottom of the page.

From there, exchange gift cards, ranging in values from \$10 to \$500, can be addressed to a specific Soldier, Airman, Sailor or Marine or sent to “any service member” through the Fisher House Foundation, Air Force Aid Society, Warrior and Family Support Center or Navy-Marine Corps Relief Society. The gift cards can be redeemed at exchanges in all 50 states and more than 30 countries.

The following are some more news items from AAFES.

Holiday return policy

To make gift giving easier, AAFES is extending its



return policy for items purchased now through Dec. 24.

The exchange's standard policy allows returns anywhere from up to 15 to 90 days of purchase with a sales receipt. The holiday return/exchange policy extends these terms through Jan. 31.

“The exchange knows that sometimes a gift can be the wrong color, size or brand,” said Air Force Chief Master Sgt. Sean Applegate, the exchange’s senior enlisted adviser. “The exchange’s extended return policy goes the extra mile to make sure everyone gets the perfect gift this year.”

Refunds with sales receipts are processed as forms of payment (cash for cash, credit for credit card). Refunds without sales receipts receive an exchange gift card.

Shoppers can also return items purchased through shopmyexchange.com at their closest brick-and-mortar exchange. For more information about the extended refund policy, shoppers can visit customer service at their nearest exchange.

Top 100 Military Friendly Employer

After an exhaustive analysis, Victory Media, publisher of “G.I. Jobs” magazine, has named AAFES to the 2015 Top 100 Military Friendly® Employer list.

More than 5,000 eligible companies were ranked based on their long-term commitment to hiring former military

service members, recruiting and hiring efforts as well as policies for National Guard and Reserve employees called to serve on active duty.

“We are very proud of our commitment to hire veterans. In fact, more than 10 percent of our workforce is comprised of veterans,” said Air Force Maj. Gen. Joseph Ward, exchange deputy director. “Veterans serving veterans is a recipe for success – our associates truly know their customers, they want to stay connected with the military, and they are fully committed to our mission – we go where the troops go.”

Since February, the exchange has hired 797 veterans and is proud to partner with the Employer Support of the Guard and Reserve, Wounded Warrior Project, Operation Warfighter Program and Feds Hire Vets.

“The exchange looks forward to our continued partnership with programs designed to assist veterans in finding jobs that allow them the privilege of continued service to our nation,” Ward added.

To view current exchange job and management trainee postings, visit the Apply My Exchange website at www.applymyexchange.com.

The exchange, which was ranked No. 71, will be featured along with other companies earning the Military Friendly® Employer designation in the December edition of G.I. Jobs magazine.



Fort Payne: The view from Lookout Mountain

By **Brian S. Jones**
Alabama Tourism Department

The largest city along the Alabama portion of Lookout Mountain Parkway is Fort Payne.

It is located on what was originally an important village in the Cherokee Nation and was home to Sequoyah, who created the Cherokee alphabet that made reading and writing in that language possible. History tells us that Sequoyah is the only person ever to conceive an alphabet in its entirety.

A canvas of scenic beauty year-round is the best way to describe the Lookout Mountain area of northeastern Alabama, especially in DeKalb County, near Fort Payne. Native poplars, dogwoods, maples and hickories explode throughout the area in the fall and provide a panoramic showcase of vibrant yellow, gold and orange.

Chock-full of natural splendor, the area is also known for its protected forestlands, which are rich with greenery in the spring. Little River Canyon, considered a marvel of nature and a recreational wonder, boasts a river that begins and ends entirely on top of a mountain and attracts visitors throughout the year. Many come here simply to view the beautiful waterfalls; others come to enjoy some of the country's best

whitewater kayaking.

History of Fort Payne

Fort Payne derived its name from the fort commanded by Maj. John Payne that was built here in the 1830s by the U.S. Army and used to gather American Indians, whose Cherokee ancestors had lived in the area for thousands of years, before removal to the West.

As a stop on the railroad line between Birmingham and Chattanooga, Fort Payne flourished and became a boomtown during the late 1880s. Unlike the gold rush out West, this area experienced a coal and iron rush when an influx of workers came here from New England with the lure of instant riches. Many of the town's historic buildings date from this period, including the Fort Payne Opera House, the W.B. Davis Mill Building and the Fort Payne Depot Museum.

Sadly, the boom that brought attention to the town in the latter 1800s was soon a bust. The area fell into decline before coming back in the early 1900s as the center of hosiery manufacturing — an industry that earned Fort Payne the nickname of "Sock Capital of the World." Fort Payne is credited with developing athletic socks. As textile industries began moving overseas in

the 1990s, the area around Fort Payne began to diversify again. This time, city leaders used tourism as the means of attracting people to the Lookout Mountain area to enjoy its scenic beauty and nature-based activities.

Today, in addition to being a scenic mountain town, Fort Payne is home to members of the former country music group Alabama.

Fort Payne Depot Museum

When visiting the area, there are a number of attractions you'll want to be sure to see. Among them is the Fort Payne Depot, 105 Fifth St. N.E.; (256) 845-5714. Constructed in 1891 out of pink sandstone in the Richardson Romanesque style of architecture, the depot was a main stop on the railroad line with two express mail trains and six passenger trains passing through daily. With its central location, the depot also became the town's unofficial community center. Locals used it as a gathering place to catch up with friends and family who would come into town from their farms.

