

STRATEGIC SHIFT

Coalition forces announce shift in ISIS campaign

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Course offers chance to splash into summer employment

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ARMY FLYER

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FEBRUARY 8, 2018

AVIATION SENIOR LEADER FORUM

Aviation leaders target today's challenges

By Kelly P. Morris
USACE Public Affairs

Aviation commanders, command sergeants major and senior warrant officers from the active Army, Army National Guard and Army Reserve gathered at Fort Rucker to hear from senior leaders and address challenges facing the Aviation branch during the annual Aviation Senior Leader Forum Jan. 29-31.

With an overall theme of "Army Aviation: Today's Challenges, Tomorrow's Opportunities," the event focused on current and future operations, training and leader development, and included question and answer sessions.

The lineup of guest speakers represented multiple commands and centers, including Headquarters Department of the Army, Training and Doctrine Command, Forces Command, U.S. Army Europe, Combined Arms Center, Maneuver Center of Excellence, Fires Center of Excellence, Aviation and Missile Command, 1st Army Division West, Special Operations Aviation Command, and Program Executive Office - Aviation.

Event host Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, welcomed attendees and encouraged participation.

"This is a huge investment of your time, and I appreciate all the command teams that are here, and certainly appreciate our retired general officers that are also here to provide some of their insights and experience. What's important is the dialogue that takes place," he said.



PHOTO BY KELLY MORRIS

Maj. Gen. William K. Gayler, commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker, speaks to a crowd of Aviation leaders from the Active component, Army National Guard and Army Reserve at the Aviation Senior Leader Forum Jan. 30.

"Cohesion and consistency of focus and message is critical... to make sure we're successful getting through some of the obstacles we've got to go through," Gayler said.

During the Aviation branch update, Gayler explained the background behind issues currently facing the branch.

"We've got a lot of challenges out there. You need to understand the context of why we are where we are because some of you in this room in the very near

SEE CHALLENGES, PAGE A5



PHOTO BY KELLY MORRIS

Army Vice Chief of Staff Gen. James C. McConville speaks to Aviation leaders about Army modernization during the Aviation Senior Leader Forum Feb. 1.

Army reforms, modernizes for greater lethality

By Kelly P. Morris
USACE Public Affairs

The Army is making some major changes as it modernizes and prioritizes readiness, shapes the Army of the future, and takes care of Soldiers.

That includes reforming the way the Army conducts business, according to Army Vice Chief of Staff Gen. James C. McConville, who spoke via video teleconference to Army Aviation leaders gathered at Fort Rucker for the Aviation Senior Leader Forum Feb. 1.

After 16 years of counterinsurgency and counter terrorism in Iraq and Afghanistan, the Army is at an "inflection point," as

it prepares for potential large scale combat operation environments, McConville said.

"Our job is to be ready to go to war, and hopefully we are so strong and so capable with so much capacity that no one would miscalculate and believe that we are not ready to fight," he said. "I know our soldiers can fight and win tonight."

In the past, land was the only contested domain, but the Multi-Domain Battle concept of the future requires necessary systems to provide overmatch.

The Army is thinking differently about modernization processes, standing up a

SEE LETHALITY, PAGE A5



CDC GRAPHIC

1st WOC, clinic host cancer awareness fair

By Jenny Stripling
Lyster Army Health Clinic Public Affairs

Cancer has likely touched every person's life in some way and the 1st Warrant Officer Company, Class 18-06, along with Lyster Army Health Clinic want to make sure the public is armed with knowledge in the fight against it.

WOC Class 18-06, also known as The Advocates, will host a Cancer Awareness Fair Feb. 16 from 11 a.m. to 1 p.m. at the 1st WOC outside pavilion area, 5803 Shamrock Street on Fort Rucker.

The event is open to all Soldiers, families, civilians and retirees, and will offer interactive information on various forms of cancer as well as preventive measures one can take to tackle the disease.

"There are many types of cancer that have affected both the cadre and the warrant officer candidates. Because of this, our class wanted to do something related to awareness and education," said CW2 Shawn Culberson-Grandberry, training, advising, and counseling officer with the Warrant Officer Career College.

"With this event, we hope to honor, en-

SEE AWARENESS, PAGE A5

CELEBRATING DIVERSITY

Post kicks off African American History Month

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker and the 1st Aviation Brigade kicked off African American History Month with a celebration at the post exchange Friday to highlight the contributions that African Americans have made throughout the nation's history.

The kick-off event featured a guest speaker, tradi-



Mary Huguley, military family member, shows off a traditional outfit from Ghana.

tional African-American cuisine, musical performances and even a fashion show, but aside from the entertainment aspect of the event, Sgt. 1st Class Matthew Castillo, 110th Avn. Bde. equal opportunity adviser, said the event was meant to educate those in attendance.

"National African-American Black History Month is an annual celebration of achievements by African Americans and a time for recognizing the essential role they have played in our nation's history," he said "The entertainment and food are always great, but our aim is to actually get people to open up their minds and start learning about other cultures. The importance of having these observances is to learn about each other, so what we do is we try to bring those different cultures to them so that they can get a taste of it."

One way people were able to learn was through retired Air Force Col. Roosevelt Louis, who spoke on the contributions of the Tuskegee Airmen throughout World War II and the legacy they left behind.

Louis, who was a graduate of Tuskegee University, was able to get to know many



PHOTOS BY NATHAN PFAU

Shay Summerlin, volunteer, sings her rendition of 'The Lord's Prayer' during the African-American History Month kickoff celebration at the post exchange Friday.

Tuskegee Airmen during his time in the Reserve Officer Training Corps.

"All of my original instructors in ROTC were Tuskegee Airmen and they are the folks who raised me in the Air Force," he said. "All of the Tuskegee Airmen always taught us to give back, especially to young people. It's important because the Airmen taught lessons that we all need to know and I try to pass them on."

For Trisha Yearling, military spouse, the celebration

gave her an even greater sense of pride.

"As an African-American woman, I see all of these people throughout history and it just makes me feel good inside to know how much we've contributed to the growth of this country," she said. "This is part of our heritage, not just as African Americans, but as Americans, and I think that all of us can share in that success."

"That's why I think it's important to highlight all

SEE HISTORY, PAGE A5

PERSPECTIVE

HARLEM HELL FIGHTERS

African-American WWI Soldiers proved their mettle, patriotism in combat

By Col. Richard Goldenberg
New York National Guard

SARATOGA SPRINGS, N.Y. — When the African-American National Guard Soldiers of New York’s 15th Infantry Regiment arrived in France in December 1917, they expected to conduct combat training and enter the trenches of the Western Front right away.

They could not have been more wrong. The black troops were ordered to unload supply ships at the docks for their first months in France, joining the mass of supply troops known as stevedores, working long hours in the port at St. Nazaire.

More than 380,000 African Americans served in the Army during World War I, according to the National Archives. Approximately 200,000 of these were sent to Europe.

But more than half of those who deployed were assigned to labor and stevedore battalions, assigned to tasks that many Army leaders saw as most appropriate.

These troops performed essential duties for the American Expeditionary Force, building roads, bridges and trenches in support of the front-line battles.

In St. Nazaire, the New York National Guard Soldiers learned they would work to prepare the docks and rail lines to be a major port of entry for the hundreds of thousands of forces yet to arrive in France.

