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Families enjoy unforgettable event



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More than 100 earn fitness stripes



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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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HONORING FALLEN VETERAN'S SERVICE

Ceremony creates Clark Run/Dive Fire Lane

By Nathan Pfau
Army Flier Staff Writer

The memory and legacy of a veteran who lost his life four years ago still lives on at Fort Rucker as Soldiers and family members gathered to remember the fallen veteran and dedicate a portion of a range in his honor.

Fort Rucker dedicated the now Clark Run/Dive Fire Lane at Molinelli Aerial Gunnery Range Complex during a ceremony at the U.S. Army Aviation Museum Monday in honor of Jeremy Clark, an instructor pilot and former Army major who lost his life Dec. 14, 2010, while conducting a live-fire training exercise in an OH-58D Kiowa Warrior.

Clark's family members were on hand to unveil the sign showing the dedicated lane, as well as a painting of Clark standing in front of an OH-58D. A copy of the painting will be displayed at the 1st Battalion,

14th Aviation Regiment headquarters – the unit with which he served as an instructor pilot.

"So much has been said about the loyalty and the service of Maj. Jeremy Clark," said Col. Jayson A. Altieri, 110th Aviation Brigade commander, during the ceremony. "We are surrounded by the monuments of some of the greatest figures in our Aviation history, and while we gather at our newest memorial to honor and remember a man who served his nation and fought for the freedom of our republic, this memorial will be added to that pantheon of memorials."

A monument reflects as a mirror reflects, said the 110th Avn. Bde. commander, so that when people see the name of the honored they will find it in their own reflection. It's that reflection that is important for the healing process, he added.

"It has been said that a memorial reflects



PHOTO BY NATHAN PFAU

A painting of Maj. Jeremy Clark is unveiled as his family looks on during a dedication ceremony at the U.S. Army Aviation Museum Monday. A portion of the Molinelli Aerial Gunnery Range Complex was renamed the Clark Run/Dive Fire Lane in his honor.

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PHOTO BY NATHAN PFAU

Sp. Mark Higgins, 98th Army "Silver Wings" Band, plays a solo on his soprano saxophone during the Commanding General's Holiday Concert at the post theater Dec. 10.

Band delivers holiday cheer at commanding general's concert

By Jay Mann
Fort Rucker Public Affairs

Nothing says the holidays like the familiar sounds of traditional classics, and Fort Rucker's own 98th Army "Silver Wings" Big Band delivered the holiday cheer with a concert Dec. 10 to ring in the season.

Hundreds came from Fort Rucker and the surrounding communities to enjoy the Commanding Generals' Holiday Concert at the post theater and also were treated with a special visit from Santa Claus.

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, welcomed audience members to kick off the night of holiday cheer and offered a reminder to not forget the sacrifices that Soldiers make every day so that people can enjoy the freedoms they enjoy.

"The real highlight of the show tonight is the Soldiers up on that stage and the Soldiers out (in the audience) who support us," said the general. "The 'Silver Wings' band is not only a treasure for Fort Rucker, but for our community, and many of you probably don't realize how involved they are in everything that happens in the Fort Rucker community and the (Wiregrass) area.

"This band represents our Army and our post every day, and I'm very, very proud of them and want to thank them all for everything that they do because they work some extraordinary hours – they're Soldiers by day and night," he continued. "I wish all of you a very merry Christmas and happy holidays. Thank you for joining us today to honor these Soldiers for bringing us a little delight to all of us this evening."

That delight included instrumental and vocal performances of holiday favorites like, "The Twelve Days of Christmas," "Rudolph the Red-Nosed Reindeer," "Have Yourself a Merry Little Christmas," and the ever-popular "You're a Mean One, Mr. Grinch," which had many of the

audience member's singing along.

The band also played a selection from one of the biggest movies of the year, "In Summer," from Disney's "Frozen," which had children giddy in their seats. Children weren't the only ones giddy on holiday cheer, however.

"I always enjoy any chance to get to see live, holiday music, and I think the band here did a great job," said Ruth Calder, military spouse. "It's not too often you get to see live music in this area, especially with a band like this that uses a lot traditional instruments. It just really brought joy to the holiday season for me."

Brunston Newmeyer, retired military, agreed, and said the mixture of new and old classics always keeps the concert fresh.

"What better way to get in the holiday spirit than with some good holiday music? I love that they work in newer music into their concerts – that way it's a treat for the kids and the adults," he said. "It's always a good time to see the band perform during the holidays, and it's always great to support these Soldiers who are doing what they can to bring joy and happiness to the families in this community – I just can't say enough about them."

The hard work and dedication put on by the band is the culmination of almost a half a year of work, said 1st Sgt. Gunner Chambers, 98th Army "Silver Wings" Band commander.

"Tonight is a combination of over five months of discussions, lots of rehearsing and a little bit of stress, but I am extremely proud of all of the work that has been put into this by the Soldier-musicians who are a part of the 'Silver Wings' band," he said.

The entire show was put together by the band from the support staff running the spots lights, to people carrying the equipment in and out of the venue, to the musicians on stage, said Chambers, adding that the bands dedication can only be matched by the joy they bring the concert goers.

Local environment management to go under microscope in January

By Jay Mann
Fort Rucker Public Affairs

Army Environmental Command will be inspecting Fort Rucker on regulation compliance and its Environmental Management System next month, and officials here suggest people refresh their knowledge of environmental policies and procedures.

The Environmental Performance Assessment and Assistance System is an external audit taking place Jan. 12–15 that is conducted about every three years.

"They are going to make sure your organization is complying with all federal, state and Army regulations," said Melissa Lowlavar, Fort Rucker Environmental Management Branch chief. "They will also make sure your organization knows the environmental policy and has general awareness of EMS, Fort Rucker's Environmental Management System."

"Fort Rucker's environmental policy uses a formula, E=pc2, our policy is to prevent pollution, comply with environmental laws and to continually improve," she said. "You need to know who your environmental officer or environmental point of contact is," Lowlavar explained. "I suggest offices post environmental policy posters on bulletin boards and around the office, and have a review with their people about the environmental policy, who their environmental POC is and other general aspects of the program."

"Every organization is required to have an environmental officer or an environmental point of contact. The environmental officer and environmental point of contact appointment and training plan, which is posted on our website, fortucker-env.com, will tell you which one your organization needs," she added. "It is also the place to go for questions, policies, posters and other information."

"Everybody touches the EMS and environmental compliance whether they know it or not," she said. "Participating in the



ARMY GRAPHIC

recycling program, which we encourage everyone on the installation to do, is doing just that.

"I feel that we have made great strides in the last few years with recycling on Fort Rucker," said Lowlavar. "However, there is always room for improvement. We also have the incentive program. If your organization has a fund code, you can get MWR funds based on the amount that you recycle."

Lowlavar suggests people contact their environmental POC to get detailed information on recycling, as well as the EPAAS audit, but says there is also information on Fort Rucker's environmental website.

"During this inspection, if someone comes and asks about the environmental policy and you can't remember it word-for-word, I recommend you take them to where you have your office's environmental policy poster and say, 'Here it is,'" Lowlavar said. "Also, if you have not had Environmental Management System awareness training yet, you can visit the website and there is a brief PowerPoint presentation that has all the information you need to know about EMS to be in compliance."

In addition to the website, which is accessible from the Fort Rucker website, rucker.army.mil, the environmental and natural resources division has a facebook page for more information.



PHOTO BY NATHAN PFAU

Soldiers from various units across post take part in the post run in front of the Headquarters Bldg. early Friday morning. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general led the run and reminded Soldiers to stay safe as they travel to visit families during the holiday season.

PERSPECTIVE

CG issues holiday message

By **Maj. Gen. Michael D. Lundy**
U.S. Army Aviation Center of Excellence
and Fort Rucker Commanding General

For many, the holiday season is a time to reflect on the past year's accomplishments, challenges and goals for the New Year. As we bring another year to a close, I want to thank you for your outstanding efforts in support of the entire Fort Rucker Community, Army Aviation and our deployed Soldiers abroad.

Paula and I have truly seen why this is the best place to serve and live in our Army. We're very proud to be a part of this great team, and impressed every day with your commitment and passion for the mission.

As you prepare for your holiday vacations and visits to take some well-deserved time off to enjoy your family and friends, please remember the Soldiers that are deployed around the world, and their families and loved ones who remain here at home. Their sacrifice to ensure our nation remains safe and prosperous allows us all to enjoy the freedoms we have.

On behalf of the entire USAACE Command Team, have a very happy holiday season. Each and every one of you is absolutely critical to our mission, and we look forward to your safe return and a promising New Year.



MAJ. GEN. MICHAEL D. LUNDY

Be alert while shopping during the holiday season

By **Veronica Dudley**
U.S. Army Public Health Command
Director of Intelligence and Security

Attention all holiday shoppers! You better watch out, you better not cry, you better not pout, I'm telling you why. Holiday thieves are coming to town!

The holidays were never meant to be marked by stress and anxiety, but, all too often, the most wonderful time of the year becomes less about spending time with loved ones and more about protecting yourself from being a victim of identity theft.

The following are some tips to help you shop safely and securely during the holiday season.

- Get a monitoring service. One of the first things a consumer should do to protect themselves during the holiday season is to enroll in a credit or debit card credit-monitoring service. Taking this step will provide early warning notification if unusual activity occurs with your account.
- Be alert while shopping. Be sure that you get your card back after every purchase. Always make sure that sales vouchers are for the correct purchase amount before you sign them. Keep copies of your sales vouchers and automated teller machine, debit or credit card receipts in a secure place. Don't volunteer any personal information when you use your credit card and only display your personal identification as requested by a merchant. Don't put your driver's license number on your checks. Review your statements regularly to ensure there are no sus-

picious charges. Contact your bank immediately if you see a charge you don't recognize.

- Use caution when shopping online. Select one credit card with a low credit limit to use for all your online purchases. Immediately after you make a Web transaction, completely close your browser. To maximize Web transaction safety, use a recent version of your Web browser. Web addresses starting with "https" and Web pages with a padlock symbol in the lower right corner are safest.
- Check your account often. Reviewing your recent account activity is fundamental to credit card safety, and it's easy -- you can do it online or by phone. If your credit card issuer offers email or mobile alerts about unusual activity, sign up to receive them. If you've been a victim of fraud or identity theft in the past, consider signing up with a credit-monitoring service.
- Report lost cards and suspected fraud right away. If you lose your credit card or suspect fraudulent activity, contact your bank or credit card issuer right away. Your credit card issuer can block your card and account number so no one else can use it, and then give you a new card and account number. Remember that speed is of the essence. According to U.S. law, once you notify your credit card issuer that your card was lost or stolen, the most you'll have to pay is \$50 -- and many credit card issuers waive that charge as long as you notify them promptly.
- Use safe payment options. Credit cards are generally the safest option because

they allow buyers to seek a credit from the issuer if the product needs to be returned for any reason or if an item ordered online wasn't received. Credit cards may have a limit on the monetary amount you will be responsible for paying. Additionally, credit cards are easier to replace if stolen or when fraudulent activity has been identified. Debit cards are associated with your personal bank account, but the protections don't relieve consumers of hassle -- the prospect of trying to get money put back into a bank account, and the problems that a lower-than-expected balance can cause in terms of fees and refused checks or payments, make some online shoppers reach first for credit cards.

While debit cards and credit cards each have advantages, each is also better suited to certain situations. Since a debit card is a direct line to your bank account, there are places where it may be wise to avoid using it.

Here are 10 places and situations where it can pay to leave that debit card in your wallet:

1. Online shopping;
2. Purchasing big-ticket items;
3. Situations where a deposit is required;
4. Paying at restaurants;
5. Purchasing from a new, non chain-related merchant;
6. Situations that involve buying now and paying later;
7. Making recurring payments;
8. Paying for future travel;
9. Paying at a gas station or hotel; and
10. Conducting business at a

checkout or ATM that looks suspicious.

• Keep radio-frequency identification credit cards safe. RFID embedded cards use radio frequencies to transmit data. You can use these cards at stores and restaurants to pay for your purchases without having to swipe your card through a scanner. The RFID technology also allows thieves to scan your wallet and get your card's information without having to see the card. One way to block RFID transmission is to purchase a wallet that blocks RFID transmissions. Choose the wallets that are approved by the General Services Administration. Look for a stamp or statement by this agency to ensure authenticity when buying this product.

Finally, here are some general tips from law enforcement officers on how consumers can take steps to reduce the risk of being victimized during the holidays:

- Avoid carrying large amounts of cash;
- Carry purses close to your body, put wallets in front pants pockets or inside your coat, never leave your purse unattended in shopping carts, and don't overburden yourself with packages;
- Park in areas with good lighting;
- Keep car windows closed;
- Hide shopping bags and valuables in your trunk;
- Lock your car and take your keys with you; and
- Use ATMs in well-lit and populated areas, try to visit ATMs during daylight hours, and avoid ATMs where people are loitering for no reason.