Politics and "just a little friendly gossip" was usually the talk of the day at the depot, especially on Sunday afternoons when many stopped to visit after church before heading back to their rural areas. The depot remained in service as a

train station until 1970 and was placed on the National Register of Historic Places the following year. Today, the depot serves as a museum of local history with separate collections for railroad history, Native American heritage, war memorabilia and DeKalb County history.

Mountain Music – The Country Group Alabama

"My home's in Alabama," so sing the members of the legendary music group who grew up in Fort Payne and took the state's name for their band. When visiting their hometown, you'll find life-sized bronze statues of group members on display on the corner of Union Park facing the intersection of Gault Avenue and Fourth Street North downtown.

The band was formed in 1969 by Randy Owen and his cousin Teddy Gentry. Their musician friend and Fort Payne native Jeff Cook soon joined them. Although the group has disbanded, in the height of its career, Alabama released 21 gold, platinum and multiplatinum albums, had 42 No. 1 singles and sold more than 73 million records. They have a star on the Hollywood Walk of Fame and were named the Country Group of the Century in 1999 by the Recording Industry Association of America.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

DEC. 4 — The town's Christmas parade and tree lighting is scheduled for 7-8 p.m.

DECEMBER — Every weekend in December will feature Candyland on the Andalusia Square where people can visit to see snow in southern Alabama. Candyland will run Fridays 5-7 p.m., Saturdays 11 a.m. to 1 p.m. and Sundays 1-3 p.m. For more information, visit christmasincandyland.com.

DALEVILLE

DEC. 5 — The town's Christmas parade is scheduled for 5:30 p.m.

DEC. 5 — The town will host its Best Owner/Pet Holiday Costume Contest at 6 p.m. at the Billy Adkins Community Center. For more information, call 598-3111.

DOTHAN

NOW-DEC. 31 — George W. Carver Interpretive Museum will host its Home for the Holidays Art Exhibit at its facility at 305 N. Foster St. The museum will celebrate local talent featuring the work of local African-American artists. There will be an opening reception Dec. 11 from 4-6 p.m. For more information, contact the museum at 712-0933 or visit <http://www.gwcarver-museum.org/>.

DEC. 6 — The city will host its Downtown Christmas Festival from 9 a.m. to 3 p.m. at St. Andrews and Foster streets. The annual Christmas Festival will feature snow activities, caroling, visits with Santa Claus, cookie decorating and vendors of various crafts and products. For more information, call 793-3097 or visit www.thedowntown-group.com.

ONGOING — The Cultural Arts Center is hosting a membership drive entitled Hearts for the Arts. The membership program focuses not only on raising funds to support the center, but raising awareness about the positive impact the center has on children. By creating an atmosphere fostering creativity and self-expression, the Cul-

tural Arts Center plays a unique role in the Wiregrass by giving children a place where they can attend classes in art, pottery, music or dance at a reduced cost. Hearts for the Arts has several sponsorship levels, including individual and student, family, scholarship and corporate. Members can become involved with as little as \$25 and all founding members receive a T-shirt with the new Hearts for the Arts logo. For more information, call 699-2728 or visit www.theculturalartscenter.org.

ENTERPRISE

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post, membership meetings are at the post headquarters on County Road 537 every third Tuesday of the month at 7 p.m. For more information, call 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

ONGOING — The Disabled American Veterans Chapter 9 monthly meetings are held on the second Thursday of each month at 6 p.m. in the Baptist Center located on East Lee Street. For more information, call 308-2480 or 475-4373.

ONGOING — The American Legion Post 73 meets at the American Legion/Doer's Shrine Club building at 200 Gibson Street on the fourth Saturday of each month, beginning at 8 a.m. The building is across the street from the Lee Street Baptist Church. For more information, call 347-5961 or 447-8507.

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited 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 — Disabled American Veterans Chapter 99 maintains a DAV Service Office in the New Brockton Police station located at 202 South John Street Tuesdays and Wednesdays from 10 a.m. to noon. The office assists veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pension, death benefits, VA medical care, Social Security disability benefits, veterans' job programs, homeless veterans services and other services. All veterans services provided are free of charge. For more information, call 718-5707.

ONGOING — The New Brockton Disabled American Veterans Chapter 99 offers college scholarships of \$500 to applicants that are children of U.S. military veterans who have fallen or were wounded, medically discharged wounded veterans and spouses of fallen Soldiers. Applicants may already be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the New Brockton Police Department Tuesdays and Wednesdays from 10 a.m. to noon.

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 wholmes53@hotmail.com.

NOW-DEC. 20 — The Ann Rudd Art Center will be open through Dec. 20, Wednesdays through Saturdays, from 11 a.m. to 4 p.m., except for Thanksgiving Day. Shoppers will have numerous opportunities to discover local talent. Gourds, jewelry, paintings, crocheted items, clothing, hand-painted glassware, and other arts will be featured, as well as books by local authors. The Ann Rudd Art Center is located in downtown Ozark, on the Square.

ONGOING — The Carroll High School class of 1965 (Ozark) reunion committee is

planning its 50th reunion June 12-13. The program will include recognition of the class' Vietnam veterans and teachers. Classmate Joe Kelley will be the keynote speaker, followed by a tour of the new Carroll High School building. Organizers need some classmates' current information. Those who have not received a recent email should send an email to Judy Miller McLaughlin at judybobmcl@hotmail.com, or call 774-2752.