The African-American regiment was a quick and easy source of labor, according to author Stephen Harris in his 2003 book, “Harlem’s Hell Fighters.”

“First, Pershing would have a source of cheap labor,” Harris wrote. “Second, he wouldn’t have to worry about what to do with black Soldiers, particularly when he might have to mix them in with white troops.”

But officers, leaders and the combat Soldiers had not signed up for labor. They were committed to fighting the Germans and winning the war.

“They had no place to put the regiment,” said infantry Capt. Hamilton Fish, according to the Harris book. “They weren’t going to put us in a white division, not in 1917,



COURTESY PHOTO

African-American Soldiers of the 369th Inf. Regt. learn from French mentors in trench warfare in an undated photo during WWI. The 369th Infantry, an all-black combat unit, served with distinction under French command in WWI and received the nickname ‘Hell Fighters of Harlem’ from their German enemies.

anyway; so our troops were sent in to the supply and services as laborers to lay railroad tracks. This naturally upset our men tremendously.”

The regiment’s best advocate was their commander, Col. William Hayward.

“It was time for us to try to do something towards extricating ourselves from the dirty mess of pick-swinging and wheel barrel trundling that we were in,” Hayward had said to Capt. Arthur Little, commander of the regimental band, according to Jeffrey Sammons in his 2014 book “Harlem’s Rattlers and the Great War.”

“We had come to France as combat troops, and, apparently, we were in danger of becoming labor troops,” Hayward said.

Hayward argued his case in a letter to General Pershing, outlining the regiments’ mobilization and training, and followed up immediately with a personal visit to Pershing’s headquarters.

He would bring with him the regiment’s most formidable weapon in swaying opin-

ion: the regimental band, lauded as one of the finest in the entire expeditionary force.

While the regiment literally laid the tracks for the arrival of the 2 million troops deploying to France, the regimental band toured the region, performing for French and American audiences at rest centers and hospitals. The 369th Band was unlike any other performance audiences had seen or heard before, noted Harris. The regimental band is credited with introducing jazz music to France during the war.

The military band would frequently perform a French march, followed by traditional band scores such as John Philip Sousa’s “Stars and Stripes Forever.”

“And then came the fireworks,” said Sgt. Noble Sissle, band vocalist and organizer, in the Harris account, as the 369th Band would play as if they were in a jazz club back in Harlem.

After some three months of labor constructing nearby railways to move supplies forward, the Soldiers learned that they had

orders to join the French 16th Division for three weeks of combat training.

They also learned they had a new regimental number as the now-renamed 369th Infantry Regiment. Not that it mattered much to the Soldiers – they still carried their nickname from New York, the Black Rattlers, and carried their regimental flag of the 15th New York Infantry everywhere they went in France.

While the 369th Infantry would become part of the U.S. Army’s 92nd Infantry Division, it would be assigned to fight with French forces. This solved the dilemma for Pershing and the American expeditionary forces of what to do with the African-American troops.

The black troops would see combat, but alongside French forces, who were already accustomed to the many races and ethnicities already serving in the ranks of their colonial troops.

“The French army instructors literally welcomed their African American trainees as comrades in arms,” Sammons wrote. “To the pragmatic French army instructors, the Soldiers were Americans, black Americans, to be trained for combat within their ranks. The trainees clearly excelled at their tasks.”

After learning valuable lessons in trench warfare from their French partners, the Soldiers of the 369th finally had their chance to prove their worth as combat troops when they entered the front lines, holding their line against the last German spring offensive near Chateau-Thierry.

Their value was not lost on the French, and the regiment continued to fight alongside French forces, participating in the Aisne-Marne counter offensive in the summer of 1918 alongside the French 162nd Infantry Division.

The Hell Fighters from Harlem had come into their own, in spite of their difficult start.

The regiment would go on to prove itself in combat operations throughout the rest of the war, receiving the French highest honor, the Croix de Guerre, for its unit actions, alongside some 171 individual decorations for heroism.

Rotor Wash

“Valentine’s Day is coming up. What ways can you show your significant other that they are special on that day?”



Missy Marker,
military spouse

“We just like to go out to dinner and spend time together.”



2nd Lt. Brenton Jumper,
1st Bn., 145th Avn. Regt.

“Flowers – my wife loves flowers.”



Johnny Reynolds,
retired military

“Just tell them that you love them, and do something that you wouldn’t normally do for them out of the kindness of your heart.”



Derek Blue,
civilian

“Cook them some food.”



Sgt. Christopher Nelson,
Advanced Leader Course

“Remember the holiday and don’t just blow it over. Plan ahead – don’t do last minute things – and make sure you take them out to do something that you wouldn’t normally do any other time of the year.”

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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Coalition forces announce shift as campaign against ISIS progresses

Combined Joint Task Force – Operation Inherent Resolve
Public Affairs Press Release

SOUTHWEST ASIA — Enabled by accelerated successes following the liberation of Mosul, the coalition will shift its focus in Iraq from enabling combat operations to sustaining military gains against the Islamic State of Iraq and Syria, Combined Joint Task Force Operation Inherent Resolve officials announced Monday.

“The coalition will tailor our forces in consultation with our Iraqi partners in order to ensure the lasting defeat of [ISIS],” said the CJTF-OIR director of operations, Brig. Gen. Jonathan Braga.

As a result of the successful operations by the coalition and its partners, ISIS has lost about 98 percent of the territory it once held in Iraq and Syria. However, coalition commanders have noted ISIS is likely to transition back into an insurgency. ISIS still retains the ability to carry out lethal attacks, and poses a potent threat to civilians and to the stability of the region.

“We’re clear the enemy is still capable of offensive action, and



PHOTO BY PFC. ANTHONY ZENDEJAS IV

Coalition partners and security force members aim towards the location of concealed opponents during a drill on navigating difficult terrain during military training in Erbil, Iraq, Jan. 23.

retains the ability to plan and inspire attacks worldwide,” Braga said. “Although OIR’s force composition may change over time to ensure we have the best forces on hand for the task, we will retain an appropriate amount of capabilities as well as an advisory presence to continue training,

advising and equipping our partners in the continued fight against [ISIS], all with the approval of the government of Iraq.

“Our enduring presence as invited guests in Iraq will shift to focus more on policing, border control and military capacity building. We will sustain the suc-

cessful momentum and enhance the capacities of the Iraqi security forces in pursuing [ISIS], now and in the future,” Braga said.

PREVENTING ISIS’ RETURN

To prevent the conditions under which ISIS can re-emerge,

coalition-partnered military operations will enable diplomatic and economic efforts by the international community that will capitalize on the military gains of the past year. “Military success has bought time, space and security for non-military stabilization efforts to help the people of Iraq, and we look to facilitate the return of normalcy for Iraqis,” Braga said.

Continued coalition presence in Iraq will be conditions-based, proportional to the need and in coordination with the government of Iraq.

“We will redouble our efforts to develop the Iraqi security forces, ensuring they have the necessary capability and expertise to meet current and future security threats,” said British army Maj. Gen. Felix Gedney, OIR’s deputy commander for strategy and support. “We remain committed to working with our Iraqi partners.”

Although the coalition will not provide specifics on individual nations’ plans and contributions, it asserts 2018 will be a critical year in adjusting coalition forces as it consolidates gains against ISIS and brings hope for a better future to the Iraqi people.