Rotor Wash

“The holiday season quickly fills with family, celebrations, and multiple trips to the local grocer for supplies. What are simple things families should keep in mind to remain safe while traveling near and far this holiday season?”



Rick Kessock,
retired military

“Don't drink and drive, and keep an eye out.”



Cheryl Sutherland,
military spouse

“Get a good night's sleep before hitting the road to travel.”



Christina Dart,
military spouse

“Make sure you're well rested before you drive, and be prepared and plan ahead by getting your directions ready so that everything isn't figured out at the last minute.”



Harriet Bissett,
military spouse

“Be aware of your surroundings and always have your keys out when you're leaving department stores. Also make sure you keep your (personal belongings) close to you.”



Myra Aponte,
civilian

“Use traveler's checks and if you're leaving, make sure you leave early enough to beat the rush.”

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

Officials urge winter pet safety

By Nathan Pfau
Army Flier Staff Writer

Most wild animals are built for the outdoors and the hardships that come with living in the wild, but four-legged family members aren't as equipped to deal with the hazards Mother Nature has to offer.

That's why officials at the Fort Rucker Veterinary Clinic and the Fort Rucker Stray Facility offer tips to keep pets safe during the often harsh winter months.

There are a lot of hazards that pets are exposed to during the holidays and keeping pets safe is a continuous duty during the winter months, said Capt. Janas Gray, Fort Rucker Veterinary Treatment Facility officer in charge.

"Keeping pets safe should be a top priority in any pet owner's life and we just want to make sure Families are doing everything they can to keep their four-legged Family members safe during the holidays," she said.

Winter poses special risks to all pets. Give your pet a safer, healthier cold-weather season by following these tips.

- Keep indoor pets in a warm, dry area free of drafts. Elevate your pet's bed off the floor.
- Provide outdoor dogs and cats with a dry, warm, insulated shelter out of the wind. Bring your pet inside if the wind chill or other weather conditions become severe.
- Feed your pet extra calories when temperatures drop.
- Cats and kittens often nap on warm car engines. Knock on the hood or honk the car, and then wait a few moments before starting the car.
- Pets like the smell and taste of anti-freeze, and a small amount can easily kill them. Thoroughly clean up spills at once. Tightly close containers and store them where pets cannot get to them.
- Groom your dog regularly. Your dog needs a well-groomed coat to keep him properly insulated. Short- or coarse-haired dogs may get extra cold, so consider a sweater or coat.
- Don't leave your dog alone in a car. It gets too cold and carbon monoxide from an engine left running is dangerous. "Dogs cannot talk to us when they are sick, so as a responsible dog owner it is



Donna Isom, Fort Rucker Stray and Adoption Facility animal caretaker, takes Snowden, a male 2 1/2 year-old hound mix who is available for adoption, out for a walk and a little fun in the sun Tuesday.

important to pay special attention to your dog's wellbeing during the winter season," said Gray.

She reminds pet owners that pets can just as likely get dehydrated in the winter as in the summer, and, though Alabama winters are mild, frostbite is still a hazard.

"To prevent frostbite on ears, tails and paws, don't leave your dog outdoors for too long. Be very careful of supplemental heat sources, also. Fireplaces and portable heaters can severely burn your dog," she said.

She also said that just like people, dogs seem to be more susceptible to illnesses in the winter and to take pets to a veterinarian if any suspicious symptoms arise.

"Don't use over-the-counter medications on your dog without consulting a veterinarian," she added.

Other holiday hazards that pose a threat to pets during the festive season include: holly, tinsel, mistletoe, poinsettia, Christmas rose, philodendron, dieffenbachia,

holiday lights on lower tree branches, electrical cords, glass or edible ornaments, live and artificial Christmas tree needles, alcohol and chocolate.

In addition to these hazards that pets have to put up with, many people think that a new puppy or kitten is the best way to surprise a loved one, but animals and authorities feel otherwise.

"Pets don't always make for the perfect gift for the holidays, and the stressful nature of the season can be too much for puppies, kittens or adult rescues to handle," said Donna Isom, animal caretaker at the Fort Rucker Stray and Adoption Facility, adding that the added stress of a new pet during the season can also sometimes be too much for people, as well.

"New puppies and dogs require extra attention and a stable environment, which the holiday season doesn't permit. Also, a puppy is not a toy or gift that can be returned," she said.

Animals being adopted need extra time and one-on-one attention from new owners to work on house-training, getting introduced to other Family pets and just overall adjusting to a new environment, she continued.

Isom also advises that getting a pet as a gift for a Family member, even if they indicate they want a pet, may not be a good decision.

"Never gift someone with an animal as a surprise. An animal is a huge time, attention, money and health care investment that can last years. The decision to have an animal is a personal choice, and not to be made quickly or on a whim," she said.

For those determined to get a pet for the holidays, the animal caretaker offers tips to care for the addition.

"Make sure you are able to spend focused time on helping the animal adapt to its new surroundings. Be sure you have all necessary supplies and are able to spend time outside with house-training. Take into account that if you are traveling for the holidays you need a plan for taking care of your new pet," she said.

If people plan on traveling with pets, Isom said to make sure to bring all necessary supplies from home — crates, food bowls, litter boxes, leashes and medications.

"Also, make sure you have an escape-proof area if dogs will be off the leash," she added. "Make sure you have your animal microchipped in case they do get lost, and keep your microchip information updated when you move or change phone numbers."

If visiting Family plans to bring pets into your home, Isom reminds that Dobermans, wolf-hybrids, Chow-Chows, Rottweilers and Pit-Bulls are currently prohibited on Fort Rucker.

A lot of pets are exposed to unfamiliar Family members during the holidays, so she advises to never force an animal reluctant to be petted to make contact.

"Let pets go at their own pace, especially with the smaller breed dogs that are often leery of small children's sudden moves and loud gestures," she said.

If pet owners have concerns or questions regarding care of pets during the winter season and holidays, contact the Fort Rucker Veterinary Treatment Facility at 255-9061.

1st-person shooters: Future of Army research, development, force capabilities

By Sgt. Brooks Fletcher
16th Mobile Public Affairs
Detachment

FORT BLISS, Texas — In an effort to further develop and enhance Force 2025 capabilities, U.S. Army Training and Doctrine Command's Army Capabilities Integration Center held a pilot test for Early Synthetic Prototyping Dec. 8-11.

The Early Synthetic Prototyping uses a virtual environment to allow Soldiers the ability to assess and give feedback on emerging technologies; essentially guiding science and technology research, and doctrine, organization and training development, in a more fiscally responsible manner.

"The goal of [ESP] is to incorporate Soldiers' insight earlier in the development process — where design changes are inexpensive — and find out what works and doesn't work," said Lt. Col. Brian



A Soldier from 1st Armored Division uses a concept military vehicle to navigate the terrain of the online game Virtual Battle Space 3 during an Early Synthetic Prototyping pilot test held on Fort Bliss, Texas, Dec. 8.

D. Vogt, the Army Capabilities Integration Center's Army simulations operations officer. "We want to make the acquisition process faster, to better meet the needs of the future operation environment."

The pilot test introduced Soldiers from 2nd Brigade Combat Team, 1st Armored Division, to Bohemia Interactive's online game, Virtual Battle Space 3. The game provided the platform for "Old Ironsides" Soldiers to assess

everything from conceptual weapon systems, to the game's user interface and playability, giving Soldiers the opportunity to shape the future and adapt to new threats through a new form of training.

"I think it's great that they've asked the lowest ranking Soldiers to test out what could possibly be the future of the Army's technological advances," said Pfc. Mathew Giesey, 4th Battalion, 27th Field Artillery. "To know they've entrusted us to come here and be a part of this test and take it as seriously as they do, it means a lot."

Gen. David G. Perkins, TRADOC commanding general, said it is important for future force development to have Soldiers become part of the materiel and concept development process early on.

"From the materiel aspect of it — when we buy stuff for the Army, how we organize ourselves, and how we apply all the elements of

national power — we have to enable young leaders through training, education and organization to have the ability to innovate very quickly," Perkins said.

Vogt added that the assessments made through Virtual Battle Space 3 will be used to refine the development of the synthetic environment and provide a solid foundation for a future online training; contributing to Army-wide ESP, and allowing engineers and concept developers to be more efficient and effective in modeling multiple potential capabilities and prototypes for future use in the Army.

"We have found that Soldiers are excited about participating in the future of their Army," Vogt concluded. "When Soldiers eventually see this equipment arrive in their motor pool or in their arms room, it will have their fingerprints all over it. They will know that this has been fleshed out — by real Soldiers — at the early stages."

News Briefs

'Army Flier' break

The "Army Flier" will not publish Dec. 25 or Jan. 1. The next issue will be Jan. 8.

Gate hours

The Faulkner and Newton gates will operate with reduced hours Friday through 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.

Military pay office closure

The Defense Military Pay Office will close at noon Friday. All DMPO customers are being asked to visit the DMPO with their pay inquiries or clearance papers prior to the closure. Soldiers with a military pay emergency or who were unable to clear DMPO during this time can call 379-4973 for assistance. The office will reopen Monday at 7:30 a.m.

Military personnel closure

The Fort Rucker Military Personnel Division will be closed Dec. 26 and Jan. 2. The closure includes the ID card section, retirement services office, personnel reassignment branch, personnel management branch and personnel services branch. The casualty as-

sistance center will have on-call personnel available.

For emergencies, call 255-0580.

Museum closure

The U.S. Army Aviation Museum will be closed Dec. 26, per the executive order declaring the day a federal holiday.

Clinic closures

Lyster will be closed Dec. 25 and 26 for Christmas, and closed Jan. 1 and 2 for New Year's.

Opportunity Knocks

Lyster Army Health Clinic reports the following opening: Clinical Psychologist, GP-0180-13, can be found at <https://www.usajobs.gov/GetJob/ViewDetails/388338400>, closes Friday.

For more on the Lyster openings, call 255-7189.

AAFES fuel savings

Army and Air Force Exchange Service gas stations are offering patrons ways to save at the pump. Friday-Sunday, the MILITARY STAR® card is doubling the everyday

5-cents-per-gallon gas discount cardholders receive when fueling up at an exchange gas station. On those three days, drivers paying for gas with their MILITARY STAR® card will receive 10 cents off per gallon.

"As we head into the final holiday shopping weekend, we are providing an added incentive for last minute shoppers to come on base to see what the Fort Rucker Exchange has in store," said the Larry Salgado, exchange general manager. "The savings at the pump are just the beginning of the value authorized shoppers will find at the Fort Rucker Exchange."

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 fitroop50.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>.

SMA addresses Soldiers' drawdown concerns

By Sgt. 1st Class David Wheeler
U.S. Forces Afghanistan Public Affairs

BAGRAM AIRFIELD, Afghanistan – Sgt. Maj. of the Army Raymond Chandler III took one last chance to talk to about the future of the Army in an era of fiscal uncertainty with Soldiers deployed to Bagram Airfield and other locations in Afghanistan Dec. 10.

In what will be his final visit to the country before he retires – Command Sgt. Maj. Daniel Dailey becomes the 15th sergeant major of the Army early next year – he said being able to interact with Soldiers regardless of where they are located is a part of the job he's very passionate about.

"There has to be someone in the Army that goes to where Soldiers are, listens to what they have to say and brings it back to our senior leadership," said Chandler. "A deployment is a pretty significant life event. So, I try to talk as much to deployed Soldiers as to Soldiers that are not deployed."

Chandler encouraged Soldiers to ask him about whatever was on their minds. Soldiers at nearly every stop – from Kandahar and Kabul to Bagram – asked Chandler how the Army's drawdown will affect them.

At a town hall at Bagram's Morale, Welfare and Recreation facility, a young NCO in the back of the crowded theater talked about the difficulty of getting promoted



Sgt. Maj. of the Army Raymond F. Chandler III held a town hall with Soldiers, Airmen and Marines at Bagram Airfield, Afghanistan, Dec. 10.

lately. Chandler explained that when the total number of Soldiers in the Army is reduced, the pace of promotions in certain military occupational specialties must slow down as well.

Chandler told the 300 Soldiers in the crowd that as the Army adjusts its size to meet congressional mandates, Army leaders will have to make every effort to distinguish those Soldiers with the greatest capacity to serve, which will include reviewing the records of different rank

populations as part of upcoming qualitative management program and qualitative selection program boards.

"This year is the first year we will review both QMP and QSP for staff sergeants, regardless of time in service," Chandler said. "In the past, we looked at senior NCOs, many of those Soldiers are close to or at retirement age. Staff sergeants may not be, but they are going to be reviewed if they are eligible for promotion to sergeant first class, and that is going to help us with that

young sergeant's question today of, 'Why can't I get promoted?'"