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 — The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum's Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is \$15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

DEC. 12 — The Pioneer Museum of Alabama invites people to its Ole Time Christmas from 7-10 p.m. People can experience Christmases past by walking through candlelit lanes, roasting marshmallows, story-telling, singing Christmas carols and mingling around a fire. Admission is \$4. For more information, visit www.pioneer-museum.org.

Beyond Briefs

Zoo Christmas lights festival

The Montgomery Zoo will transform into a Winter Wonderland sparkling with thousands of lights and festive decorations during the Christmas lights festival Dec. 4-7, 11-14 and 18-31 from 5:30-9:30 p.m. Admission is \$15 and includes a train ride. People are welcome to take a leisurely stroll, a brisk train ride or see the lights from atop the Zoofari Skyliift Ride. Santa will be on hand and the event features live nightly entertainment, and hot chocolate and fresh-baked cookies. Other activities will be available, as well.

For more information, call 334-240-4900, or visit www.montgomeryzoo.com. The zoo is located at 2301 Coliseum Parkway, Montgomery.

Lighthouse climb

The Cape St. George Lighthouse offers people a chance to climb to the top of the lighthouse to view the sunset and full moonrise Dec. 6. Admission is \$15 and includes snacks and a sparkling cider toast to the full moon. After sunset, additional climbers can view the full moon as time and space allow for \$10. The lighthouse is located at 2B East Guld Beach Drive, St. George Island, Florida.

To make reservations or get more information, call 850-927-7745. To find out more about the lighthouse, visit

www.stgeorgelight.org/.

Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the public at the Museum of Alabama, located at the Alabama Department of Archives and History in Montgomery. This hour-long tour will begin at 1 p.m. and no pre-registration is required. People can join one of the museum's experienced docents as they guide people through Alabama's past, highlighting incredible artifacts, images and documents, and answering questions along the way.

The Museum of Alabama is open Mondays-Saturdays from 8:30 a.m. to 4:30 p.m. Admission is free! For more information, call 242-4364 or visit www.museum.alabama.gov/.

101 Inventions That Changed the World

The U.S. Space & Rocket Center in Huntsville will host the 101 Inventions That Changed the World exhibit now through March 25. Center officials said that certain turning points in humankind's history have been defined by the creation or discovery of something profound. From stone tools to the birth of the Internet, driven by necessity and accident people have shaped their own destiny through invention. These inventions act as historical punctuation points in the story of 101 Inventions That Changed the World. The exhibit's story explores not only the inventions themselves, but also suggests the reason-

ing behind their development and their subsequent effect on humankind. The exhibit has been made available by Grande Exhibitions of Australia.

To get to the center, take Exit 15 off of I-565. For more information, visit <http://www.rocketcenter.com>.

Ark of India exhibit

Ark of India: An Alabama Artist Explores Southern Asia is an exhibit about discovery at the History Museum of Mobile. It is an account of late 19th and early 20th century India as seen by Alabama artist Roderick D. MacKenzie, using his paintings, drawings, sculptures, photographs and writings. MacKenzie spent more than a decade in India, a place he described as exotic, dangerous, and colorful. He rode with princes on tiger hunts, climbed mountains along India's Northern border, and swam in the sacred Ganges River.

The exhibit runs now through September. Admission costs \$7 for adults, \$6 for senior citizens and \$5 for students.

The History Museum of Mobile is located in historic downtown Mobile at 111 South Royals Street. Traveling on I-10 East or I-10 West, exit Water Street/Downtown, Exit 26B. Turn left at the first traffic light onto Government Street. Turn left at the next traffic light onto S. Royal Street. The History Museum of Mobile is on the left.

For more information visit: http://historymuseumofmobile.com/ark_india_exh.php.

Native American veterans celebrate heritage

By Shannon Collins
Department of Defense News

SOUTH GATE, Calif. — As the smell of white sage wafted through the air and the sun slowly climbed the sky, the spiritual adviser blessed the circle and the drummers took their place at the two-day Native American Veterans Association’s annual Veterans Appreciation and Heritage Day Pow Wow.

The local community enjoyed fried bread, arts and crafts, face painting, intertribal dancing and Native American music during the Nov. 8-9 event. Attendees also viewed an Indian village with an authentic Arapaho teepee. The pow wow also gave Native American veterans and their family members a chance to honor their heritage, and meet with veteran service representatives.

Beth Henderson, who works for NAVA, attends the annual pow wow to honor her two uncles who served in World War II and her mother who served during the Korean conflict. She is a member of the Wabanki-Micmac tribe. She encourages veterans to utilize veteran organizations like the Vet Center, or to reach out to their fellow veterans or neighbors for help.

“This event is important because veterans need to be recognized and shown appreciation,” she said. “They also need to know the benefits they can get out there, where they can go, what they can do to get help, or to get through whatever it is they’re going through at the time.”

Pow-wows provide sense of self-identity

World War II Navy veteran Paul Duronslet, from the Cherokee tribe, has attended the NAVA pow wow since it began 13 years ago. When he was growing up in Los Angeles in the 1920s, he said, people were prejudiced against Native Americans. He said his father raised him under the assumption that he was French and later confessed to him that he was Cherokee.

“Nobody wanted to be Indian when I was a kid,” he said. “When I was older, I ran into a man who asked me what type of Indian I was. I told him I was French. He said, ‘No, you’re not. I lived in Oklahoma with Indians. I know an Indian when I see one.’ When I went home, my dad was in a good mood, so I asked him, and he admitted I was Indian.”