IMCOM gears up for Installation Innovation Forum

By Tim Hipps
U.S. Army Installation Management Command

FORT SAM HOUSTON, Texas — The general in charge of operating the installations where Soldiers live and train will explain the Army’s Divest, Reshape, Invest strategy at a conference of defense and industry leaders.

Lt. Gen. Kenneth Dahl will lead 38 professionals from the U.S. Army Installation Management Command to the Association of Defense Communities’ Installation Innovation Forum Monday-Wednesday in San Diego, where they will promote partnerships to strengthen bonds between installations and surrounding communities.

The ADC IIF is the leading professional development forum focused on military installation innovation. The Army, Air Force and Marine Corps each will host a three-hour, service-specific preconference professional development workshop designed for installation commanders and community leaders on Monday morning.

Dahl, IMCOM’s commanding general, will be a speaker for the Army’s preconference session, along with Lt. Gen. Gwen Bingham, the assistant chief of staff for installation management, and Sec. Jordan Gillis, acting assistant secretary of the Army for installation, energy and environment.

Dahl’s opening remarks will address the role of partnerships in the Army’s Divest, Reshape, Invest strategy. Garrison commanders from Fort Wainwright, Alaska; Fort Leonard Wood, Missouri; and Fort Campbell, Kentucky, along with the chief of staff from Joint Base Lewis-McChord, Washington, will follow with 10-minute overviews of their partnerships, each of which received honors at the 2017 Army Community Partnership Recognition Ceremony.

Dahl also will speak on the Empowering Innovative Installation Leaders panel. As military bases continue to evolve, integrating community and regional partners, and adapt to new technologies and quality of life requirements, the session will address how to prepare and empower the next generation of installation leaders.

IMCOM’s Intergovernmental Service Agreement program staff will partner with ACSIM’s Army Community Partnership Facilitation Team to host a two-hour workshop focused on the ACP program’s four-phase approach to establishing community partnerships, along with an overview of IMCOM IGSA processes. The workshop will provide garrisons and community counterparts a nuts-and-bolts approach to partnership program development, and identify existing IMCOM Headquarters and Department of the Army resources to help support those efforts.

During the forum, 12 IMCOM representatives will serve on all-service panels. Also, IMCOM recruiting, sustainment and training directors have scheduled a closed-door session with representatives from the Army chief of staff for installation mManagement and the assistant secretary of the Army installations, energy and environment.

Craig Northridge, chief of the Master Planning Division for the Directorate of Public Works at U.S. Army Garrison Redstone Arsenal, Alabama, will be an IMCOM speaker during the Innovators Case Studies session on Redstone Arsenal’s gate relocation. When longstanding congestion issues at the installation’s main gate began to worsen, the regional support group for the post rallied its members, along with the state of Alabama, the developer, and a tenant of an enhanced-use leasing project on the arsenal, to finance and deliver a \$12.9-million solution.

Lt. Col. Jeff Ivey, garrison commander at Picatinny Arsenal, New Jersey, will be IMCOM’s speaker on The Future of Shared Services. The drive to create new and innovative military-community partnerships have been gaining steam during the past few years and new agreements being developed today are paving the way for larger collaborations. The panel will explore several projects that have pushed the envelope of possibilities when installations work with communities.

Fort Sill MWR Director Brenda Spencer-Ragland will represent IMCOM on a Special Partnership Case Study -- Building a Healthy Military Community. Leveraging best practices from the Department of Defense Healthy Base Initiative and the new Healthy Army Communities proj-

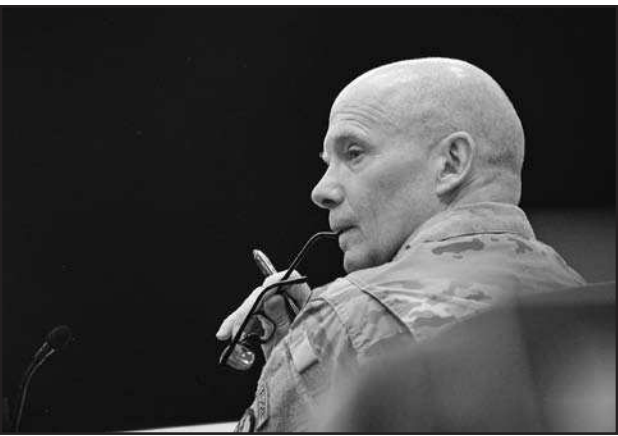


PHOTO BY TIM HIPPS

Lt. Gen. Kenneth Dahl, IMCOM commanding general, will lead 38 professionals from IMCOM to the Association of Defense Communities’ Installation Innovation Forum scheduled for Monday-Wednesday in San Diego.

ect, Fort Sill, Oklahoma, in partnership with the Lawton military community, is dramatically improving Soldier and Family readiness and quality of life. Areas of focus on and off-post include improvements in food, fitness, medical, schools, and recreation. Leaders from Fort Sill and the local Lawton community will provide an overview of how they partnered to leverage resources and engage key stakeholders to transform quality of life.

Col. Kyle Reed, garrison commander at Fort Bragg, North Carolina, will represent IMCOM on the Base of the Future – Applications in Action. The Base of the Future is not just an abstract concept – it’s happening on the ground at installations across the country. New technology systems are being piloted and redefining the way service members will work, train and live on military installations.

Dahl and other IMCOM leaders are excited about the conference, its objectives, and the installation management professionals who gather there to institutionalize a mindset that incorporates partnerships to enhance mission readiness in this era of reduced resources and expanding requirements.



PHOTO BY NATHAN PFAU

Col. Brian E. Walsh, Fort Rucker garrison commander, cuts the ribbon with Capt. Paul Ferguson, tax center officer in charge, and Lt. Col. John Longley, deputy staff judge advocate, during the grand opening of the tax center Friday at Bldg. 5700. The tax center is located in Rm. 371F and offers its services for free to military, family members and retirees. For more information or to schedule an appointment, call 255-2937 or 255-2938.

News Briefs

Health fair

The 1st Warrant Officer Company, Class 18-06, will host a health fair in support of cancer awareness Feb. 16 from 11 a.m. to 1 p.m. at its facility at 5803 Shamrock Street. In partnership with Lyster Army Health Clinic, the event will feature booths providing information on and increasing awareness of the various forms of cancer. The event is open to all military, family members and civilians. In case of inclement weather, the fair will take place in Yano Hall.

Community Strengths and Themes Survey

Fort Rucker continues its Community Strengths and Themes Survey through March 16. The survey is located at <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=25113745152ACC87>. All Soldiers and Department of the Army civilian employees should complete the survey. Family members and retired military are welcome to take part in the survey, as well. The survey is designed to help leadership assess the community’s health, according to officials.

Alcoholics Anonymous meets

Alcoholics Anonymous meets Wednesdays from 11:30 a.m. to 12:30 p.m. in Rm. 147 of Bldg. 4502. For more on the group, call 334-237-1973.

Lunch and learn

The Fort Rucker Army Wellness Center will host lunch and learn sessions in collaboration with the Fort Rucker Ready Resilient Training Center. All lunch and learn sessions are open to all eligible beneficiaries, including active-duty

Soldiers and their dependents, retirees and Department of Defense civilian employees.