A senior NCO at another engagement asked Chandler if the Army was drawing down too fast. Chandler told him, "We're not trying to drawdown. We're being forced to make hard decisions to adhere to the sequestration law. We need the predictability of a budget and the repeal of the law before we can slow force reductions."

Despite the challenges ahead, Chandler remains optimistic about the Army's future.

"The Army has done well over the last 239 years, and I fully believe we will do well over the next 239 years," he said. "And it's because of the great leadership, especially from the NCO population that sustained this Army through some pretty tough times."

As his final town hall in Bagram wrapped up, he took a moment to reflect on his time as the Sergeant Major of the Army.

"After four years, you get a little bit of perspective. I had an opportunity to see phenomenal Soldiers and leaders doing amazing things. I couldn't be more proud of their service and sacrifice, and just as importantly their family's sacrifice," Chandler said. "I have seen a lot of stuff. We got a great Army – I am going to leave it. I will be that old Soldier that fades away, but like many others, I will still be watching, and I know the folks that come after me will continue to make us better."

Army installs first Ground-Based Sense-and-Avoid radar

By Program Executive Office
Aviation
for Army News Service

FORT HOOD, Texas – The U.S. Army installed its first Ground-Based Sense-and-Avoid radar system at this home to two MQ-1C Gray Eagle unmanned aircraft system companies.

Fort Hood is one of five installations that have been identified to acquire the system.

"We are very excited to finally see this come to fruition," said Viva Kelley, product director for U.S. Army Unmanned Aircraft Systems Airspace Integration Concepts. "The whole team has been working very hard on this program since its inception. In the end, it will provide the Army with

a safer and more effective way with which to conduct UAS training and testing."

Currently, the Army uses visual observers, on the ground or in a chase plane, to provide the necessary "see-and-avoid" function required by federal regulation (14 CFR 91.113). The Army-developed Ground-Based Sense-and-Avoid will initially support UAS transiting from airfields to restricted areas where training and testing can occur.

The radar system consists of numerous complex subsystems, including multiple 3-D radar, known as LSTAR, data fusion, tracker, classifier, separation algorithms, displays and much more, that have been designed and developed for the sole function of

sense and avoid.

Without a pilot on board, UAS do not have the ability to safely navigate in airspace with other traffic, officials said, adding especially with aircraft that are not transponding or otherwise cooperating in the airspace system.

The GBSAA system was designed to be compatible with any UAS in any airspace and under any operational need. The goal is to open up necessary airspace to UAS and allow them to fly as safely as manned aircraft can. While the first steps will be transits from airfields to restricted areas, operations in military operating areas are in the very near future.

"The GBSAA system has exceeded all of its performance re-

quirements, from the test bed to the full system concept demonstrations and follow-on testing," said Col. Courtney Cote, project manager for UAS. "This system provides the alternate means of compliance with FAA regulatory requirements that will enable our Army to perform the critical mission training they need."

Fort Hood is the first site to receive the system and will have hardware installed in mid-December. The hardware will continue to collect data for a safety analysis and report before becoming fully operational, in 2015. Collecting and analyzing the data will allow operators to see and verify if the radar is seeing everything and give the safety team a good understanding of the airspace traffic.



PHOTO BY VIVA KELLEY
The first Ground-Based Sense-and-Avoid radar system is installed at Fort Hood, Texas, to support unmanned aircraft systems transiting from airfields to testing areas.

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PEO Aviation has more milestones on horizon

By Sofia Bledsoe

Program Executive Office for Aviation

The Program Executive Office for Aviation saw several big changes and accomplishments in the last year, starting with the PEO Aviation change of charter.

The charter went from Maj. Gen. Tim Crosby to Brig. Gen. Bob Marion Jan. 24. The event was followed by a retirement ceremony for Crosby.

Marion was promoted to brigadier general on the same day. Now, after a year as the PEO, Marion stresses the importance of stewardship and urges the Aviation community to remain steadfast in accomplishing Army Aviation's top priorities.

Army Aviation saw its peak relevance during Operations Iraqi and Enduring Freedom, proving that it is a critical enabler to ground forces. It has flown nearly 7 million flight hours since the beginning of OIF and OEF, and remains the Army's largest portfolio.

"Those dollars that are reflected in the Army Aviation portfolio are really reflections on your ability to get to the finish line," Marion said to the Aviation community.

And so, as the calendar year wraps up, the following is a wrap-up of the organization's highlights and achievements through the eyes of Army Aviation's project management offices.

Apaches

Team Apache saw several milestones this year, starting with the successful completion of the Follow On Test and Evaluation in August at Eglin Air Force Base, Florida, with the 1st Battalion, 25th Aviation Regiment, the Army's second unit equipped with the E model Apaches. A simultaneous rotation at the National Training Center at Fort Irwin, California, also took place with the same unit that subsequently deployed in the Pacific Theater as part of the Rim of the Pacific exercise.

The AH-64E Apache has flown more than 15,000 flight hours and has exceeded expectations in performance and operational readiness rates in theater. Combined with the D model Apaches, the world's most lethal combat helicopter has flown more than 4 million hours.

Earlier this year, the project office signed contracts for the third and fourth lots of E-model Apaches, which brought the program to full rate production. To date 89 have been fielded. The Army's program of record remains at 690 aircraft.

Apache Project Office also saw a leadership change during a change of charter from Lt. Col. Steven Van Riper to Lt. Col. Louis King as the product director for Apache sensors in July.

Unmanned aircraft systems

UAS Project Office continues to provide stellar UAS support to the war fighters, while surpassing the 2 million flight hour landmark, as well as achieving other critical milestones in 2014.

In June, the Shadow RQ-7B, which has surpassed 920,000 flight hours, underwent Follow-On Test and Evaluation testing. A monumental achievement for the Shadow team, it proved out the concept of the on-board Tactical Data Link capabilities for



PHOTO BY JAMES HARDY

A UH-60M Black Hawk flies to an Army unit.

this workhorse of the Army's UAS fleet.

In late August, the first ever Family-of-Systems testing was conducted in labs and flight lines in California, Maryland and Alabama. The overall assessment of the testing and the Manned-Unmanned Teaming functionality was very positive from everyone involved. A number of firsts were successfully accomplished during the testing including the first time that an Apache controlled the flight and payload of the Shadow UAS while it was in flight.

With the Army's Aviation Restructuring Initiative, the Shadow UAS becomes part of not only the brigade combat teams, but will now be a key combat multiplier in the combat Aviation brigades. The team has just fielded Shadow platoons in the first CAB and will continue fielding 2-3 Shadow platoons per month for the next few years.

In mid-December, the first ever Ground Based Sense and Avoid radar system was installed at Fort Hood, Texas.

Utility helicopters

The Utility Helicopters Project Office celebrated the Army's acceptance of the 300th UH-72A Lakota during a rollout ceremony at Airbus Helicopters production facility in Columbus, Mississippi in May. The 300th Lakota aircraft marks a major milestone for the Army, with the program having been consistently executed on time and on budget. Through the ARI, the Army has decided that the UH-72A Lakota will be the Army's training helicopter and will replace the aging TH-67 and OH-58A/C fleet.

Also in May, the project office hosted a foreign military sales visit, hosting representatives from 16 countries. The visit originated from the growing interest of the countries to purchase utility aircraft using the FMS program.

In June, the project office handed over

the logbook and keys for three UH-60A Black Hawks to Sikorsky Aircraft Corporation during an aircraft exchange/sale – also known as the Black Hawk Exchange and Sales Transaction. It is one of the ways the Army is divesting A model Black Hawks out of the inventory.

Additionally, the project office is moving forward with the Army's UH-60V Black Hawk program, which upgrades the L models to have digitized cockpits with electronic displays. The UH-60V will have the feel of an M model and provides essential operational capability at the most affordable cost, maximizing value to the American taxpayer. It also avoids \$1.5 billion in new procurement costs over UH-60L aircraft by leveraging the stable UH-60 RECAP program at the Corpus Christi Army Depot, Texas.

Cargo helicopters

The Cargo Helicopter Project Office is planning a block upgrade strategy to the CH-47F Chinook designed to affordably maintain platform relevance through the planned service life of 2060. A cornerstone of the first block upgrade, known as Block II, is to the rotor blade system – the Advanced Chinook Rotor Blade – that will significantly improve the performance of the helicopter in high-hot atmospheric conditions. The PM is also exploring a fuel system modification that improves reliability and allows for 80 additional gallons of fuel.

"We're really looking to key in on value propositions where we can," Col. Rob Barrie, project manager for cargo helicopters, said. The Army is conducting an analysis to determine the appropri-

ate technologies to carry forward into the Block II program. The project office is seeking approval to enter the acquisition process in early 2015.

The cargo project office successfully auctioned 14 CH-47D Chinooks on the General Services Administration website in 2014. Proceeds from the sales go toward the procurement of new F model Chinooks for the Army. To date, the GSA sales raised \$35 million while providing the American taxpayer significant savings to demilitarize those aircraft.

Aviation systems

This year saw the Aviation Systems Project Office working hard to modernize many of the 50-plus products in its portfolio.

Since June, the project office began fielding the new Common Aviation Tool System to five Combat Aviation Brigades and two state Army Reserve National Guard units. When fielding is complete in fiscal 2017, all New Aviation Tool System tool kits, which were fielded in the 1990s, will be out of the Army inventory.

The project office continues to provide Air Traffic Navigation, Integration, Coordination System Block 6 upgrade training to Air Traffic Control units around the globe. Block 6 incorporates a KG-175 into the ATNAVICS for Information Assurance.

The Centralized Aviation Flight Records System began fielding Version 4, which incorporates the Individual Aircrew Training Folder into each record.

And thanks to an intense testing sched-

SEE PEO, PAGE A7

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Ceremony: Legacy lives on in future Aviators

Continued from Page A1

a hunger for healing. I do not know if perfect healing ever occurs, but I know that sometimes when a bone is broken if we put it together well, in the end it will be stronger," said Altieri. "I believe that in the years since Jeremy has left us the healing has begun, and I personally hope that someday the healing will be complete.

"Although Major Clark died in 2010, the opportunity for him to live on is vested in you and all of our future Aviators," he said, speaking to the Aviators in attendance. "Go out there and make sure that you keep the patriotic spirit alive and well that Major Clark embodied. We will never forget Jeremy. We will never forget his devotion and his sacrifice. Jeremy's memory stands before us, marching into time and marching into a shared memory forever."

Clark began his military career in 1998 after graduation from California State Uni-

versity in Sacramento when he was commissioned as a second lieutenant in the Army. From there, he attended the Aviation Officers Basic Course and completed Initial Entry Rotary Wing training.

He served in multiple countries, including Germany and Korea, as well as multiple deployments, including Kosovo in support of KFOR 2B, and Iraq in support of Operation Iraqi Freedom.

He departed from active duty in the Army in 2009, but continued to serve the Army as a Department of the Army civilian OH-58D instructor pilot.

Clark's wife, Lt. Col. Jennifer Clark, was on hand to offer her thanks to everyone involved in the dedication.

"I just wanted to express our gratitude and thank everyone who pushed to get this done ... and everyone who helped us here, and everyone who made it here today to honor Jeremy," she said. "On behalf of the family, I'd just like to say thank you."



PHOTO BY NATHAN PFAU

Soldiers take a moment to honor Maj. Jeremy Clark during a dedication ceremony at the U.S. Army Aviation Museum Monday. A portion of the Molinelli Aerial Gunnery Range Complex was renamed the Clark Run/Dive Fire Lane in his honor.

PEO: Changes improve battlefield capabilities

Continued from Page A6

ule, the APX-123 transponder earned the Air Traffic Control Radar Beacon System, Identification Friend or Foe, Mark XII/XIIA (AIMS) Program Office certification for the AH-64D, AH-64E, UH/HH-60M and A/MH-6M platforms.

Consequently the Army was the first service to declare initial operation capability for Mode 5 a full six months sooner than initially planned.

Armed scout helicopter

As part of the ARI, the Army decided to divest its OH-58D Kiowa Warrior fleet, and cancel the associated upgrade programs to repurpose about \$1.8 billion for critical Army Aviation modernization programs and training.

The Armed Scout Helicopters Project Office is executing the divestment mission for OH-58D KWs, OH-58A/Cs and the TH-67 training helicopters. After receiving the Execution Order April 4, the OH-58 KW divestment team immediately began implementing the Army's guidance. Twenty-six KWs from the 6th Squadron, 17th Cavalry Regiment at Fort Wainwright, Alaska, were identified as the first OH-58Ds to be divested. The next group of 29 KWs were divested from Fort Rucker on Oct. 27. These aircraft are now in non-flyable status undergoing divestment screening at the AMARG, the 309th Aerospace Maintenance and Regeneration Group, the storage facility located at Davis-Monthan Air Force Base in Tucson, Arizona.