Duronslet said the annual pow wows provide him with a sense of self-identity that was previously missing.

“I’m whole now – I have a background now,” he said. “I go to these pow wows and reservations and see things that are going on today that’s no different than way back in the 16th and 17th centuries. It’s hard to believe.”

Tony LittleHawk, an Army Vietnam veteran and a member of the Cherokee tribe, said he didn’t run across many fellow Native Americans during his time in the military.

“We were very few [Native Americans in the military], even in basic, there was only one other Native beside myself,” LittleHawk said with a chuckle. “We became friends right away. There were very few Natives in medical school and jump school but what was funny is when I was in Vietnam, I ran into my next-door neighbor, who was Sioux. I used to go out with his sister. We ran into each other when I was out on patrol, and we ended up in a foxhole together in Vietnam.”

Thanks for Vietnam veterans’ service

The highlight for many of the veterans at

the pow wow was the Veteran’s Roll Call. The Vietnam veterans said they’d received no accolades when they had returned from war. During the roll call, each service member announced name, service branch and his or her respective war or conflict. Non-Native Americans entered the circle as well, along with family members who spoke on behalf of their veterans.

“It doesn’t matter how long it takes. We want to make sure every veteran, Native or not, is heard, and we want to make sure that they are personally welcomed back home or given the respect and told, ‘Thank you for your service to our country’ and ‘Thank you for serving,’” said Army Vietnam veteran and Tigua tribe member Ted Tenorio, the president of the National American Veterans Association.

Angelina Alvarez, from the Pascua tribe, drove from Tucson, Arizona, with her 2-year-old son Pedro to honor her father, a Navy Vietnam veteran who was on SEAL Team 2. He had earned a Navy Cross, Silver Star, Bronze Star and three Purple Hearts. He passed away in 2009.

“It’s very humbling and touching to be here, but we dance for my dad,” Alvarez said, choking back emotion. “It’s all for my dad and it’s all for the veterans. It’s very important for us. Our family is very military. It’s in honor of them.”

For Greg Simon, an Army veteran from the Osage and Cherokee tribe, the Veteran’s Roll Call is a chance for finally getting the recognition he missed when he came home from Vietnam.

“I remember getting spit at when I came home – this is why I had anger. You’re a warrior, and that’s the highest honor you can have as a Native American but it was frustrating when I came home,” Simon said.

He was adopted by the Blood Reserve, Blackfoot, and was the head man dancer during the Pow-wow. He said an Arapaho elder and medicine man brought him back to his culture and helped him heal. Then he started coming to the pow wows.

“These pow wows are extremely therapeutic,” Simon said. “Just being in the circle and being recognized in a positive way, that’s all there is. To a veteran, just to be acknowledged, what else is there? That’s all you want. I don’t need any more. I don’t need gifts. I don’t need anything else.”

Sharing stories

“I like hearing everybody’s stories,” said Crow tribe member Linda Old Horn-Purdy, a retired Navy chief petty officer and Operation Enduring Freedom veteran. She grew up on the Crow Agency Reservation in Montana.

“It makes me appreciate that somebody has something where we couldn’t,” Old Horn-Purdy said. “They have some experience that we don’t have. Sometimes finding out what they’ve been through makes you appreciate what we have, even our arms, our legs, our health or our mind. We have a lot to be thankful for.”

Air Force Vietnam veteran, retired Army veteran, and Muskogee tribe member William Givens, NAVA’s founder and CEO, agreed that other veteran’s stories were compelling.

“I act like a macho man and nothing makes me cry, but when they tell their stories, sometimes, I tell you, I get a lump in my throat,” he said.

“I read about some veterans who save other’s lives, and it brings tears to my



PHOTOS BY MARVIN LYNCHARD

Angelina Alvarez, a Pascua Yaqui tribe member and daughter of a Vietnam veteran, wears jingle dress regalia as she and her 2-year-old son Pedro participate in the Native American Veterans Association’s annual Veterans Appreciation and Heritage Day Pow Wow in South Gate, California, Nov. 8.

eyes,” Givens said.

Warrior culture

The veterans said Native American heritage is a way of life for them.

“We teach our kids to grow up to be warriors,” said Apache tribe member Antonio Quezada, a Marine Corps Vietnam-era veteran. “We don’t write stories but we have storytellers. I’m one of them, and I pass that on to my nephew’s nephews.” Quezada has family members who’ve served in the Marines, Army or Air Force.

Native American veterans’ heritage is “something we’ve always had,” Simon said. “It’s so important to us – it gives us balance in life. It is something we need. We’re living in two worlds. This is our world, this is where we started. To be able to come back to it and feel good about it is the most important thing, and to be able to get out there and dance with the other veterans and shake hands and just tell each other welcome home – that’s something we never got.”

The veterans also said serving in the military is part of their heritage.

“Indians have defended America since the beginning, and it’s in our blood,” Old Horn-Purdy said.


“Their ancestors were warriors in the past, and they wanted to keep the tradition going,” Givens said. “You will find more Native people in the service from a minority of origin than any other minority.”


“If you go to any Native American home on the reservation, you would see on top of their TVs or on top of their mantels, photos of their grandfather all the way to their grandchildren and nephews who are in the military, because they’re following a tradition,” Tenorio said.

As November draws to a close on National Native American Heritage Month, Old Horn-Purdy encourages people to attend any of the pow wows held in their communities or to read up on Native American heritage.