All sessions will be located at LAHC in V-130 from 11:30 a.m. to 12:30 p.m. the second Tuesday of the month.

For more information, call 255-3923 or 255-9218.

Thrift shop

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

For more information, call 255-9595.

Military pay briefing

The Defense Military Pay Office briefing for Soldiers scheduled to separate due to expired term of service or involuntary separation (non-retirement) is offered as a weekly group briefing. The ETS briefing is held Tuesdays at 1 p.m. in Bldg. 5700, Rm. 371B. Soldiers should bring the following documents to the briefing: two copies of separation orders and amendments, DA 31 - Request and Authority for Leave (if approved) and the original or notarized copy of documents to support changes in marital status not previously reported to the DMPO.

The DMPO will continue to provide desk-side briefings for Soldiers who do not receive orders in time to attend a group briefing. Command teams with Soldiers who cannot attend a regularly scheduled briefing due to time constraints should call 255-3939, 255-9182 or 255-3115.

DOD: Nuclear Posture Review ‘tailored nuclear deterrent strategy,’

By Lisa Ferdinando
DOD News

WASHINGTON — The Nuclear Posture Review is a strategy to keep America safe with a deterrent that is modern and credible, Deputy Defense Secretary Patrick M. Shanahan said Friday in rolling out the strategy.

The NPR reaffirms that the fundamental role of U.S. nuclear policy is deterrence and continues the clear commitment to non-proliferation and arms control, Shanahan said in a Pentagon press briefing.

Shanahan was joined at the event by Deputy Energy Secretary Dan Brouillette and Undersecretary of State for Political Affairs Thomas A. Shannon Jr.

The review took a whole-of-government approach that involved the Departments of Defense, State and Energy, he said. The effort began in January 2017, when President Donald J. Trump directed the review to ensure a safe, secure and effective nuclear deterrent.

The world has changed dramatically since the last review in 2010, Shanahan said.

The NPR takes the evolving threats into consideration in keeping America safe, he said. Both the National Defense Strategy and National Security Strategy call for a safe, secure, effective nuclear deterrent, he pointed out.

‘CURRENT, PRAGMATIC ASSESSMENT’

The review comes at a critical moment in the nation’s history, Defense Secretary James N. Mattis wrote in the preface of the NPR, adding “America confronts an international security situation that is more complex and demanding than any since the end of the Cold



PHOTO BY NAVY PETTY OFFICER 1ST CLASS KATHRYN E. HOLM

Deputy Defense Secretary Patrick M. Shanahan, center, Undersecretary of State for Political Affairs Thomas A. Shannon Jr., left, and Deputy Energy Secretary Dan Brouillette brief the press on the 2018 Nuclear Posture Review at the Pentagon Friday.

War.”

He cited concerns with activities by Russia, China, North Korea and Iran.

“We must look reality in the eye and see the world as it is, not as we wish it to be,” Mattis wrote. “This NPR reflects the current, pragmatic assessment of the threats we face and the uncertainties regarding the future security environment.”

There is no “one size fits all” in regards to deterrence, Shanahan said.

“The challenging and dynamic security environment requires steady action to strengthen deterrence,” Shanahan said. “This NPR responds to today’s security needs with a tailored nuclear deterrent strategy.”

MODERNIZATION NEEDED

The Nuclear Posture Review calls for modernizing the nuclear

triad — land-based intercontinental ballistic missiles, submarine-launched ballistic missiles and nuclear-capable aircraft — and the command-and-control system.

While the triad has kept the nation safe for more than 70 years, the United States “cannot afford to let it become obsolete,” the deputy said.

The NPR recommends lowering the yield of some existing submarine-launched ballistic missile warheads, and bringing back a nuclear sea-based launched cruise missile, he said.

Those recommendations, Shanahan noted, do not require developing new nuclear warheads and do not increase the size of the nation’s nuclear stockpile. The recommendations align with nonproliferation commitments and strengthen American deterrence, he said.

According to the review, “ex-

panding flexible U.S. nuclear options now, to include low-yield options, is important for the preservation of credible deterrence against regional aggression.”

USE IN ‘EXTREME CIRCUMSTANCES’

The U.S. does not want to use nuclear weapons, Shanahan said. He noted the NPR says the nation would only consider the use of nuclear weapons in “extreme circumstances to defend the vital interests of the United States, its allies and partners.”

The NPR clarifies longstanding policy that “extreme circumstances” could include “significant non-nuclear strategic attacks,” the deputy secretary said.

The United States now faces a more diverse and advanced nuclear-threat environment than ever before, “with considerable

dynamism in potential adversaries’ development and deployment programs for nuclear weapons and delivery systems,” the NPR states.

The review says it candidly addresses the challenges posed by “Russian, Chinese and other states’ strategic policies, programs and capabilities, particularly nuclear.”

In addition, “flexible, adaptable and resilient U.S. nuclear capabilities [are] now required to protect the United States, [its] allies and partners, and promote strategic stability,” according to the review.

The United States currently operates 14 Ohio-class ballistic missile submarines and will continue to take the steps needed to ensure those submarines remain operationally effective and survivable until replaced by the Columbia-class ballistic missile submarines, the NPR explains.

The intercontinental ballistic missile force consists of 400 single-warhead Minuteman III missiles deployed in underground silos and dispersed across several states.

The United States has initiated the Ground-Based Strategic Deterrent program to begin the replacement of Minuteman III in 2029. The GBSD program will also modernize the 450 ICBM launch facilities that will support the fielding of 400 ICBMs.

The bomber leg of the triad consists of 46 nuclear-capable B-52H Stratofortress and 20 nuclear-capable B-2A Spirit “stealth” strategic bombers. The United States has initiated a program to develop and deploy the next-generation bomber, the B-21 Raider. It will first supplement, and eventually replace elements of the conventional and nuclear-capable bomber force beginning in the mid-2020s.

SecArmy talks readiness, alliances during Europe visit

By Staff Sgt. Tamika Dillard
For Army News Service

WIESBADEN, Germany — “Alliances are as strong as the contributions its partners make to readiness,” said Secretary of the Army Dr. Mark Esper during his visits with U.S. and NATO troops in Germany, Poland and Ukraine in late January.

“One of my main objectives was to speak with American forces, especially commanders, to familiarize myself with military operations in Europe; get a feel from commanders as to what their views are from the standpoint of readiness and training; and see what their needs are,” Esper said of his visit. “We have to ensure we are prepared for a high-end fight anywhere in the world.”

Esper’s familiarization with U.S. Army Europe’s vast mission began with a stop at the headquarters, where he reinforced the importance of the U.S. troop presence in Europe and the training in which they participate.

“Our presence (in Europe) is vitally important,” Esper said. “It fits two strategic areas. One is reassuring our allies and the second is deterring our potential adversaries.”

While in Wiesbaden, Esper also stopped by the Lt. Gen. Robert E. Gray Regional Cyber Center Europe and met with 2nd Theater Signal Brigade Soldiers.

“What you do is really important, especially in the day and age where an adversary

can use technology such as the internet against us,” Esper said.

The 23rd Secretary of the Army went on to visit Allied Spirit VIII, a 7th Army Training Command multinational exercise which includes over 4,100 participants from 10 nations.

“Overall the Soldiers are doing a great job,” Esper said. “I’m really impressed by their tactical proficiency and I’m also impressed by the equipment I see them using.”