About 336 KWs are scheduled to be divested from the Army, which will take roughly five years to complete.

Non-standard rotary wing aircraft

The Non-Standard Rotary Wing Aircraft Project Office is responsible for the successful procurement, fielding and sustainment of non-standard rotorcraft for Department of Defense and partner nations as directed by the Office of the Secretary of Defense in support of security force assistance missions.

In the four years since formally being chartered, the project office has delivered 118 new helicopters and other partner nations on schedule and within cost. The project office's successful performance has ensured that all aircraft Americans and its allies fly are dependable, airworthy and safe.

Although the project

office's initial focus was the procurement and sustainment of Mi-17 helicopters, the emphasis has now shifted to partnering with U.S. Aviation industry and original equipment manufacturers. By forging and strengthening ties with the U.S. Aviation industry, everyone benefits; the buyer (partner nation) receives a government-to-government contract and program management, industry receives increased sales and the Army strengthens its military-to-military ties with the new owner through training opportunities, and increased equipment interoperability and ultimately enable strategic goals of the United States.

Fixed wing

The past year saw several developments within the Fixed Wing Project Office. In July, during a change of charter ceremony, the office welcomed Col. Steve Clark as the new project manager.

The Enhanced Medium Altitude Reconnaissance and Surveillance System Acquisition Category II program of record made great progress during 2014. The fiscal 2014 National Defense Authorization Act directed the Army to leverage existing Quick Reaction Capability aircraft fielded in support of overseas contingency operations and integrate them with the four Boeing built engineering and manufacturing aircraft to achieve the Army's procurement objective of 24 EMARSS aircraft. EMARSS provides the Army with the ability to detect, locate, identify and track surface targets, day or night, in almost any weather condition and provides Soldiers with ISR capabilities with a high degree of timeliness and accuracy.

Another aerial ISR POR, Airborne Reconnaissance Low, is undergoing modernization by means of aircraft replacement and updated primary mission equipment. The Army will capitalize on the modernization strategy by repurposing existing quick reaction capability aircraft to replace the current legacy fleet.

The ARL program of record was validated in March 2013 by the vice chief of staff of the Army as an enduring ISR asset.

While these ISR programs are taking shape, an endeavor involving transport aircraft is advancing through the acquisition process with the Fixed Wing Utility Aircraft, a retirement and replacement program for the Army's aging C-12 and C-26 transport aircraft fleet. FUA will provide Army forces



PHOTO BY UAS PROJECT OFFICE

An RQ-7B Shadow v2 gets ready to launch for flight.

commanders flexibility in meeting time-sensitive movements of key personnel. In October, the Training and Doctrine Command Capabilities Manager-Lift released the Capabilities Production Document for worldwide staffing and is under review.

As one program begins its service, the mission ends for others. Fixed Wing Project Office began divesting its C-23, C-20 and legacy RC-12 aircraft. The Guardrail fleet of RC-12s, an intelligence, surveillance and reconnaissance aircraft, is also being divested. A total of 12 aircraft were divested in 2014 and another seven will be divested by the end of fiscal 2015. Some of these RC-12s have served the Army since 1978 and are being divested to meet the Army's requirements for the 2020 Aerial ISR Strategy.

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823 Crawford
\$69,500: Move in ready. Hardwood floors and lots more, 2 BR/2 BA.
MARY JONES 790-2933
AND FRAN KALTENBAUGH 790-5973 MLS #20142255



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160 CR 744
\$159,900: Very nice home, like new with large fenced back yard. 3 BR/2 BA. Call to preview.
FRAN & DON KALTENBAUGH 790-5973 MLS #20142268



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5695 CR 636
\$117,000: Live on 7 acres of privacy and have plenty of space to entertain family room and basement. There is also a formal sitting room and huge/separate dining room open to the kitchen. Should be able to add 2nd bathroom off of family room where laundry room is located. Close to Enterprise but out in the calming countryside with a beautiful wooded property including a stream. Back porch is also enclosed! Sq. ft. does not reflect newly remodeled basement.
MAGGIE HAAS 389-0011 & CHRIS ROGERS 406-0726 MLS #20142259



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\$124,000: Very nice updated home with pool and other nice amenities. Minutes from Fort Rucker.
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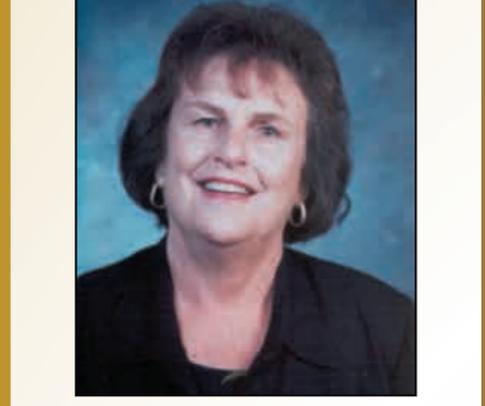
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PHOTO BY SGT. JOSE RAMIREZ

Locals in Ganta, Liberia, observe a CH-47F Chinook helicopter from Task Force Iron Knights, 2nd Battalion, 501st Aviation Regiment, 1st Combat Aviation Brigade, 1st Armored Division, deliver supplies to an Ebola Treatment Unit in support of Operation United Assistance Dec. 9. Operation United Assistance is a Department of Defense operation in Liberia to provide logistics, training and engineering support to United States Agency for International Development-led efforts to contain the Ebola virus outbreak in western Africa.

Odierno visits Huachuca

By Angela Camara
Fort Huachuca
Public Affairs Officer

FORT HUACHUCA, Ariz. — Fort Huachuca leadership hosted Chief of Staff of the Army Gen. Ray Odierno for his first-ever visit to the southwest desert post, Dec. 8-9, highlighting the unique capabilities found here that support the new Army Operating Concept, leader development and the future of the Army.

“This is [an installation] I’ve been wanting to come to for quite some time, because of the important role it plays in everything that we do in the Army,” Odierno said. “One of the major things it does obviously, is trains all of our intelligence Soldiers and officers and plays an important role in our intelligence Aviation assets, so [Fort Huachuca is] a key piece.”

Odierno also visited Network Enterprise Technology Command, which has the worldwide responsibility to set up, operate and maintain the entire Army network at every location the Army has network responsibility, and also protect the Army’s network from cyber attack.

The synergy of the various commands on the installation, most notably, the U.S. Army Intelligence Center of Excellence, NETCOM, Joint Interoperability Test Command and Electronic Proving Ground, make the fort the center for excellence for Command, Control, Commu-



PHOTO BY STAFF SGT. STEVE CORTEZ

Army Chief of Staff Gen. Ray Odierno observes the equipment inside the MC-12 aircraft during his visit to Fort Huachuca, Ariz., Dec. 9.

nications, Combat Systems, Intelligence Surveillance and Reconnaissance.

“So, clearly [Huachuca is] a very strategic post,” Odierno said. “I’m very impressed with two things. One is how [the Army’s Intelligence Center of Excellence] is tackling the leader development problems, and what it’s going to take to develop leaders who are adaptive, innovative and have the ability to think critically under pressure.”

The Army’s Intelligence Center of Excellence is migrating from instructor-centric training, to a learner-centric focus in

all courses, including training on Socratic questioning and critical thinking.

“No. 2 is how they are organizing themselves and thinking about the future and how the intel structure can fit into the future,” he continued. “They outlined for me things that are being done now that are going to be done in five years, 10 years and to keep the intel structure relevant. That’s incredibly important as we move forward. We need that type of thinking.”

SEE HUACHUCA, PAGE B4



PHOTO BY SPC. ARIEL SOLOMON

Spc. Mark Rohaley, a native of Spartanburg, S.C., and Spc. Randal Coleman, a native of Jasper, Ala., both serving with D Company, 3rd Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division, work together to clean and inspect a UH-60 Black Hawk helicopter on Bagram Air Field, Afghanistan, in November.

DEDICATED

UH-60 mechanic ‘go-to guy’ for 82nd CAB

By Spc. Ariel Solomon
U.S. Forces Afghanistan
Public Affairs

BAGRAM AIRFIELD, Afghanistan — In a large tan tent that serves as a maintenance hangar, a D Company, 3rd Battalion, 82nd Combat Aviation Brigade, 82nd Airborne Division Soldier used a pressure washer to remove dust and grease from the last of three UH-60 Black Hawks he and other mechanics had been inspecting for the past week.

Spc. Mark Rohaley, in Afghanistan serving with joined the Army with a single desire: to keep helicopters in the air. He and his team keep the Black Hawks based on Bagram Air Field in the skies.

“The main thing, especially here at Delta Company, is doing things right,” said Rohaley, a native of Spartanburg, South Carolina. “If you see something that doesn’t look right, you need to look up the inspection criteria and make it right. It’s better to have a helicopter here in maintenance a little longer than for it to fail while on a mission and possibly hurt someone.”

Rohaley’s love of tackling unique problems has made him the go-to guy for his unit. He said he is always eager to learn how a part or assembly works and often is the first to volunteer for an assignment.

“Rohaley is one of my most intuitive personnel,” said Staff Sgt. Ryan Zimmerman, a native of Martinez, California, who serves as section sergeant with Maintenance Platoon, D Co., 3rd Bn., 82nd CAB. “He can go out and do these jobs himself and he always wants to learn more. He’s always motivated to get out there and do what needs to be done.”

Rohaley’s friend and teammate, Spc. Randal Coleman, from Jasper, Alabama, described Rohaley as a workhorse who would do anything to get the job done right.

He said if Rohaley doesn’t know something, he finds out either by asking those who do know or by searching for the solution in manuals.

“If you have no idea how to do something, you need to find that knowledge and Rohaley is really good at that,” Coleman said. “He understands he’s not going to know everything, but he knows where to go to find the information he needs.”

SEE DEDICATED, PAGE B4

Soldiers test mettle, earn spurs

By Sgt. Jesse Smith
2nd Combat Aviation Brigade
Public Affairs

PYEONGTAEK, South Korea — During the beginning of the cavalry, when new Soldiers arrived, they were given a horse with a shaven tail. The shaven tail was to warn other Soldiers that the new arrival was a novice, and they should give him more space.

This coined the nickname “shave tail” for all new Soldiers in cavalry units. Novices could not earn their spurs until they were competent and proficient Soldiers, said 1st Lt. Mathew D. Bibasilio, a platoon leader with the 6th Squadron, 17th Cavalry Regiment, 2nd Combat Aviation Brigade.

He said this became the tradition of Soldiers having to go through a Spur Ride to earn their spurs.

Dec. 10-11, eight teams of eight to nine Soldiers arrived at a field and placed their ruck sacks down and relaxed for a moment while spur holders – cavalrymen who already have their spurs – readied the field for a modified group physical fitness test. The Soldiers had sweat-soaked hair and uniforms, and tired looks



PHOTO BY SGT. JESSE SMITH

Soldiers from the 6th Squadron, 17th Cavalry Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division place the spurs on a fellow Soldier who has just completed his Spur Ride Dec. 11 in Pyeongtaek, South Korea.

on their faces. The spur holders started yelling and the Soldiers sprinted together at once to their designated cones on the field.

The spur holders gave instructions on what the Soldiers had to do and then started the Army Physical Fitness Test. Each Soldier did push-ups and sit-ups, and then they ran around the track twice, as a team, all while the spur holders sent them to do extra physical events in an attempt to wear the Soldiers out.

That was just one event from the Spur Ride for these Soldiers from the 6-17th Cav. Regt. In total, the non-spur holders had to do two lay-outs, a group APFT,

small arms range, gas chamber, water survival training, weapons assembly, multiple ruck marches and cold weather training, said Sgt. Robert Sharpton, an ammunition guidance system operator with the 6-17th Cav. Regt.

“The spur ride is meant to push your boundaries,” Sharpton said. “You are going to fail at tasks, but you can just never give up.”

He said the biggest test of the whole right-of-passage that is a “Spur Ride” is to drive on and to not let yourself down. The Soldiers are there to prove that they are competent in basic cavalry skills, but they also need to show

that they won’t give up when placed in difficult situations.

The Spur Ride is a way for the cavalry to show esprit de corps and continue its traditions, said Lt. Col. Matthew F. Ketchum, the commander of the 6-17th Cav. Regt. He said Soldiers don’t necessarily have to go through it to be part of the cavalry organization, but they do in order to earn their spurs.

The Soldiers went through more than 30 hours of arduous training, Ketchum said, adding that the unit is divesting once it returns to Fort Wainwright, Alaska, so they wanted to give the Soldiers a chance to get their spurs before leaving the 6-17th Cav. Regt.

“The event gives Soldiers the chance to show, in a team environment, what they know and helps them understand what other Soldiers do,” Ketchum said.