“It’s good for people to learn and see what we’re about,” she said.

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Paul Duronslet, Navy World War II veteran and a Cherokee tribesman from Los Angeles, participates in dancing festivities at the Native American Veterans Association’s annual Veterans Appreciation and Heritage Day Pow Wow in South Gate, California, Nov. 8.

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DECEMBER 4, 2014

TURKEY BURN

Fitness marathon delivers 4 hours of fat-burning excitement

By Nathan Pfau
Army Flier Staff Writer

After enjoying all the turkey, stuffing, yams, pies and other holiday fixings, Fort Rucker’s physical fitness centers offered people a way to shed the guilt, and the pounds, and get back into the swing of working out with this year’s Turkey Burn Monday.

People headed to the Fortenberry-Colton Physical Fitness Center to take part in a fast-paced, high-intensity workout that encompassed some of the best that the fitness centers have to offer people when it comes to working out, according to Megan Oldorf, fitness specialist.

“This was a great opportunity for people to see the variety of classes that we offer here at the gym and a great chance for them to come try a little bit of each class and get in a good workout to help burn off all of that turkey they ate over the holiday,” she said, adding that the goal is to garner interest in physical fitness so that people make healthy, life-style choices.

“We want them to bring their spouses and their friends to our classes because physical fitness is important,” she said.

Lachandra O’Conner, retired military, brought her friend, Jesse Poole, military spouse, to the class to experience the Turkey Burn together, and both said the workout was satisfying, but more than



PHOTO BY NATHAN PFAU

Participants do some pushups after bear crawling to their first position during the Turkey Burn at Fortenberry-Colton Physical Fitness Center Monday.

they expected.

“The workout was like torture, but in a good way,” O’Connor said. “It was a lot of fun and the intensity was more than I’m normally used to, but I was in the Army, so it’s not completely new to me.”

“It was such a good workout,” added Poole. “(Oldorf) made me sweat like nothing I’ve ever done before.”

During the circuit-training workout, participants experience a plethora of dif-

ferent aerobic and strength-training exercises in a 50/10 split workout where they would do 50 seconds of work followed by 10 seconds of rest, said Oldorf.

The workouts included speed squats, plyo-skaters, crouch-and-hops, suicide-style bear crawls with pushups at the end, abdominal workouts with presses and flys for chest and shoulder workouts, plyometrics and squats, all in succession with very little rest in between.

“We planned on doing three different

sets of everything, but because of time we were only able to get in two, but they did a great job,” Oldorf said, adding that most of the workouts can be modified for different fitness levels.

“When it’s circuit training like this, everything has to be at a high intensity, and because of that you usually don’t have enough time in between each workout to rest,” she said. “That’s why the 50/10 works pretty well because it gives them a little bit of time to rest in between, which is good for the people who aren’t used to this kind of intense workout, so this works for everybody.”

Before the intense workout, Oldorf had participants warm up outside, utilizing the surrounding buildings by using the stairs, which people had to run up and down twice, then go into a series of jumping jacks, followed by mountain climbers, all to get the blood flowing for the workout.

Despite the intensity of the workout, Poole and O’Connor said the workout was worth the effort.

“We like doing this. We like to keep in shape,” said Poole. “This gets us out of the house and keeps us busy.”

“Plus, it helps out a lot, too, because we just ate all of that Thanksgiving food and now we feel a little better about it,” added O’Connor. “Now we’re guilt free.”

For more information on physical fitness classes, call 255-3794 or 255-2296.

‘Open season’ shopping for health care could mean savings

By David Vergun
Army News Service

WASHINGTON — Many federal employees say they’re happy with their health insurance and are not planning to shop around for another.

That would be a mistake, said Federal Employees Health Benefits expert Walton Francis, who is also an economist.

Francis estimated that some 50 percent of FEHB enrollees could save around \$2,000 a year by choosing a plan with lower premiums and out-of-pocket costs.

Shopping for an affordable plan is increasingly important because, officials said, the average premium rates for FEHB enrollees will increase about 3.8 percent, dental coverage rates will increase 1.7 percent and vision will increase about 1.5 percent.

The last day to shop around, Dec. 8, is fast approaching though.

While going through the fine print on dozens of plans would be daunting for anyone, Francis suggests at least reading the

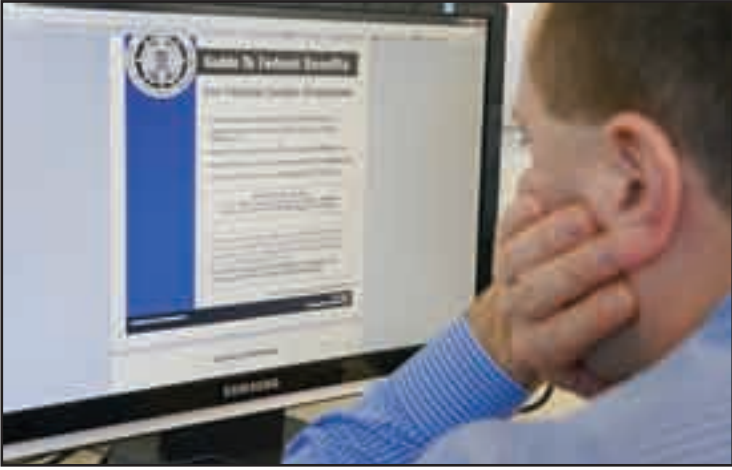


PHOTO BY DAVID VERGUN

A federal worker looks at the 2015 Health Care guide provided by the Office of Personnel Management.

plan summaries, found within the 2015 guide published by the Office of Personnel Management. That guide can be found at <http://www.opm.gov/healthcare-insurance/healthcare-plan-information/guides>.