During his stop in Poland, Esper stopped by the 4th Infantry Division Mission Command Element headquarters and voiced his support for the Atlantic Resolve rotations in Europe.

“The Army sees great value in having a rotational armored brigade combat team and Aviation brigade,” Esper said. “It enables us to send highly trained forces straight from the National Training Center to Europe. These Soldiers come combat ready and mission focused.”

Esper had the opportunity to learn more about the scope of the logistics mission in Europe when he met with 21st Theater Sustainment Command Soldiers in Powidz, Poland, and walked the grounds of the future Atlantic Resolve logistical operations hub.

“I think the Secretary of the Army’s visit here boosts morale for all of us. It reminds us that what we do here matters,” said Pfc. Cameron Bowman, heavy-wheeled vehicle operator.



PHOTO BY STAFF SGT. DAVID OVERSON

Cpl. Jackielyn Chase, 1-18th Inf. Regt., 2nd ABCT, 1st Inf. Div., receives a coin from Secretary of the Army Mark T. Esper at the 7th Army Training Command’s Hohenfels Training Area, Germany, during Allied Spirit VIII Jan. 30.

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Challenges

Continued from Page A1

future are going to be standing up here... trying to chart a path to recover from some of these challenges,” he said.

“Fiscal challenges of our nation have driven things that are significantly impacting the Army and all of the Department of Defense,” he said.

The lack of a budget, the Budget Control Act and years of operating under continuing resolutions resulted in changes to force structure and the Army Aviation Restructure Initiative, he said.

“The requirements today are much greater than they used to be. You know that, and you’re feeling the demand right now,” Gayler said.

“We need you to be preparing for large scale combat operations and training to a combined arms maneuver standard in your formations. That’s difficult to do when you’re 84 percent committed,” Gayler said.

Part of the fiscal reality includes having to remanufacture older airframes rather than purchase new E model Apaches the Army needs, which means training for a major combat operation with fewer aircraft.

“When the decision was made to retain those AH- 64s in the Guard, those 72 aircraft were the seed corn for the [remanufacture] line. So now there is no seed corn. That’s why if you are an Apache battalion in the field on active duty you have on average 21 Apaches of your 24 that you’re supposed to have on hand, because they’re feeding the reman line,” he said.

Personnel challenges include

“There’s not a commander that is not thinking incredibly high of aviation units and aviation commanders and that’s really a tribute to all of you. You have a tremendous reputation out there.”

— GEN. JAMES C. MCCONVILLE,
ARMY VICE CHIEF OF STAFF

trying to “right the ship” after years of under-accession in the warrant officer population, and the need to fill a gap in experience. Incentivizing and retaining quality Aviators on active duty is a matter of national security, he said.

The battlefield of the future will include “lethalities we have not seen to date,” Gayler said.

“Training and Doctrine Command looks constantly to the future to understand that environment, and then to develop an Army ... to operate there,” he said.

That includes survivability and protection, operating at greater distances, and advanced teaming capabilities, some of which fall outside the Aviation portfolio, that allow Soldiers to “see, sense, geolocate, share, target and destroy an enemy threat,” he said.

For flight school, a new student battlebook is in the works so standard operating procedures are

already learned before Aviators arrive at their units. Adjustments to the program of instruction are underway to get students through flight school more quickly.

Gen. David G. Perkins, commanding general of Army Training and Doctrine Command, spoke about Future Force 2025, including a concept based, doctrine driven Army and achieving cross-domain synergy in Multi-Domain Battle.

“What we’re trying to do with Multi-domain Battle is start off with a converged solution from the very beginning. You need to look at every problem as multi domain, and you need to have a construct for bringing in those other domains,” he said.

Gen. Robert B. Abrams, commanding general of Forces Command, spoke about balancing commitments and readiness, and the role of Aviation.

“The tempo on our force is off the chart. It’s not just aviation, it’s the entire army,” Abrams

said.

Abrams said years of sustained combat in Iraq and Afghanistan proved the critical capability Army Aviation brings to the warfight. As the Army shifts its focus from counterinsurgency operations to counter potential near peer adversaries, Army Aviation must be a combat maneuver formation that can fight in multiple directions and maintain offensive tempo, he said.

This will require a renewed emphasis by air and ground units to prepare for this environment.

“We have to literally change how we think inside our community,” going forward, which includes combined arms rehearsals to synchronize with other elements of the combined arms team.

Army Vice Chief of Staff Gen. James C. McConville joined the forum via video teleconference to speak about leader development and the future force.

“To a person, all the ground

commanders want aviation. There’s not a commander that is not thinking incredibly high of aviation units and aviation commanders and that’s really a tribute to all of you. You have a tremendous reputation out there,” he said.

McConville said budgetary authorizations are promises, and what is needed is appropriations, especially at a time when the Army is growing its end strength.

Lt. Gen. Michael D. Lundy, commanding general, Army Combined Arms Center and Fort Leavenworth, Kan., in his remarks said an integral part of retaining quality Soldiers in the Army is personal leadership.

Lundy cautioned against being “intellectually lazy” as an institution, and emphasized the importance of FM 3-0, the Army’s new operations manual, going forward.

“FM 3-0... this is what we’re going to do for the next ten years. You need to get familiar with it. What FM 3-0 does is links the tactical into the strategic,” he said.

During the event, Brig. Gen. David Francis, commanding general of the Army Combat Readiness Center, presented the “Broken Wing” award to (then-1st Lt.) Charles C. Coverley, for his actions as an aviator in 1970 near Kitizigen, Germany following an inflight emergency and successful landing with no damage to the aircraft and no personal injury.

The long overdue award presentation received a standing ovation from more than 150 Aviation leaders.

Lethality

Continued from Page A1

new future focused command and a Cross Functional Team for each of the Army’s six modernization priorities aimed at achieving greater lethality--long-range precision fires, a next generation combat vehicle, Future Vertical Lift, the Army network, air and missile defense, and increasing lethality, systems and training.

The Army looks to leverage commercial innovations, cutting-edge science and technology, prototyping and warfighter feedback. Unity of command and unity of effort will help ensure accountability, transparency and responsible stewardship of the Nation’s resources.

“Basically we’re cutting a lot of bureaucracy to get things done,” McConville said.

The bottom line for the Army’s modernization strategy is making Soldiers and units more lethal to win the Nation’s wars

and come home safely.

For Aviation, that includes Future Vertical Lift.

“We have three great helicopters right now, and we’re continuing to incrementally improve them, but we’ve reached the physics of aerodynamics of how far and how fast we can go with the systems we have in place,” he said.

Industry is currently building helicopter prototypes, and Army is taking a close look at a path to quickly move forward.

“We have industry right now spending money developing a prototype that we can fly before we buy. When you can see it, touch it, make sure it can fly we’re going to be in much better position to work requirements and make sure that the technology level is where we need it to be,” he said.

One of the key parameters for FVL is agility on the objective, he said.

“Our helicopters are there to support troops on the ground,” he said.

McConville also emphasized the importance of warrant officer aviators. The Army is looking at incentive options to attract and retain experienced warrant officers in the Army.

The context surrounding Army modernization is an increase to the Army’s end strength, after drawing down the Army over the past few years.