Ketchum said the Spur Ride and earning your spurs is important due to its value as a sort of flare for the cavalry like the Stetson. He said it adds swagger to the overall look of the cavalry, which makes it more appealing.

The Spur Ride is more than a right-of-passage, Ketchum said. It means that the cavalry spirit will live on.

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Huachuca: Odierno discusses post's unique capabilities

Continued from Page B1

Intelligence training is also migrating from counterinsurgency to decisive-action scenarios including cyber and open source intelligence.

"Then with NETCOM and the increasing mission they have to help protect our networks and their ability to provide communications in support of many combatant commanders," the CSA said. "They're in the process now of supporting operations in Africa and Europe. So all of that is very critical to what we're doing today."

"Cyber, manned-unmanned [aircraft] teaming, the continued adjustment and development of intel capabilities as our technology grows are all keys to the future," Odierno said. "Those things continue to evolve in such a way that they will continue to be a centerpiece of everything we do. So what gets done here, looking toward the future, is critical to [the Army]."

"There are three things I think about every day when I get up in the morning," he continued. "One is I think about the fact that we have 60,000 Soldiers deployed in 150 countries, and I've got to make sure they're trained, ready and prepared to do their mission. Second is while I'm doing that I have to downsize the Army. We've already taken 70,000 people out of the active component and we're scheduled to take more out depending on how sequestration goes. I have to do that simul-



Army Chief of Staff Gen. Ray Odierno observes U.S. Network Enterprise Technology Command's Signal Cove of Remembrance during his visit to Fort Huachuca, Ariz., Dec. 9. The cove is a memorial that honors Soldiers and civilians who gave their lives while supporting signal operations during Operation Iraqi Freedom and Operation Enduring Freedom.

taneously while I maintain the mission sets we have around the world.

"Finally, the third thing I think about, I have to be looking to the future, and because times are changing, the world is evolving, war is changing and we've got to be able to be prepared for that," he said. "We've got to manage all three of those things. That's my job. I've got to be able to orga-

nize and synchronize to ensure we can do all of those at one time, and that's what we're doing now. It's difficult, but we're doing it because we have a great Army, and a lot of great people."

Fort Huachuca is home to the Army's fifth busiest airfield, Libby Army Airfield, and manages joint-use airspace with both manned and unmanned aircraft flying more than 130,000 mis-

sions each year in 964-square-miles of restricted airspace – ground to 30,000 feet. The post is home to the only C-130 high altitude certification location in the country and the only high elevation dirt assault air strip, and four high altitude drop zones ideal for Special Operations Forces training.

Fort Huachuca is the only place in the United States that

can conduct full-frequency spectrum, full-power jamming as part of the critical cyber warfare testing mission. This is made capable by the 2,500-square-mile Buffalo Soldier Electronic Range, which has a frequency coordination zone protected by federal mandate. The installation is protected by unique natural topography and geology and the long-term spectrum access is irreplaceable.

"Fort Huachuca has very unique capabilities; one of a kind capabilities that we have in the Army," Odierno said. "With the continued budget constraints and possible sequestration, that's causing us to make really tough decisions. In my opinion it could impact our national security and our ability to respond."

Last year's Programmatic Environmental Assessment addressed an Active Component reduction of 80,000 Soldiers – from 570,000 Soldiers to 490,000 by the end of fiscal year 2017. The Supplemental Programmatic Assessment addresses potential impacts if the Army is forced to reduce the Active Component to 420,000 personnel. Reductions of the magnitude described in the 2014 Quadrennial Defense Review exceed those assessed in the 2013 Programmatic Environmental Assessment.

"But, if we continue to get cuts, nothing is off the table. And that's the bottom line," Odierno explained. "I would be very disappointed to lose such an incredible place such as this, and the unique capabilities it brings."

Dedicated: Soldier praises skills of co-workers, teamwork

Continued from Page B1

Less than two years into his military career, Rohaley is planning ahead to ensure he gets where he wants to be in life. He said that one thing he knows for sure is that he wants to be the guy who knows how to fix helicopters. His ultimate goal is to be a civilian helicopter mechanic

after he completes his service.

"I've talked to a lot of civilian helicopter mechanics and they've made it clear to me that you have to be good if you want to work with helicopters in the civilian world," he said. "You've got to make this a part of your life."

Rohaley's leaders ensure their troops not only know their job, but are also competent in their

Soldier skills. He explained that leaders from all over his unit provide him with instruction and encourage him to learn Army history and read field manuals, adding that he has learned his job is only a small part of being a Soldier.

The bond Rohaley has with his coworkers is evident in how they work together. As they fluidly examined the aircraft during

the maintenance inspection, they checked and double checked each other's work to ensure they didn't neglect any maintenance.

"These guys have become brothers of mine," he said. "Everyone in my platoon is really tight. We fight like brothers, but also love each other like brothers."

Zimmerman said that this is

the first deployment for most of his section and they had to learn a new, faster pace in Afghanistan.

"Pretty much all the guys in my section have less than or just over a year of experience, and the quality of work they can perform is outstanding," Zimmerman said. "They're way above where they need to be to accomplish the mission."



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DECEMBER 18, 2014

BREAKFAST WITH SANTA

Unforgettable time for parents, children

By Nathan Pfau
Army Flier Staff Writer

Before Santa fills his sleigh and checks his list twice, children on Fort Rucker and the surrounding communities had one more chance to tell the man in red what they want this holiday season.

The Landing hosted its annual Breakfast with Santa Saturday where families came from all over the surrounding communities to enjoy a meal their children wouldn't soon forget.

Before being treated to a buffet-style breakfast, families were able to bring their children to meet Jolly Old Saint Nick for pictures and get a one-on-one to get their holiday wish list in before he heads out for his busiest night of the year, and the King family said it was just what they needed to get into the holiday spirit.

"It's always a great opportunity to get to bring the children to see Santa before Christmas," said Elisa King, civilian, who brought her family from Ozark. "Seeing and talking to Santa always gets my children in a good mood and ready for the season. I'm so grateful that Fort Rucker has



Sisters Anya and Layla Ferrer, military family members, tell Santa what they want under their Christmas tree this year.

an opportunity for something like this.

"It always brings us closer together and it gives us a chance to do something as a family, which is nice," she continued. "Every year I make it a point to take them to

see Santa because it really lights up their eyes. It just isn't Christmas without it."

The Johnsons, a military family who lives on Fort Rucker, said that the day is a great time to spend with their children

without the hassle of having to cook and clean up afterwards.

"I love to cook for my family, but there are times I'd rather be just enjoying sitting down with my family and having a meal together," said Jessica Johnson, military spouse. "Especially a spread like this one with all the different choices. This would be a lot to clean up afterward, so why not let someone else do the cleanup while I spend the time with my family."

Although the food was great, Johnson said the best part is the memories that she gets to make with her children, Jeremy and Jason.

"These are such important memories that we're making together," she said. "The older you get, you really start to lose that Christmas spirit when the season comes around. This is my favorite time of year, and if I can do anything to maintain that feeling for them as long as possible, I will."

And that's music to the ears of Janice Erdlitz, Directorate of Family, Morale, Welfare and Recreation.

"It's all about making memories," she said. "(I feel) that's what we do best at Family and MWR - we make the opportunities happen to help families make memories together that will last a lifetime."

MISTLETOE 5K



Runners dressed in festive attire make their way through the Mistletoe 5k run in front of Fortenberry-Colton Physical Fitness Facility Saturday.

A GROOVY NEW YEAR HAPPENING

Rucker Lanes hosts Pin Down Countdown

By Jay Mann
Fort Rucker Public Affairs

The Fort Rucker Bowling Center promises a groovy happening for people of all ages this New Year's Eve.

"This year's theme is the 1960s - the groovy era," said Ron Cook, bowling center business manager. "We are definitely

going to push this facility to a whole new level. Expect to come out for something groovy, psychedelic and fun. I know we have a lot of folks who are familiar with The Extreme Bowl. The Groovy Pin Down Countdown will be that to the next level.

"There will be costume contests," he added, "so everyone is encouraged to come dressed in

their best groovy attire. Previous year's themes were The Great Gatsby and the roaring 20s. The more into the costumes and the New Year's spirit you get, the more fun the event becomes."

The event will feature two sessions, Cook said, with one running from 6-9 p.m. and the other from 10 p.m. to 1 a.m.

"The earlier one is so some of our younger family members can come out and enjoy the night," he said. "There is no open bowling starting that day, so we can give 110 percent to getting ready

for the event - this event is reservation only," he said. "The cost is \$20 for the first session and \$25 for the second session. Folks can make reservations by calling 255-9503. If you have a special lane request or a large group we recommend stopping by the bowling center to talk with us.

"The 6-9 event is young-child friendly, with party-style music and a mock countdown at 9 p.m.," Cook said. "This way the little ones can still celebrate with us. It will be a fun, silly time - you can definitely expect to see a chicken dance."

"The second session will have proper New Year's eve countdowns, the New York countdown and our central time countdown, dinner and desert, and a toast at midnight," he said. "The late-night one is a little more geared towards adults than the earlier session. We are always a family-friendly establishment, but the music will be suited more for an older crowd during the second session.

"It will be black light bowl all night long with all of the DJ lighting," the business manager said. "We actually just revamped a lot of our speakers and lighting, so it's going to be something people have not been able to see yet. It



Bowling balls at the ready at Rucker Lanes.

will be an awesome time."

Last year's event received rave reviews from attendees, but Cook hopes to continue exceeding expectations at Rucker Lanes.

"Each year that we celebrate New Year's, we try to push it that much further," he said. "Last year, we had a great turnout with lots of people and everyone had a good time. This year, we are trying to raise the bar higher.

"We are having a full meal with dessert, unlimited bowling and shoe rental," he said. "They can rent lanes for as many people as they need. There will be live coast-to-coast music connecting us with bowling centers around the globe. So, we will do countdowns with other areas when they reach midnight, along with our own countdown."

For more information or to make reservations, call 255-9503.



Rucker Lanes will host its Groovy Pin Down countdown Dec. 31.

ON POST

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

Newcomers welcome

Army Community Service hosts the newcomers welcome Friday from 8:30-11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and Family members are welcome to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours in advance.

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

EFMP info and support group

The Exceptional Family Member Program invites all active duty military families who have an exceptional or special-needs family member to its information and support group Jan. 13 from 9-10 a.m. at The Commons, Bldg. 8950, on Seventh Avenue. The topic for the meeting is available resources for individuals with special needs and disabilities. Tools, techniques, and resources will be discussed. EFMP officials said the information and support group offers camaraderie, friendship, information exchange, idea sharing, community resources, support and assistance with finding solutions.

For more information, call 255-9277.

January craft activity

The Center Library will host a winter craft activity Jan. 13 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.

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Jan. 8. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 10:15 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Financial readiness training

Army Community Service will host its financial readiness training Jan. 9 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The 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 also encouraged to attend.



FILE PHOTO

Winter Boot Camp 2015

Want to change your fitness level? Start your New Year off with a fitness challenge and participate in our 6-week Winter Boot Camp program! Boot Camp starts on January 20 and runs through February 27. This challenging and entertaining program takes place 5 days a week from 8:30-9:45 am, rain or shine. The cost is \$100 per participant and includes: weekly consultations to keep track of progress, a variety of outdoor and indoor fitness activities planned and executed by Certified Personal Trainers, and free access to all Group Fitness Classes during the 6 weeks. Activities will focus on functional training, endurance, strength, and much more! T-shirts will be available to all participants. Orientation will be held on Tuesday, January 20 at the Fort Rucker Physical Fitness Center at 8:30 am. Registration forms will be available at either Physical Fitness Center. For more information, please contact the Fort Rucker Physical Fitness Center at (334) 255-2296.

For more information, call 255-9631 or 255-2594.

Lifeguard courses

Lifeguarding Courses will be held Jan. 16-19 from 8 a.m. to 6 p.m. at the Fort Rucker Physical Fitness Center on Andrews Avenue. Each class, once completed, includes American Red Cross certifications in lifeguarding, water-front lifeguarding, water-park lifeguarding, first aid, and cardiopulmonary resuscitation and automated external defibrillator administration. Each certification is valid for two years from the course completion date. Courses are available to ages 15 and up, and cost \$125 for Department of Defense ID card holders and \$150 for the general public. People must pass a prerequisite test on the first day to enter the course. Prerequisite requirements include: non-stop swim of 550 meters, two-minute tread using only legs, dive ring retrieval and a timed 20-minute retrieval swim. People can register at the front desk of the Fort Rucker Physical Fitness Center. The cut-off for registration is three days prior to course start date. The class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

Comedy Live

Comedy Live at Rucker returns to the post Jan. 23 at The Landing. The doors to the ballroom will open at 7 p.m. and the show will be kicked off by the emcee at 8 p.m. This year's show will feature two headliners - Chris Killian and Tyler Boeh. The event is open to the public, ages 18 and older. Tickets go on sale Jan. 5 and will be \$12 through Jan. 21. Tickets will be \$16 after Jan. 21 and on the day of the show. VIP tables that seat 10 and are guaranteed to be close to the stage are available for \$150. Tickets may be purchased at The Landing Zone, The Land-

ing, Lyster Coffee Zone, or MWR Central.