Francis hosted an online question and answer session, Dec. 1, in conjunction with the Washington Post Federal Diary.

One session participant’s son has attention deficit hyperactivity disorder, which requires many appointments with therapists and psychiatrists.

The participant wondered which plan was best for their family. Francis said all FEHB plans have to cover mental health the same as physical health. The key is to shop around and find a plan accepted by the mental health provider.

Another participant, who was planning on becoming pregnant, asked which plan is best for her growing family. Francis said that most plans give free or very low-cost maternity coverage – including delivery.

When it comes to health and

dental plans, many federal workers use the same plan for both. Francis said while that works for some, during open season it’s a good idea to check if more savings could be realized by splitting dental and medical coverage into separate plans. As always, he said, check with one’s doctor and dentist to see if those plans are accepted.

Francis also suggested a Flexible Spending Account for expenses that health, dental and vision plans don’t cover, or even to pay co-pays on existing insurance.

Many federal workers are also military retirees who are covered by TRICARE. For them, Francis said, TRICARE “is a better deal on cost (premium, plus out of pocket) than any FEHB plan.”

Additionally, Francis disagreed with one participant in the chat who suggested that FEHB plans were getting more “stingy.”

“In fact, they are overall getting better as plans improve their offerings to meet Affordable Care Act standards, particularly in the areas of catastrophic maximums and preventive benefits,” Francis said. “Plans

are, however, getting more heavily into pre-approval for expensive imaging like MRIs and specialty drugs.”

Federal workers who are not shopping around each year for a plan that may be better than their current one are “making a big mistake,” Francis said.

“First, without fail, consider you and your family’s health status and consider that the match between the plan’s benefits and what you need may no longer be so good,” he said. “Second, download the plan brochure and look at the page on how benefits change for next year. You may see good news or bad news, but you need to know.

“Third, check to make sure that any really important doctors are still in your plan network next year, and while you are at it, find out what other networks they are in ... by calling the doctor’s office,” he said.

And finally, Francis said, “consider giving yourself a \$1,000-2,000 increase in take-home pay and reduced spending by looking at just one or two other plans with lower premiums, and equal or better benefits.”

PIGSKIN PICKS



	Dallas vs. Chicago	Pittsburgh vs. Cincinnati	Baltimore vs. Miami	Kansas City vs. Arizona	Seattle vs. Philadelphia	New England vs. San Diego	Atlanta vs. Green Bay
Col. Tom von Eschenbach TCM LBS (58-33)							
Jim Hughes PAO (57-34)							
Brian Jackson DPMWR (49-42)							
Capt. Mike Simmons DPS (52-39)							
Sharon Storti NEC (54-37)							

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



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Trivia test

by Fifi Rodriguez

T R I V I A

1. MEDICINE: What condition does a deficiency of iron cause?
2. FOOD AND DRINK: What is bergamot?
3. GEOGRAPHY: Lake Tahoe lies between which two U.S. states?
4. MOVIES: Which animated movie contains the line: "Squirrel!"?
5. GENERAL KNOWLEDGE: What is the traditional birthstone for September?
6. PUBLISHING: What magazine was headed by Helen Gurley Brown for 32 years?
7. ASTRONOMY: How many moons does the planet Mars have?
8. MYTHOLOGY: What is the Greek god of the sun called?
9. LANGUAGE: What is the only word in the English language that ends in the letters "mt"?
10. LITERATURE: What was the name of Dick and Jane's dog in the famous early readers?

See Page D3 for this week's answers.

Super Crossword

SHARED FEATURES

- ACROSS**
- 1 Empress of old Russia
 - 8 Unwakeful state
 - 12 Part of BYO
 - 15 Political coalition
 - 19 Choose for jury duty
 - 20 Lang, spoken in Milan
 - 21 1959 John Wayne film
 - 23 What a maestro studies
 - 25 Christian, for one
 - 26 Braggarts have inflated ones
 - 27 Student transcript nos.
 - 28 Penitentiary division
 - 30 Laid eyes on
 - 33 What "My Bonnie lies over"
 - 34 Home for a pet rodent
 - 38 Fort Knox feature
 - 44 Meyers of "Think Big"
 - 45 Wiggly swimmer
- DOWN**
- 1 Clock datum
 - 2 Overproud
 - 3 Lhasa — (dog breed)
 - 4 Boosts
 - 5 Business mag
 - 6 Teachers' union: Abbr.
 - 7 Allowing only female students
 - 8 Loud insect
 - 9 Western Amerinds
 - 10 Tamish
 - 11 Initial Hebrew letter
 - 12 Singer Roy
 - 13 Nobelism Elie
 - 14 Like some mutual funds
 - 15 Make coffee
 - 16 Molten rock
 - 17 See 91-Down
 - 18 Strong rope
 - 22 Storage unit
 - 24 Project particular
 - 29 In a majestic manner
 - 31 Stainless — a card
 - 32 Squint (at)
 - 33 Head, in Pau
 - 34 Hurting
 - 35 Sunken space in front of a cellar window
- ACROSS**
- 46 "Now — be told"
 - 48 Having much land
 - 49 Crop lopper
 - 51 Mournful ring
 - 52 Groups of wharf-supporting beams
 - 54 Taj —
 - 55 Relaxing facility
 - 57 Sci-fi writer
 - 59 "— just wondering"
 - 60 Mark of a sergeant, e.g.
 - 66 "The Hanoi Hilton" locale
 - 67 White cheese
 - 68 A mean Amin
 - 69 Track beams
 - 70 Discontinue
 - 71 Its students tumble
 - 75 "— grown apart"
 - 76 Represented
 - 77 Wayfarer's refuge
 - 78 Try to win at eBay, say
 - 79 First, in terms of transmission
 - 82 Holland bloom
- DOWN**
- 85 Marine "motorcycle"
 - 86 "So long, Pierre!"
 - 87 "— directed" (medicine box warning)
 - 88 Freckle, e.g.
 - 89 Royal flush card
 - 90 Nokia offering
 - 93 Scanned supermarket symbol
 - 97 Close by
 - 99 Squabble
 - 100 Busy shop before Halloween
 - 105 Mosquito net material
 - 106 "— boy!"
 - 110 Into the wind
 - 111 Statement about nine answers in this puzzle
 - 115 Successful CPR performers
 - 116 Dressed in Chinese
 - 117 Checkers pieces
 - 118 Fruit-flavored drinks
 - 119 Mi-to-SC dir.
 - 120 Ticked
 - 121 Skit