“That’s probably one of the most painful things I had to do wearing this uniform was tell highly qualified people with multiple combat tours that wanted to continue to serve that they could no longer serve in our army. But that has changed. We are on a positive path right now. We stopped the drawdown,” he said.

However, sequestration still looms, and authorizations are not money in the bank.

“We’re on a positive slope as far as authorizations, but authorizations are just promises. Appropriations are the proof in the execution. Going from continuing

resolution to continuing resolution is not what we want to do. It’s been very difficult because we’re growing the army this year, and very concerned about what that means as we go forward,” he said.

McConville commended Aviation leaders for what Army Aviation is accomplishing around the world.

“To a person, all the ground commanders want aviation. There’s not a commander that is not thinking incredibly highly of our aviation units and commanders. That’s a tribute to all of you. You have a tremendous reputation out there,” McConville said.

At the end of the day, Army modernization efforts are all about taking care of Soldiers.

“Where some of the other services may be about equipment, we’re about people,” McConville said. “We want to make sure our soldiers have the best equipment that money can buy.”

History

Continued from Page A1

of these achievements – not to separate one race from another, but to show what we can accomplish when we come together,” she continued. “There is so much we can learn from other cultures that it would be foolish not to try. Ultimately that’s what I think these celebrations are about – coming together.”

To continue the observance throughout the month, the Center Library will host a story time and craft session Friday from 10:15-11 a.m. where children will get the opportunity to learn about the contributions of African Americans throughout the nation’s history.

“There will be crafts and we’ll talk with the children about the culture itself and the contributions that they’ve made, and also why it’s important to be one rather than be divided,” said Castillo. “I think if we can catch them

at a young age and they’re taught when they’re little, then we can bridge that gap early. It’s very difficult to change someone’s mindset once they’re set in that mindset, but if we can catch them when they’re young and show them that everybody is equal, and we treat each other with dignity and respect, then I think that will go a long way for future generations.”

The main observance for the month will be a luncheon at The Landing Feb. 22 from 11:30 a.m. to 1 p.m., and will feature guest speaker 1st Sgt. Anthony Thomas, Lyster Army Health Clinic first sergeant, who will speak about his experiences as an African American in the military.

Tickets for the luncheon are \$12 and menu choices include barbeque chicken, grilled salmon or vegetable lasagna. Each meal will be served with vegetables, and rice or potatoes, and will be served with sweet tea, coffee and water.

fee and water.

Space is limited, so people should reserve their tickets early, said Castillo.

For more information on upcoming events or for tickets, call 255-2363, 255-2669 or 255-9950.

Awareness

Continued from Page A1

courage, and support those who have been affected and are fighting against any type of cancer,” said Culberson-Grandberry. We want to help educate and promote healthy living and unity of effort amongst the surrounding communities for prevention, early intervention and patient support.”

Culberson-Grandberry hopes attendees walk away informed about signs, symptoms and treatment information, in addition to equipping them with the tools they need to promote healthy living among family members and coworkers.

“We want those affected by cancer to know that they are not alone, and even many Soldiers and Civilians in our unit know personally how difficult it is to have someone you love battling cancer,” said Culberson-Grandberry. “To this end, we would like to honor their courage and do whatever we can surround them with a caring, supportive community by promoting cancer awareness.”

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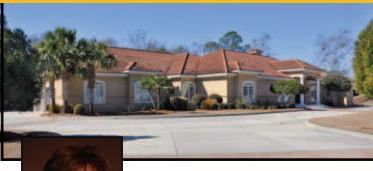
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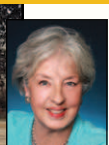


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CZECH IT OUT

Aviators provide strategic intelligence advantage to Allied Spirit

By Sgt. Gregory Summers
For Army News Service

HOHENFELS TRAINING AREA, Germany — Soldiers with the 1st Air Cavalry Brigade, 1st Cavalry Division worked seamlessly alongside their Czech counterparts in aviation, intelligence and operations training during Exercise Allied Spirit VIII.

Over 4,100 participants from 10 nations came together Jan. 15 through Monday at Hohenfels Training Area to train during the exercise that was designed to strengthen relationships among participating militaries and NATO allies while deterring Russian aggression.

“Our role for Allied Spirit VIII is to provide Aviation assets for all of the ground forces,” said 1st Lt. Julia Frassetto, a UH-60 Black Hawk pilot, Headquarters and Headquarters Company, 2nd General Support Aviation Battalion, 227th Avia-

tion Regiment, 1st Air Cavalry Brigade.

Czech Republic airmen with the 22nd Helicopter Air Base combined efforts with 1st Air Cavalry Brigade Soldiers and fulfilled the Aviation role together since both countries arrived at HTA.

“Some of these ground forces, both U.S. and multinational, are not used to having an Aviation force to call on,” said Frassetto. “It allows multinational forces to add us into their plans and use what we offer as a strategic advantage to accomplish the mission more efficiently.”

Czech airmen were embedded within the aviation task force prior to moving to the tactical training area, also known as “the box.”

“Before we jumped to the box, we established a relationship and began to understand each other’s capabilities and differences,” said Sgt. 1st Class Paul Kitchen, a



PHOTO BY SGT. GREGORY SUMMERS

Spc. Ian Woldt, a CH-47 Chinook repairer, and Spc. Joseph Kimbro, a CH-47 Chinook helicopter crew chief, both with the 2-227th Avn. Regt., 1st Air Cav. Bde., 1st Cav. Div., observe their sectors of fire during training at Hohenfels Jan. 26.

SEE SPIRIT, PAGE B4

OFFICE WITH A VIEW



PHOTO BY STAFF SGT. KELLEN STUART

A CH-47 Chinook crew chief surveys the area over Jalalabad, Afghanistan, in January. The helicopter and its crew are part of Task Force Lighthorse, 3rd Squadron 17th Cavalry Regiment, out of Savannah, Ga., supporting Operations Freedom’s Sentinel and Resolute Support in Afghanistan. The Army has around 187,000 Soldiers currently supporting combatant commanders in 140 countries, according to Army officials.

‘NO ROOM FOR EXCUSES’

Medics use realistic training scenario to build lifesaving skills

By Spc. Dustin D. Biven
22nd Mobile Public Affairs Detachment

HOHENFELS TRAINING AREA, Germany — When people are ill or injured, they typically go to their local doctor for care or treatment. However, when Soldiers are ill or injured in a combat environment, they depend on the healing hands of their combat medics.

In the surrounding hills of Hohenfels Training Area during the ongoing Allied Spirit training exercise, Soldiers faced a simulated combat environment. Over 4,100 participants from 10 nations have come together to train during the exercise, which is designed to strengthen relationships among participating militaries and NATO allies while deterring Russian aggression.

Soldiers must remain vigilant in this exercise at all times as opposing forces scattered around the area periodically attack with small arms, tracked vehicles and aerial support. “We can’t choose where the next combat zone will be – we just have to be prepared anything,” said 1st Sgt. Joe Best, a combat medic with 557th Medical Company, 421st Medical Battalion, 30th Medical Brigade in Baumholder. “We had (a simulated) injured personnel brought in yesterday by aerial support, and without hesitation our medics responded and successfully transferred the injured from the UH-60 Black Hawk to a field litter ambulance stationed nearby.”