For more information, call 255-9810.

Mother Rucker's birthday

Mother Rucker's will celebrate its fourth birthday Jan. 23. The facility will offer drink specials from 5-7 p.m. For more information, call 503-0396.

USS Alabama battleship trip

Fort Rucker Outdoor Recreation will host a trip to the USS Alabama and the USS Drum in Mobile Jan. 24. Visitors will have an opportunity to eat lunch, and if people don't want to pack their own, the galley at the USS Alabama sells food and drinks. After the battleship visit, the tour will go to the Fort Conde Museum and the History Museum. Buses will depart Fort Rucker at 7 a.m. and return around 8 p.m. The cost is \$35 for ages 12 and up, \$27 for ages 6-11 and \$20 for those under age 6. The cost includes transportation to and from Mobile, admission to the USS Alabama and USS Drum, as well as admission to the Fort Conde Museum and History Museum. This event is open to the public, but limited to the first 24 people to register. Deadline to register is Jan. 21.

For more information or to register, call 255-4305 or 255-2997.

Resilience Training

Army Community Service will host resilience training Jan. 27 from 9-11:30 a.m. at The Commons. The training will teach people the skills that will make them and their family resilient. Participants will receive training in two to three skills, such as goal setting, activating events through consequences and hunt the good stuff. People need to register by Jan. 23.

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

DFMWR Spotlight

Bowl in the New Year at Rucker Lanes

Groovy Pin Down Countdown

Wednesday, December 31st

Join us for our 60's themed New Years Eve Party! Reservations are required.

First Session 6:00 pm - 9:00 pm \$20 per person Includes: • meal • unlimited bowling • shoe rental	Second Session 10:00 pm - 1:00 am \$25 per person Includes: • meal • unlimited bowling • shoe rental • a glass of champagne to ring in the New Year! (sparkling cider will be provided for guests ages 21 and under)
--	---

No open bowling. Lanes only available by reservation for Groovy Pin Down Countdown event.

For reservations call Rucker Lanes, (334) 255-9503.
www.ftruckerdmwr.com OPEN TO THE PUBLIC

FORT RUCKER MOVIE SCHEDULE FOR DEC. 18 - 21

Thursday, Dec. 18

John Wick (R)7 p.m.

Friday, Dec. 19

Dumb and Dumber 2 (PG-13)7 p.m.

Saturday, Dec. 20

Interstellar (PG-13)7 p.m.

Sunday, Dec. 21

Dumb and Dumber 2 (PG-13)2 p.m.

Pick of the litter

Meet Snowden, an approximately 2-year-old, solid-black hound mix. He is not neutered. He does know how to sit on command. He has a laidback and happy-go-lucky personality. Adoption fees vary per species and needs of animal, but include all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering when applicable. 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.



COURTESY PHOTO

2014 Fort Rucker HOLIDAY WORSHIP SERVICES & PROGRAMS SCHEDULE

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

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 (1800)	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 8939	Advent Workshop
9 Dec (1800) Spiritual Life Center, Bldg 8939	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 334-255-2883/3112.

Religious Services

WORSHIP SERVICES
Except as noted, all services are on Sunday

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

Spiritual Life Center, Building 8939
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)

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
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES
Tuesday-
9 a.m. Protestant Women of the Chapel, Wings Chapel

Fire Safety

In the event of a fire, time is the biggest enemy and every second counts. Escape plans help you get out of your home quickly. In less than 30 seconds, a small flame can get completely out of control and turn into a major fire. It only takes minutes for a house to fill with thick black smoke and become engulfed in flames. Make sure your Family is prepared by:

- Practicing escape plans every month.
- Planning two ways out of each room.
- Immediately leaving your home when a fire occurs.
- Never opening doors that are hot to the touch.
- Designating a meeting location away from your home.
- Once you're out, stay out!

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USO performers thank thousands of troops

By Jim Garamone

Department of Defense News

ROYAL AIR FORCE MILDENHALL, England – “Don’t be sad it’s over. Be glad it happened,” the chairman of the Joint Chiefs of Staff told the performers of the USO holiday tour that ended Dec. 10.

Army Gen. Martin E. Dempsey and his wife, Deanie, thanked country singer Kellie Pickler and her songwriter husband, Kyle Jacobs, comedian Rob Riggle, actresses Meghan Markle and Dianna Agron, retired Chicago Bears linebacker Brian Urlacher and Washington Nationals pitcher Doug Fister for their efforts to reach out to service members and their families during the trip. USO President J.D. Crouch and his wife, Kristin, also joined the traveling troupe.

The trip included five countries – Spain, Italy, Turkey, Afghanistan and England – to entertain thousands of Soldiers, Sailors, Airmen, Marines and their families. Four shows took place in hangars and one took place in a gym. And 10,000 cupcakes sweetened the deal.

The performers first met each other at the Joint Base Andrews passenger terminal in Maryland Dec. 5. “Embrace this experience,” Deanie told them. “You will be so proud of our service members and their families.”

This was the fourth USO Holiday Tour the Dempseys have led and both said it’s their favorite trip of the year.

The performers loaded onto the plane and flew to Rota, Spain, for the first stop on the tour. They toured the USS Donald K. Ross, an Aegis-equipped destroyer homeported there. They then performed before about 2,000 American service members and their families in a hangar on the base. Dianna Agron, who stars in the Fox series “Glee,” met many “Gleeks” after the performance, signing autographs and posing with them for selfies.

The next day, the troupe flew to Vicenza, Italy, to Soldiers of the 173rd Airborne Brigade and U.S. Army Africa. The show, held in the ultramodern gym of the newly constructed post, also featured thousands of Georgetown Cupcakes the stars passed out to the audience.

During the show, Jacobs sang “I Drive Your Truck,” a song he produced for coun-



AIR FORCE PHOTO BY SENIOR AIRMAN ERIN O'SHEA

Army Gen. Martin E. Dempsey, right, chairman of the Joint Chiefs of Staff, speaks during the USO's holiday show at Royal Air Force Mildenhall, England, Dec. 10.



AIR FORCE PHOTO BY AIRMAN 1ST CLASS TREVOR T. MCBRIDE
Country music artist Kellie Pickler sings for airmen during the USO's holiday show at Royal Air Force Mildenhall, England, Dec. 10.

try singer Lee Brice. The song is a powerful tribute to Army Sgt. 1st Class Jared Monti, who received the Medal of Honor posthumously for actions in Afghanistan. The song grew out of an interview with Monti's father, Paul, who, when asked how he coped with his son's death, said he drove his truck.

The next day, the troupe flew to Incirlik, Turkey, where they met with Airmen and their families who man posts just a few hundred miles from the civil war in Syria. The USO performers toured the base and met with hundreds of airmen.

“It’s good they see what American service members are doing,” Crouch said. “There are many Americans who know nothing of this area, and these performers can go back home and tell them about it.”

The next day was an early one for the group, as they loaded for a flight to Bagram Airfield in Afghanistan. The show there was in a hangar along the Bagram flightline, and, as it was going on, jets and C-130s taxied outside.

After the show, the performers met with service members and then had to board the aircraft for the flight to England. The long day finally came to an end in Cambridge, where the performers prevailed upon Dempsey to sing “The Wild Rover.”

The next day was the tour's last show.

Airmen at Mildenhall showed off the KC-135 tankers, F-15E Strike Eagles and CV-22 Ospreys stationed at the base, and then went into the hangar. Markle showed off her signature five-inch heels, Urlacher showed why he didn't take up singing with a rendition of “Let It Go,” and Pickler and her band got the propulsion going with her signature song, “Red High Heels.”

That night, the Dempseys hosted a thank you gathering for the USO performers at a Cambridge pub, The Anchor. But the performers thanked the Dempseys and the USO for the opportunity.

Riggle, who retired from the Marine Corps Reserve last year, said that in his profession, “it’s easy to be cynical, and that people expect it.”

He was grateful for the tour, he added, because it “allowed me to be a patriot again.”

This was Pickler's eighth USO tour. “If you come calling, I'll be back,” she told the general. “I love this so much.”

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Director: Arlington National Cemetery continues improvements

By J.D. Leipold
Army News Service

WASHINGTON — In testimony on Capitol Hill, the executive director of Army National Cemeteries said as the pace of interments remain at an all-time high, Arlington National Cemetery, in Virginia, continues process improvements.

In prepared remarks before a House Veterans Affairs subcommittee Dec. 10, Patrick K. Hallinan said accountability improvements and use of geospatial mapping technology has allowed cemetery workers to certify each burial service on a daily basis by using duplicative verification of grave location and remains.

“Additionally, we continue to digitally photograph every casket or urn that is interred or inurned, and digitally associate that image with the burial record in our authoritative and auditable system of record,” he said. “Continual accountability processes have allowed Arlington National Cemetery to reconcile and begin corrective actions for the 5,496 remaining administrative errors in headstone and niche cover commemorations,” dating back to the mid-1900s.

Hallinan said those errors-of-fact — which are



Aerial view of a small section of Arlington National Cemetery's 624 acres, located in Arlington, Va.

being corrected — include date of birth, spelling of names and the spouses of veterans not listed on headstones in the middle of the 20th century.

He also noted ANC had established a system which now requires senior leaders to walk the grounds and review each section of the cemetery twice per year to ensure proper care and maintenance is being performed.

Hallinan told the House Veterans Affairs Subcommittee on Disability Assistance and Memorial Affairs, that in fiscal year

2013, the Arlington National Cemetery staff conducted 5,823 committal services for veterans and family members. During the 2014 fiscal year, 7,163 committal services took place — a 19-percent increase.

Though committal services are at all-time highs, Hallinan said the cemetery continues with improvement projects, noting first that the placement of headstones and niche covers for those inurned at the

Columbarium now averages 45-60 days instead of multiple months.

He said ANC continually seeks to further ensure quality and timely placement of electronically-ordered and government-provided headstones and niche covers.

“Primary next-of-kin or person authorized to direct disposition of the remains is able to view the grave marker of their loved one using our public website and the ‘ANC Explorer’

smart phone application,” Hallinan said, noting that cemetery representatives work with families using an automated headstone design tool to create a proposed headstone template.

“After the template is agreed upon, we wait a minimum of two weeks from the date of service to allow families the opportunity to change terms of endearment or other items of personal preference on the headstone,” Hallinan said.

In May, ANC Explorer version 2.0 was launched, simplifying navigation, providing pertinent information about the cemetery, and offering custom tour capabilities. It also allows the staff to push emergency-alert notifications to families and visitors inside ANC's fence line. Hallinan said that in just two years, ANC Explorer has seen more than 121,000 downloads and an average of more than 1.45 million decedent searches monthly.

Hallinan also addressed the double expansion project, one of which is the “southern expansion,” the other the Millennium Project, which expands the cemetery to the north. The expansions will “ideally extend our first inter-

ment capacity out to the 2050s and will provide the cemetery and the nation an additional 27,282 burial opportunities,” he said, adding that the project is currently within budget, and on schedule to be completed in 2016.

Additionally, the welcome center's visitor restrooms and basement office spaces began undergoing renovation in October. Planning and design efforts are also underway for the establishment of an ossuary, called the “Tomb of Remembrance,” which will serve as a dignified place to provide final disposition of cremated remains, which may be comingled or unidentified, he said.

“We are also focused on continuously improving the experience of each family who arrives to inter their loved one,” Hallinan told the subcommittee. “Redesigning and improving the manner in which we gather and escort our funeral processions is a critical goal for fiscal year 2015. A new funeral procession queuing area will make our funeral organization and lineup much more intuitive and easier to negotiate for the veterans and families we serve.”

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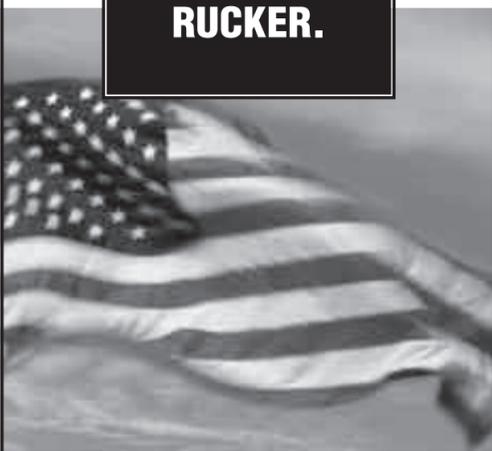


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Birmingham: Taking it to the streets, downtown

By Grey Brennan
Alabama Tourism Department

Get ready to travel to Birmingham, Alabama's largest city, for a stroll through historic downtown. On this walking tour, you will go to the place where hot peanuts have been sold for more than 100 years and stroll through shops filled with memories.