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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

Junior Whirl

by Hal Kaufman

EVEN TIDE: Three of the seven even numbers 2 through 14 are shown in place of the diagram at right. You are asked to insert the rest — 4, 6, 8, 10, 12 and 14 — so that the sum of each three numbers in a straight line now is 28.

Remember, all are even numbers, and straight-line threesomes are to total 28.

Hint: Think big about number in center circle.

How quickly can you make the insertions? Time: 2 minutes.

Remember to: 1. Write your name and date in the box. 2. Draw UP "Cats and Chives" combined together, make a drink popular in hot or cold weather, says a vintage poem. Combine letters of Cats and Chives to form word. (Answers to page 40)

LOST & FOUND BOOK TITLE

FANCY yourself a word search? Here is a test. Some of the printing has faded from the title of a book found in an attic (see next illustration above). You are asked to identify the book by filling in missing portions of letters shown.

To give you a further, it's a book, often perused at family gatherings during the holiday season. What book is that? See if you can puzzle out the title.

Time limit: 2 minutes.

Write in letters: HLL

KNEE FLEX: One of four paths leads to Santa's knee. Out which one is it? See if you can reach there on first try.

Wishing Well

HERE, HERE! Ho, ho, ho — there is no time like the presents. Add the following colors: 1—Red, 2—Blue, 3—Yellow, 4—Light brown, 5—Dark brown, 6—Light green, 7—Dark green, 8—Purple.

SPELLBINDER

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

TAPESTRY

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

Try to score at least 50 points.

940 1000 10000 100000

Wishing Well

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

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

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HOCUS-FOCUS

BY HENRY BOLTHOFF

Find at least six differences in details between panels.

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Dallas nurse shares Ebola tale with a tail

By Ellen Crown
U.S. Army Medical Research and Materiel Command Public Affairs

FREDERICK, Md. — At the U.S. Army Medical Research Institute of Infectious Diseases, the case number is known as SPL14.068. To Nina Pham, the subject has a different name: Bentley.

Bentley is Pham's 2-year-old male Cavalier King Charles Spaniel dog. After Pham, a nurse in Dallas, contracted the Ebola virus from a patient, she was unsure of Bentley's fate. A nursing assistant's dog in Spain was euthanized after the woman contracted Ebola. Bentley's destiny, however, is a happier tale, thanks to the coordination of Dallas hospital administrators, the Centers for Disease Control and Prevention, and a group of Army researchers and veterinarians.

It just so happens that Lt. Col. Tony Alves, an Army veterinary pathologist assigned to the Defense Health Agency's Veterinary Services at the Defense Health Headquarters in Falls Church, Virginia, and a team of U.S. Army veterinarians across different specialties were already highly concerned about the limited scientific knowledge available concerning certain animals' roles, specifically dogs, in the transmission of Ebola to humans. Current scientific literature indicates that dogs may be asymptotically infected with the Ebola virus. However, it remains unknown if dogs can shed the virus and, if so, for how long.

Experts also wondered if asymptomatic dogs could be potential carriers. Alves knew military working dogs might deploy with military troops to support Operation United Assistance, and knew there was a need for



COURTESY PHOTO

Dallas nurse Nina Pham provided a photo of her and her dog, Bentley.

an Ebola diagnostic test in canines to screen military working dogs for Ebola upon redeployment.

"We really don't know how Ebola affects dogs, but we needed some sort of test to determine if a dog had been exposed to Ebola," explained Alves. "Military working dogs are valuable and proven force protection assets. Though we do not recommend military working dog deployment to Ebola outbreak areas at this time, we fully recognize that benefits to deploy may outweigh those risks."

Alves and others recognized that there was no diagnostic test proven to work on canines. A main reason is that diagnostic evaluation for Ebola must be conducted under special laboratory conditions, particularly Biosafety Level-4. In humans, the

Department of Defense is currently using a test called the Ebola Zaire rRT-PCR Assay developed by the U.S. Army Medical Research Institute of Infectious Diseases and authorized for use in U.S. citizens by the DOD under DHHS-FDA's Emergency Use Authorization protocol. The Ebola Zaire virus is the strain of Ebola responsible for the 2014 West Africa outbreak. No one knew if the test would work on dogs.