Medics were evaluated on how effective and quickly they could receive, transport and treat injured personnel brought in by air support in a combat environment.

Though the terrain where the medical station is located is covered in deep mud, Soldiers quickly adapted



PHOTO BY SPC. DUSTIN D. BIVEN

Medics from the 557th Medical Company, 421st Medical Bn., 30th Medical Bde., Baumholder, Germany, conduct rapid medical evacuation training Jan. 29 at Hohenfels Training Area.

to their environment and overcame the difficulties.

“The recent snow has melted and caused the location we’re at to become less than ideal,” said Sgt. Noah Hughes, a combat medic with 557th Medical Company. “But when lives are on the line, there is no room for excuses – we adapt and overcome. We positioned our FLA nearby the UH-60 Black Hawk, and our litter team was quick to receive the information on the patients from the flight medic and get them to the next level of care.”

Soldiers who are injured in the field or in a combat environment can’t depend on having a fully operational medical facility nearby. Sometimes, the closest lifesaving treatment can be found in a pop-up tent in a nearby wood line.

“It’s training events like Allied Spirit that helps save lives in combat,” said Hughes. “I live by the saying, ‘more sweat in training, means

less blood in combat,’ meaning the harder we train the more effective we’ll be when in combat.”

For serious injuries, a field setup would not be the last stop in their line of care, but rather the halfway point.

The initial care given to an injured Soldier in a combat zone is called first aid that includes life saving measures to stop and control any bleeding, and to make sure the injured Soldier’s breathing is adequate.

Once the patient is medically evacuated to a field medical facility, a more in-depth treatment can be conducted. At this stage, further steps are taken to care for and treat any wounds the patient might have sustained.

“No matter what environment we are faced with, my medics are trained and ready,” said Best. “The U.S. and its allies are an effective force, deterring aggression and sustaining the front lines of combat.”

OPERATION BOWIE

Strike confirms interoperability excellence during training

By Staff Sgt. Nicholas Farina
Kosovo Force, Multinational Battle Group-East Public Affairs

ZHEGOC, Kosovo — Kosovo Force, Multinational Battle Group-East executed the Operation Bowie Strike combined training exercise Jan. 19 at a KFOR training site in Zhegoc.

The training involved a mixed multi-ship airlift conducted by MNBG-East Southern Command Post personnel who piloted three UH-60 Black Hawks and KFOR Croatian Aviation Detachment personnel who piloted two Mil Mi-8 Helicopters, said Maj. Rick Caldwell, MNBG-East operations officer.

They inserted MNBG-East Forward Command Post U.S. and Polish personnel who tactically navigated through snowy woodland terrain and seized several buildings occupied by opposing forces role-players. Blank ammunition and universal training munitions were used to make the training as realistic as possible, Caldwell said.

Operation Bowie Strike provided an opportunity for MNBG-East to conduct core mission essential task list training while deployed in a NATO peace support mission. The exercise is a combined effort that provides a realistic training opportunity for the FCP, SCP, and MNBG-East headquarters, Caldwell said.

The exercise demonstrates not only what the United States can do, but also the multinational partners within the KFOR team, said Lt. Col Kevin Taylor, the MNBG-East FCP commander. It indirectly serves as a deterrent factor for those sources of instability or actors who may try to undermine the institutions of Kosovo.

“It was awesome,” said CW2 Justin Walker, MNBG-East SCP UH-60 Black Hawk pilot and air mission commander for Operation Bowie Strike. “It was actually my first time flying with the Croatians. They’re professionals. It’s really good working with them.”

Walker, who piloted the second chalk, said the mixed multi-ship formation coming into the landing zone looked great and the snow-covered ground was not a factor for the helicopters when landing for the troop insertion.

It became FCP’s show as Soldiers from the 82nd Airborne Division and Polish Coy infantry units exited the helicopters and regrouped behind a wood line north of the target objective to establish their ground tactical plan.

SEE BOWIE, PAGE B4



PHOTO BY STAFF SGT. NICHOLAS FARINA

KFOR MNBG-East FCP Soldiers push through smoke from a smoke grenade during the ground tactical movement portion of the exercise.

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Spirit

Continued from Page B1

UH-60 Black Hawk repairer, A Co., 2nd GSAB.

The head start paid off as both nations worked together prior to the exercise’s movement.

“The Czechs are very well equipped. Our dialogue has increased together over the time frame we have been here,” Kitchen added. “They’ve also provided force protection and manpower for our tactical assembly area.”

“Since we started engaging each other early, we are able to utilize each other’s strengths while providing air support with our aviation task force,” Kitchen explained.

The airmen also provided information from lessons learned during the last Allied Spirit exercise when Czech Aviation assets were on ground and engaged.

The task force tactical operations center’s intelligence and operations shops can be seen as an exchange of dialogue between two countries working together to successfully accomplish missions during the exercise.

“Our intelligence guys are with their intelligence guys and our operations guys are with their operations guys working and learning together,” said Czech Capt. Filip S., 22nd Helicopter Air Base.

Filip is an operations officer, who stated he is only able to provide his last initial due to the Czech military’s security policies.

“We are enjoying this training because it allows us to go deeper in regards to our interoperability with U.S. Army operations,” Filip said.



PHOTO BY SGT. GREGORY SUMMERS

An AH-64 Apache and crew with the 1st Attack Reconnaissance Battalion, 227th Aviation Regiment, 1st Air Cavalry Brigade, 1st Cavalry Division, take off from the tactical airfield inside the Hohenfels Training Area, Germany, during Allied Spirit VIII, Jan. 26.

Frassetto, who is also an operations officer, said working together has provided opportunities to approach missions differently.

“It allows us to see a different side of things,” Frassetto said. “Combining our strategies together is mutually beneficial for everyone.”

The Czech airmen also agreed that there is plenty to take away after working with their U.S. allies.

“We see some differences, but we are here to help and learn,” said Filip. “Together, we are operating successfully,” he added, stating that he is happy with the new point of views and approaches his team has gained.

Soldiers of 1st Air Cavalry Brigade have also enjoyed

working their Czech allies.

“The biggest benefit out of working with them has been that some of our Soldiers haven’t had the opportunity to work hand and hand with other nations,” Kitchen said.

With a unique, combined approach, the Aviation task force has been able to provide aviation assets for multinational and U.S. ground forces throughout the exercise.

Those assets include medical evacuations with HH-60 Black Hawks and air-to-ground fire support with AH-64 Apaches. Also included are troop and supply movements with CH-47 Chinooks and UH-60 Black Hawks.

“We are active with each other on many levels and are better prepared for every scenario moving forward regardless of which airframe is needed,” said Kitchen.

“Based on experience from this exercise, we are interested in training together at this magnitude back in the Czech Republic,” Filip said. “Working with U.S. Soldiers is the highlight of the exercise.”

Bowie

Continued from Page B1

FCP’s mission was to seize three buildings within a village from an enemy force that was about 15 to 20 strong, said 1st Lt. Bart Jeffrey, a platoon leader for MNBG-East, FCP.

The units proceeded south toward the village, navigating through snow-covered ground, thick woods and small streams.

Once within assaulting distance, the U.S. Soldiers donned their gas masks to protect their faces from the UTMs, which are non-lethal training rounds that leave colored markings on impact and can be fired from various weapon systems. The Polish Infantry Coy wore ballistic eyewear and covered their faces with a thick fitted mask.