You will also visit important civil rights sites such as Sixteenth Street Baptist Church and the park that was the staging ground for protest marches during the Civil Rights Movement of the 1960s. You will stand at the very spot where buildings were constructed on each corner of the street that were so tall for their day they were called skyscrapers and the location became known as the "Heaviest Corner on Earth."

Where to stay

Once you arrive in Birmingham, check into any of the wonderful downtown hotels, such as the historic Tutwiler, 2021 Park Place; (205)

322-2100, Birmingham's oldest hotel, or the Redmont, 2101 Fifth Avenue North; (205) 324-2101, Birmingham's oldest continually operating hotel and where Hank Williams' last night in Alabama was spent in Room 907 before his death in West Virginia Jan. 1, 1953.

This is an approximate three-mile daytime walk and a one- or two-day experience depending on the time you spend at each stop. Only major restaurants and nightlife establishments are open after 5 p.m.

Discover Birmingham's oldest churches

The Tutwiler and Redmont are located a block apart, close enough that in many of the rooms you can look out your window and see the other hotel. From either of these historic hotels, walk south on Richard Arrington Jr. Boulevard North., where you will quickly come to First Presbyterian Church, 2100 4th Ave. N.; (205) 322-5469. Turn left and walk east on 4th Avenue to go past the front of the church.

First Presbyterian is one of Birmingham's first churches, dating to 1872. The present red brick, Victorian Gothic-style church building was built in 1888 with other enhancements being added through the years. Twenty-five bells manufactured in England were placed in the bell tower in 1924.

Continue east on 4th Avenue North to the corner of 22nd Street North, turn right and walk one short block to 3rd Avenue North and turn right. By now you should have noticed another one of Birmingham's first churches, The Cathedral of St. Paul, 2120 3rd Avenue North; (205) 251-1279. Known for its many elegant stained glass windows, The Cathedral of St. Paul, completed in 1893, has been called "the most highly developed Victorian Gothic structure in the South."

Loft District

Walk back north to the corner of 3rd Avenue and Richard Arrington Boulevard, turn right and then turn left at the next block. Walk east on 2nd Avenue for several blocks to another store,

What's On 2nd, 2706 2nd Avenue North; (205) 322-2688. While Reed Books and the Museum of Fond Memories is more of a paper-based collectible store, What's On 2nd contains more quirky collectibles and random treasures.

What's On 2nd is in the Loft District of historic downtown Birmingham where you will also find restaurants, nightlife and a small grocery.

Stroll down cobblestoned Morris Avenue

From What's On 2nd, walk back west to 23rd Street North and turn left. You will walk past 1st Avenue North and then down a slight hill to Morris Avenue. Turn right and walk down Morris Avenue, where the lampposts on the one-way cobblestone street place you in a different time and place. Continue west on Morris Avenue and just before you reach 20th Street, you will start to smell the aroma from the Peanut Depot, 2016 Morris Avenue; (205) 251-3314, where they have been roasting peanuts for more than 100 years using antique roasters and their time-honored method of not adding oils or preservatives.

WIREFRASS COMMUNITY CALENDAR

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

ANDALUSIA

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.

ONGOING — The American Legion Post 80 hosts bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30 to 9 p.m. The organization also has a dance, with live music, every Saturday from 7:30 to 11:30 p.m. All proceeds from the bingo events go to help local veterans and their families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

DEC. 20 — The Korean-American Association of South Alabama invites everyone to its annual Christmas Party at 6 p.m. at the Veterans of Foreign Wars Post 6020, 434 Hwy. 84 East. The event will feature cultural entertainment, food and door prizes. Tickets cost \$10 and people should RSVP by Dec. 13. For more information or to RSVP, send an email to sukjah.oh@gmail.com or call 347-1796.

NOW-DEC. 18 — The senior center will host its Christmas market from 8 a.m. to 2 p.m. at 18 Old Newton Road. The market features handcrafted Christmas gifts with new items added daily.

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. For more information, contact the museum at 712-0933 or visit <http://www.gwcarvermuseum.org/>.

ONGOING — The Tri-States Coin Club meets the third Monday of each month at 7 p.m. in the back room of In-

terco Coins located at 2314 Ross Clark Circle. Described as designed for all ages, the event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

ONGOING — Landmark Park hosts a dulcimer club jam session the first Saturday of each month at 1 p.m. Patrons must have a mountain dulcimer, but no experience is necessary. Free with paid gate admission.

ONGOING — People are invited to play ultimate flying disc with the Dothan Ultimate Discers on Optimist Field Thursdays at 7 p.m. and Sundays at 2 p.m. The event is described as being co-ed fun for everyone from age 10 to 100, with no prior experience required. For more information, call 615-3760.

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.

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

DEC. 18 — Disabled American Veter-

ans Chapter 99 will conduct its holiday meal at 6 p.m. in the New Brockton's Senior Center building. Members are asked to bring finger foods. Both sweet and unsweetened tea will be provided. A few items of chapter announcements will be made prior to the meal. For more information, call 718-5707.

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.

OZARK

DEC. 20-21 — The Dale County Council of Arts and Humanities presents the Ozark Arts Theatre production of "Greater Tuna," Feb. 20-21, as a dinner theater, with a matinee Feb. 22 at Jonny's Barcelona Tapas Restaurant, 173 South Union Avenue. Anyone interested in trying out for the production should call 774-7145 or 774-6187. The tryouts will be held at the Ann Rudd Art Center, 144 E. Broad Street Dec. 20 at 1 p.m. and Dec. 21 at 2 p.m. Six actors are needed for the production — three females and three males. Rehearsals will begin Jan. 10 at the Ann Rudd Art Center.

ONGOING — The Volunteer Income Tax Assistance Program at the Dale Baptist Association is looking for volunteers to help prepare tax returns for people with low to moderate income who cannot prepare their own returns. Volunteers will spend two to four hours a week volunteering from February to April 15. There are numerous benefits for volunteers, including helping those in need and adding a new skill to their resumes. For more information or to sign up, send an email to wi.spec.bhampartners@irs.gov with the volunteer's name and contact information, and ask-

ing for the Ozark location as the place to volunteer.

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.

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

'Christmas Carol'

The Alabama Shakespeare Festival in Montgomery will perform "Christmas Carol" now through Dec. 24. An ASF tradition begins with the return of this holiday hit featuring Charles Dickens himself who, with sleight of hand and sense of humor, brings his magical story to life. ASF officials said that when miserly Ebenezer Scrooge receives an unwanted visit from the ghost of his former business partner, an overnight journey of epic proportions begins.

For show times and to purchase tickets, visit www.asf.net. Ticket prices vary based on play, date, and availability of seating.

For more information, call 334-271-5353. ASF is located at One Festival Drive, Montgomery.

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. 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 SkyLift 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.

Galaxy of Lights

Huntsville Botanical Gardens' Galaxy of Lights is a 2 1/2-mile-long holiday light extravaganza featuring larger-than-life animated light displays now through Dec. 31. Special exhibits include a holiday village, dinosaurs, wild animals, a magical twinkling icicle forest, garden scenes, animated snowmen and the 12 days of Christmas. Cost is \$20 per car (up to 10 people).

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

Panama City Beach New Year

Panama City Beach's New Year's Eve festivities will kick-off at 5:30 p.m. Dec. 31 with a family celebration along the Boardwalk on Pier Park Drive. The event will feature interactive activities like face painting, costumed characters and exclusive giveaways, as well as live entertainment.

At 8 p.m., local dignitaries will release 10,000 inflated beach balls along Pier Park's beachfront boardwalk — heralded as the nation's only family beach ball drop — and this will be followed by a fireworks display.

At 8:30 p.m., the official countdown celebration will begin with live musical performances throughout the evening. Just before midnight, attendees will countdown to 2015 as an 800-pound lighted beach ball descends nearly 100 feet and then another fireworks demonstration.

The 7th annual New Year's Eve Beach Ball Drop at Pier Park is free and open to the public.

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

Eagle Awareness Weekends

Lake Guntersville State Park invites people to participate in Eagle Awareness Weekends beginning Jan. 2 and ending Feb. 22 to observe and study the national symbol — the bald eagle.

Eagle Awareness began in 1985 to coincide with the bald eagle restoration in Alabama. Between 1985 and 1991, 91 bald eagles were released throughout the state. Next year marks the 30th anniversary of this family-friendly educational program.

Eagle Awareness Weekends feature live bird demonstrations and programs provided by notable speakers, guided field trips for viewing eagles in their natural habitat, and the natural beauty of the mountains and Lake Guntersville.

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

Soldiers build valuable relationships

By Amaani Lyle
Department of Defense News

WASHINGTON — “The trust you build here is important because in times of crisis you can’t surge trust,” said Lt. Gen. Stephen R. Lanza, referring to Yama Sakura 67, the joint, bi-lateral exercise with Japan that Dec. 8 through Sunday.

Lanza, commander of I Corps, headquartered at Joint Base Lewis-McChord, Washington, spoke by telephone Friday, from Camp Asaka, near Tokyo, where he and some 2,000 U.S. Service members were training with more than 4,000 Japan Ground Self-Defense Force troops.

The training, which has taken place every year since the early 1980s, is a simulation-driven, joint command-post exercise involving wide-area security and combined arms maneuver for decisive action.

Yama Sakura is important, Lanza said, because it “reaffirms the strategic alliance between us, enhancing interoperability between our two forces, and, it builds a relationship necessary for the partnership we need to have in the future to prevent, shape and win.”

The prevent, shape and win strategy means Soldiers are prepared to prevent conflict, shape the security environment and win wars, according to the new Army Operating Concept doctrine.

This year’s exercise features two joint force land component commanders operating against a well-entrenched threat, he said.

The threat, Lanza explained, is “a near-peer competitor, involving a dispute on mineral rights to an off-shore island. The two headquarters are operating bi-laterally together to where existing systems and processes are working together to give the commander shared understanding to facilitate decision-making.”

A shared understanding is also important to “de-escalating conflict and avoiding miscalculation,” he added.

Lessons learned

Both countries gained a lot from this year’s exercise, Lanza said.

The U.S. Army has gained a greater appreciation for how the JGSDF operates and fights — “very deliberate, very precise, understanding the impact of terrain and how synchronization and timing work for their combat multipliers in this type of en-



U.S. and Japanese troops interact in the combined operation intelligence center during Yama Sakura 67, a joint, bi-lateral exercise.

vironment,” he said.

Lt. Gen. Koichi Isobe, Lanza and their staffs, had some good discussions on transition from combat operations to civil control, he said.

“It’s probably the most detailed brief I’ve ever seen, very well thought out,” Isobe said. “They brought a team down from their embassy and defense office with a good understanding both doctrinally, and with their laws.”

Isobe is commander of JGSDF’s Eastern Army, one of its five armies and the one participating in this year’s exercise.

In turn, Lanza said he believes that the JGSDF learned a lot from the Americans.

The Japanese got an “appreciation of how to look at the threat and how to do predictive analysis on the threat,” he said. They also learned how U.S. forces are adaptable and “how we maneuver and get commander’s latitude to make decentralized decisions based on intent.”

Predictive analysis involves future forecasting of events, trends and behaviors. It

involves statistical modeling using vast quantities of information from databases. In this manner, deployment of forces and risk can be better assessed.

Besides all that, the JGSDF gained “a greater appreciation for how we use our non-commissioned officers,” he said, meaning that American NCOs have a wide latitude of roles and responsibilities that Japan and most countries of the world assign to their officers.

Command Sgt. Maj. James Norman, I Corps senior enlisted adviser, did “a very good job” talking with his Eastern Army counterpart about the role of the NCO, Lanza said. In “just the few days I’ve been here, I’ve seen a dramatic change in how their NCO corps has been used, and an appreciation of what NCO corps can do.”

Besides tactics and strategy, Soldiers “are getting a better understanding and appreciation for Japanese culture,” he added, meaning some time to get acquainted with the locals was built in with the training.

As “we rebalance to the Pacific, these

relationships will pay big dividends,” he said.

What’s next

Next year, Yama Sakura 69 will be conducted with the Central Army. Besides the Central and Eastern Army, the JGSDF has the Northern Army, North Eastern Army and Western Army, for a total of five, each geographically based on Japan’s four main islands.

Next year’s exercise will have “more joint play, a more robust joint task force headquarters, and the Japanese will likely provide different service components that add to the joint flavor of the fight, Lanza predicted.