To test the assay's ability to detect the Ebola virus in dogs, Alves coordinated the transport of blood samples to USAMRIID from three different military working dogs collected during scheduled semi-annual physical examinations, in late September 2014. All three military working dogs were healthy and none were exposed to the Ebola virus.

Researchers at USAMRIID, led by Dr. Mark Wolcott, who is the director of the Special Pathogens Laboratory, used the blood samples, spiked with an irradiated strain of the Ebola virus, to determine if the assay test could detect the Ebola virus in canine samples. The test was equivalent to the level of Ebola virus detected in human blood samples.

Since September, USAMRIID's Special Pathogens Laboratory has conducted screening for the Ebola virus in canine urine and feces samples with similar results. In fact, the veterinary communities are continuing to dialogue with the rest of the medical community to ensure adequate planning and response efforts are in place for veterinary-related issues, with respect to the Ebola outbreak.

But what about Bentley, who was not a service dog but rather a pet and owned by a civilian? While USAMRIID is not the referral

laboratory for routine animal diagnostic testing for Ebola, Bentley's case proved to be an interesting opportunity to test an actual dog potentially exposed to the virus, explained Alves. Pets owned by service members are recognized and loved family members, said Alves. With the increased military presence in West Africa, there remains the possibility, albeit highly unlikely, that the family pet may come in contact with a redeployed service member who has been laboratory confirmed positive for the Ebola virus.

Researchers at the Centers for Disease Control and Prevention were peripherally aware of the Ebola diagnostic screening conducted at USAMRIID in support of the military working dogs and contacted Alves directly to determine if there was a remote possibility for testing samples collected from Bentley. In turn, Alves contacted USAMRIID's Special Pathogens Laboratory. Following USAMRIID's approval, coordination between Alves, USAMRIID, the CDC, and the Texas local, state and federal health authorities began.

While Pham was in quarantined care at the National Institutes of Health in Bethesda, Maryland, Texas Animal Health Commission experts retrieved blood, urine and feces samples from Bentley, who was quarantined in Texas. The samples – collected at Day 7 and then again at Day 18 of the 21-day quarantine – were sent to USAMRIID's Special Pathogen Laboratory for diagnostic screening for the Ebola Zaire virus, using the standardized Ebola rRT-PCR protocol. While Bentley tested negative both times, he remained in quarantine for the full 21 days.

Nov. 1, Pham and Bentley each got what they had been waiting for – a clean bill of health and a very emotional reunion.

SPORTS BRIEFS

Dove shoot

Outdoor recreation will host a dove shoot Saturday at a half hour before sunrise until sunset in Training Areas 21 and 15. This event has a 25 hunter maximum-allowed limit. Cost is \$25 per person. Youth ages 6 to 15 are allowed to hunt with a guardian, with the understanding that they must sit side by side. Hunters will receive a sack lunch with bottled water.

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

Stars and Strikes

Rucker Lanes will host its Stars and Strikes Sunday in honor of Pearl Harbor Remembrance Day from 10 a.m. to 10 p.m. The event will fea-

ture 25-cent bowling per person and 50-cent shoe rental. Regular pricing applies to other menu items. There will be limited lane availability beginning at 5 p.m.

For more information, call 255-9503.

Mistletoe 5K

The Fortenberry-Colton Physical Fitness Center will host the annual Mistletoe 5k and 1-Mile Fun Run Dec. 13 beginning at 9 a.m. Registration on the day of the event will take place from 7:30-8:40 a.m. at the Fortenberry-Colton PFC. Participants are encouraged to pre-register for this event and forms are available at either physical fitness center. Costs: individual is \$12 for no shirt option, \$20 by Sunday with a shirt and \$25

Monday and after with shirt (while supplies last); and teams are \$120 for teams of eight (each additional person pays normal registration fee) up to Dec. 7 with shirts and \$160 Dec. 8 and up to race day, includes shirts (while supplies last). Refreshments will be provided. The event is open to the public. Trophies will be awarded to overall male and female, master male and female, grandmaster male and female, first-place trophies in 14 age categories, and medals for second and third place in 14 age categories. A team trophy will be awarded to the fastest team and team streamers awarded to the Top 10 finishing teams. The 1-mile fun run is free, and open to all children and will begin after the 5k is completed. Each fun run participant will receive a medal.

For more information, call 255-3794.

PIGSKIN PICKS



	Arizona vs. Oregon	Oklahoma vs. Oklahoma State	Alabama vs. Missouri	Kansas State vs. Baylor	Florida State vs. Georgia Tech	Wisconsin vs. OSU	Fresno State vs. Boise State
David C. Agan Jr. F&D (51-40)							
Kent Anger OPTMS (52-39)							
Sgt. 1st Class Brian Brenner NCOA (47-44)							
Wes Hamilton NEC (54-37)							
John Tkac DPS (58-33)							

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Anemia
2. A type of citrus fruit
3. California and Nevada
4. "Up"
5. Sapphire
6. Cosmopolitan
7. Two, Phobos and Deimos
8. Helios
9. Dreamt
10. Spot

PUZZLE ANSWERS

Super Crossword

Answers

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

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