Also, there will be more amphibious operations than this year, more cyber play and more planning on transitions from military to civil operations, he added.

Lanza concluded that the Japanese-American alliance is one of the most important there is, “economically, militarily and politically.” Yama Sakura has done a lot to strengthen it.

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DECEMBER 18, 2014

GYM RATS

More than 100 earn their fitness stripes

By **Jeremy Henderson**
Army Flier Staff Writer

Fort Rucker's physical fitness facilities launched the Gym Rat program earlier this year to make fitness more engaging and rewarding with induction into an exclusive club.

Since its inception in February, about 600 patrons began their journey through 100 days of fitness and more than 100 have earned the privilege of wearing the Gym Rat T-shirt.

"The program has been tremendously successful," Lynn Avila, fitness specialist, said. "It gives patrons a goal to visualize and it motivates them to continue signing up for fitness classes offered on post.

"A well-rounded exercise regimen can provide numerous benefits in overall health and level of energy throughout the day," she added. "Working toward a Gym Rat T-shirt is also a journey to becoming a healthier and happier you."

The program requires patrons to complete 100 days of fitness activities through classes offered at the PFCs or individual workout sessions. However, patrons must



PHOTO BY JEREMY HENDERSON

Patrons participate in a six-week fitness Boot Camp earlier this year. Although Boot Camp sessions do not count toward Gym Rat progress, participation in Boot Camp provides unlimited access to numerous fitness classes offered at both physical fitness centers.

remember to visit the front desk and ask a staff member to log each completed session. After 100 days is complete, the patron can claim their Gym Rat T-shirt.

"We have a wide variety of fit-

ness classes available throughout the week," Avila said. "Each one is tailored toward various goals such as cardio, full body workout, or muscle group specifics. Each class accommodates individuals at

all levels of physical fitness. Our instructors do a great job of helping each person reach their fitness goals by identifying and challenging their current level of fitness. Pushing through the 100 days of

fitness with our instructors will help anyone improve their overall health."

Avila said that people don't have to complete the 100 days of fitness in a row, but can take their time with it over the course of a year, if needed.

Nearly all fitness programs offered at both PFCs qualify for a sign-off on the Gym Rat program, but Boot Camp is excluded from the program because it has an exclusive membership of its own for those that complete it.

Although there is no cost for participation in the Gym Rat program, fitness classes cost \$3.50 per class or \$30 for a month for unlimited classes.

Patrons interested in the Gym Rat program may sign up at the front desk of either PFC. Once 100 days in the gym is achieved, either by fitness classes or a personal workout regimen, patrons will be awarded the exclusive T-shirt. The shirts are on display in both PFCs or on the many Gym Rat achievers.

For more information on the Gym Rat program or available fitness classes, call 255-2296 or visit either post PFC.

HEALTHY HOLIDAYS

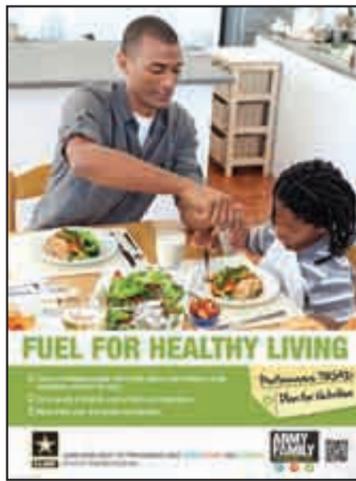
Tips for keeping healthy during the holiday season

By **Alison Cuccia**
U.S. Army Public Health Command

The holiday season can be a time of great celebration, gratitude and joy. While it is important to appreciate and enjoy good fortunes, the holiday season can also have a negative effect on health.

High stress levels, lack of time for sleep and physical activity, and the overabundance of unhealthy food and alcohol often overpower us during this time, and can lead to negative health effects down the road. In order to remain ready and resilient, Soldiers, family members and civilians should aim to enjoy the holiday season while preserving their health and well-being.

Between overcommitted schedules, financial burdens, and family, friends or religious expectations, the holidays can be an incredibly stressful time. Military families often face added anxiety from worrying about loved ones on deployment this time of year. Even tradi-



ARMY PUBLIC HEALTH COMMAND GRAPHIC

tions that are meant to bring joy can feel stressful, chaotic and lonely to Soldiers and their families.

Many people do not realize the

SEE HEALTH, PAGE D3

Returned surveys help improve patient health care

By **Katherine Rosario**
Lyster Army Health Clinic Public Affairs

Shortly after a visit to Lyster Army Health Clinic, the Army Provider Level Satisfaction Survey may appear in people's mail.

Taking a few minutes to fill out the survey will help the clinic's staff understand what it is doing well and where it can improve.

Providing feedback helps clinic officials improve services for its patients, fostering a patient-to-primary-care-manager partnership to continually improve and achieve excellent health care. Listening to patients through surveys helps Lyster officials identify desired and needed new services vital to people's health care, and to sustain and grow the health care facility.

The APLSS also yields financial incentives to Lyster from the Office of the Surgeon General, which are linked to the scores patients give the clinic. Lyster puts the money it receives right back to its patients by hiring more staff, upgrading equipment, adding more medication to the pharmacy and remodeling the building to better suit patients' needs.

For each survey returned, Lyster may receive up to \$300 to put back toward patients' health care needs.

These funds are absolutely critical to Lyster's operations and allow the clinic to continue to reach higher in delivering premium health care to its patients.

Currently, about 1,000 surveys are sent out each month; however, only 400-450 are ever filled out and returned. Taking the time to fill out and return the survey allows the OTSG to see Lyster's progress and ensure services delivered to Soldiers and family members, as well as retirees and their Family members, remain exceptional.

People who receive a mailed survey in response to an appointment experience at Lyster should be sure to fill it out and return it. Lyster officials work hard to ensure they exceed patients' health care expectations and earn excellent ratings. The Lyster staff wants to make sure it continually receives patients' feedback. Giving the clinic high marks when it meets or exceeds expectations, or letting officials know where they might improve, goes a long way in maintaining and improving services for patients - Lyster's partners in health.

PIGSKIN PICKS



Tennessee vs. Jacksonville

San Diego vs. San Francisco

Atlanta vs. New Orleans

Kansas City vs. Pittsburgh

Indianapolis vs. Dallas

Seattle vs. Arizona

Denver vs. Cincinnati

	Tennessee vs. Jacksonville	San Diego vs. San Francisco	Atlanta vs. New Orleans	Kansas City vs. Pittsburgh	Indianapolis vs. Dallas	Seattle vs. Arizona	Denver vs. Cincinnati
Col. Tom von Eschenbach FCM LMS (68-37)							
Jim Hughes PAO (66-39)							
Brian Jackson DMSWR (60-45)							
Capt. Mike Simmons DPS (66-39)							
Sharon Storti NEC (66-39)							

Health: Stress changes more than behavior

Continued from Page D1

physical toll stress can take on the body. People with high levels of stress are more likely to use tobacco and eat unhealthy foods. These choices can lead to diseases such as cancer, obesity and other chronic diseases.

Stress does not only change behavior – it also changes levels of certain hormones in the body. These hormone changes suppress the body's immune system, making it harder to fight off diseases. Stress has been linked to illness ranging from gastrointestinal distress to headaches to depression. Stress also increases fatigue, which can decrease performance and readiness among Soldiers.

While some stressors during the holiday season may not be avoidable, there are ways to minimize the level of stress and, in turn, improve health.

First, it is important to acknowledge when you are feeling stressed. Talk with

a support network about your feelings as it may help ease your burden. Recognize activities that re-energize you, and schedule time for those important activities. Whether it is reading, running, yoga, watching TV or spending time with friends, these activities can help you remain balanced and happy in this busy time.

Exercise has proven to be an extremely effective stress reliever. Make exercise a priority during this time to help improve stress levels and to offset holiday weight gain.

Holiday weight gain is extremely common in the U.S. The National Institutes of Health conducted a study demonstrating that Americans gain significant weight between Thanksgiving and New Year's Day, and have a difficult time losing this weight gained over the course of a year. Excess weight from the holiday season can accumulate over time, leading to obesity, diabetes and heart disease.

The holidays are particularly detrimental to waistlines for a variety of reasons. Often, holiday celebrations involve large amounts of unhealthy food and alcohol. For example, holiday parties almost would not feel complete without some seasonally favorite high-calorie snacks, desserts and alcohol.

While these events are a way to celebrate, it's important to make smart choices and always remember moderation. An easy way to avoid overconsumption at a holiday event is to eat before the party. It is easier to avoid consuming large amounts of unhealthy food when your stomach is already full with a balanced meal.

There are also some quick tips to avoid overconsumption when at a holiday party. First, avoid socializing near the food and drinks. When hovering next to a snack bowl, it is easy to eat mindlessly, which can cause you to eat more calories than needed without even realizing it. It's also

useful to use the smallest plates available when getting food. Studies have shown that individuals who use smaller plates eat fewer calories and still feel satisfied.

Further, avoid liquid calories, including sugar sweetened beverages and alcohol. These beverages do not keep you full as long as food does, yet they can add many calories to your diet. Remember, you can always bring a healthy dish to a holiday party. You may be surprised at how many people are grateful for a healthy option.

The holiday season is often the busiest season of the year. This can leave little time to focus on well-balanced meals. Holiday parties filled with tasty and nostalgic treats, busy schedules and stress can take a toll on physical well-being.

Enjoy your holidays, but do not allow the season to derail your health. As always, remember that moderation is the key to a balanced lifestyle. It can help you remain happy and healthy during this holiday season and beyond.

PIGSKIN PICKS	NCAA						
	Arkansas vs. Texas	Notre Dame vs. LSU	Mississippi State vs. Georgia Tech	Auburn vs. Wisconsin	Oregon vs. FSU	Alabama vs. OSU	CHAMPIONSHIP
David C. Agan Jr. P&O (54-44)							
Kent Anget DPTMS (54-44)							
Sgt. 1st Class Brian Brenner WCGA (50-48)							
Wes Hamilton WEC (59-39)							
John Tkac DPS (63-35)							

SPORTS BRIEFS

SWGC Pro Shop holiday sale
Silver Wings Golf Course's Pro Shop will host its holiday sale now through Wednesday. People who purchase an item from the shop during that timeframe will have a chance to choose a stocking from the tree. There will be a special holiday discount inside each stocking and that special discount will be applied to the purchase. The sale does not include demo club purchases, range tokens, club repair or grip replacement services.
For more information, call 598-2449.

Youth spring soccer registration
Fort Rucker Child, Youth and School Services will hold spring youth soccer registration now through Dec. 31. Cost is \$20 for youth ages 4-5 and \$40 for youth ages 6-14. Additional children beyond the first can be registered for a percentage discount to be determined at parent central services during registration. Parents who pay by WebTrac will need to call in their children's shirt and short sizes. Leagues are Training League for ages 4-5; Pee Wee League for ages 6-7; Mites League for ages 8-9; Junior League for ages 10-11; and Senior League for ages 12-14.
A current sports physical and a valid CYSS registration are required for participation. Children must meet age requirements by Aug. 1, 2014. There will be a parent's meeting Feb. 4 at 6 p.m. at the youth center gymnasium, Bldg. 2800, Seventh Avenue. Season begins Feb. 23 and runs until March 26. Soccer practice begins Feb. 9.
Coaches are needed, and those interested should call 255-2257 or 255-2254.
For more information and to register, call the

above numbers or 255-9638.
Outdoor recreation mentorship
The Fort Rucker Outdoor Mentorship Program is being created to foster an environment of good stewardship in all areas pertaining to the great outdoors, according to ODR officials. Mentors will be connected with Soldiers and civilians in and around the installation based on experience levels of both the mentor and the novice. Mentors age 18 or older may sign up in one of the following areas: hunting, fishing, camping, water sports and general outdoor sports.
For more information, call 255-4305.

Big Buck Contest
Outdoor recreation is hosting its Big Buck Contest now through Feb. 10 during daylight hours. Entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and it must be harvested on Fort Rucker to qualify for the contest. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a Hunter Education Card. For more information and to register, call 255-4305.

Ugly sweater party
Rucker Lanes will host its ugly sweater party Wednesday from 10 a.m. to 6 p.m. – Rucker Lanes will be closing at 6 p.m. that day. Prizes will be awarded to the best ugly sweater. Cost is \$6 per person and includes two games of bowling, shoe rental, a cup of eggnog and two cookies.
For more information, call 255-9503.

Weekly SUDOKU

Answer

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

TRIVIA

- Answers
1. A mob
 2. Mercury
 3. The Argo
 4. GEICO
 5. Lao Tzu
 6. Pregnancy
 7. Edward R. Murrin
 8. Suspenders
 9. "The Inn of the Sixth Happiness"
 10. The Russian Revolution

PUZZLE ANSWERS

Super Crossword

Answers

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