They threw smoke grenades and moved in to seize the first target

building.

“We breached a window that the OPFOR had no idea we could actually use,” said Jeffrey. “They had no idea where we came from.”

Sgt. Devon Clark, MNBG-East Task Force Military Police desk sergeant who role-played as one of the OPFOR, confirms Jeffrey’s observations of FCP’s elusiveness.

“We really didn’t see them until it was already too late. I know they had some recon patrols hidden somewhere in the wood line and on the hills, but they hit us by surprise. We didn’t even see it coming,” said Clark.

FCP Soldiers secured the first building and established suppressing fire on the other target buildings, Jeffrey described. The suppressing fire gave freedom of movement to the Polish Coy and a U.S. squad element as they

maneuvered to seize the remaining target buildings.

When the smoke cleared and the sounds of gunfire stopped, FCP had successfully secured the area, ridding the village of the OPFOR.

Jeffrey praised the U.S. and Polish partnership for their fluid interoperability.

“I really love working with the Polish. They are a really professional army and I hope to get to work with them soon because they know what they are doing,” said Jeffrey.

Taylor credited Operation Bowie Strike’s success to the teamwork and support from MNBG-East as a whole.

“It was a great training event but it takes all those people working together to make it happen,” Taylor said.

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FEBRUARY 8, 2018



PHOTOS BY NATHAN PFALU

Karen Morris, military family member, takes on a spin game to try and win a prize at one of the vendor tables during the 30th annual Travel Extravaganza at The Landing Tuesday.

Travel Extravaganza showcases vacation opportunities

By Nathan Pfau
Army Flier Staff Writer

Even though Punxsutawney Phil recently forecasted six more weeks of winter, hundreds from Fort Rucker and the surrounding areas set their sights on warmer climates as they planned their vacation possibilities.

Fort Rucker and MWR Central hosted the 30th annual Travel Extravaganza Tuesday at The Landing where people were able to envision their next vacation getaway by browsing more than 50 vendors with destinations ranging from local to abroad.

The vendors included hotels, convention centers, amusement parks, water parks, dinner theaters, cruises and various destination locations, and for Jessica Hargrove, military spouse, the possibilities were endless.

"It's always nice to be able to come out and dream about what your next vacation is going to be," she said. "I've got three children and I go to school, as well, so even just thinking about where I



Kiersten and W01 Mark Vinluan, B Co., 1-145th Avn. Regt., browse vendors.

can go to get a little bit of vacation time is almost like a little vacation itself."

Hargrove said that trying to come up with a vacation plan can sometimes be stressful, as well, so being able to browse options and ask questions makes the process that much easier.

"When you plan a vacation there is a lot involved – you've got

to book the rooms, try to get time off, figure out what amenities they provide, talk about travel plans – it all really can get overwhelming," she said. "That's why sometimes we just avoid vacations that are too involved because sometimes it doesn't seem worth the hassle."

But the Travel Extravaganza provided her the unique opportunity to ask questions and

get some answers, said the mother of three.

"With everyone here, you can get so many specifics and figure out what exactly you'd be paying for," she said. "Some of the vendors even have videos to show you of what to expect and it's just really nice to talk to the people that have the knowledge to help rather than looking around online

for the best deal."

Karen Key, acting MWR Central business manager, said although the event highlights various destinations that people can travel to, it was also meant to highlight what Fort Rucker's own MWR Central can do for its patrons.

"The goal of this event is to not only show some of the amazing, hassle-free and affordable travel options that MWR Central can help to provide, but it also shows the community all that MWR Central has to offer," she said.

In addition to the Travel Extravaganza, MWR Central continues to offer savings to the Fort Rucker community with upcoming day trip opportunities, like the annual Mardi Gras day trip to Mobile Saturday; the annual Spring Break Getaway cruise March 24-29; and a planned trip to the Florida Caverns in Marianna, April 14.

For more information on upcoming day trips, visit <http://rucker.armymwr.com/us/rucker/> or call 255-9517 or 255-2997.

Mad Scientist Workshop aims to get youth creating, learning



PHOTOS BY NATHAN PFALU

Mya Hill, military family member and volunteer, stacks books on top of a bridge she created as Jaden Whiting, military family member, looks on during the first Mad Scientist Workshop at the Center Library last year.

By Nathan Pfau
Army Flier Staff Writer

The Fort Rucker Center Library is designed to be a place where people can expand their minds and get creative, and children have the opportunity to do just that through one of the library's most popular events.

The Mad Scientist Workshop returns to the center library Feb. 15 in two sessions – 3:30 and 4:30 p.m. – with a focus on engineering and creativity, according to Cameron Hill, Center Library youth librarian.

"For this workshop, we'll be making Wiggle Bots, which children will be able to create using a motor and a battery to create their little robot," she said.

The workshop is for children ages 7-12, and like all previous workshops centers around the STEAM program, which encompasses science, technology, engineering, art and mathematics. Hill said it's important for children to learn the concepts behind the things that they create.

"Anybody can just follow instructions and do a project, but actually learning while you go helps to reinforce what you're doing and why," she said.

"(The children) will learn about engineering concepts through building because they're going to be making these things on their own," said the youth librarian. "We'll provide the materials but it's up to them what they want (their robot) to look like or how they want it to move. We'll have some examples that they can go by, but it's up to them on what they want it to be."

The children can further customize their robots by adding markers to create scribble bots, as well, which will move around creating scribbles wherever they go, Hill said, adding that although the workshop is expected to be fun for the children, the lesson is centered on learning and having a sense of accomplishment from creating something.

"Just the feeling that you get in creating

something and the fact that it works if very satisfying – I know because I did it and I was excited that my robot worked," said the youth librarian. "It's just very satisfying and it enhances the creativity of the child and the imagination, and it's something different."

This month will mark one year since the library's first Mad Scientist Workshop, and since its inception has become increasingly popular, which is why Hill said it's important to continue to challenge children's minds through various events at the library.

"There is a large response and I've heard from patrons who are very appreciative of all the programs we have here, so we try to give patrons of all ages something to do while they're here," she said. "Some people are just passing through or others have just gotten here, and all the time I see or hear people ask what there is to do around here, and I always just want to tell them about the library."

Adrienne Carter, military spouse, brought her oldest son, Colton, to a previous Mad Scientist Workshop and said she was appreciative that the activities are more than just about providing something for children to do, but a learning opportunity that will stick with them.

"It's great that they actually teach the science behind instead of it just being an arts and crafts session," she said. "They actually get to learn about the science, which is great. My son loves science, so I knew it would be a great program for him. Cameron does great programs here for all ages."

Hill said being able to bridge that gap between fun and learning is vital to get children to understand a lot of these important scientific concepts.

Parents must register their children to participate and can do so by either visiting the center library or calling. Space is limited to 15 children per session, so Hill encourages people to register as soon as possible.

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

ON POST

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

Child care available

The Fort Rucker School Age Center has spaces available for before and after school care. The school age center is available for children kindergarten through fifth grade. For more information, call 255-9638.

Healthy eating for children

The Army Community Service New Parent Support Program will host a class on healthy eating for parents of children ages birth to 5 Tuesday from 9-11 a.m. in Bldg. 5700, Rm. 350. The course is designed to teach parents what, when and where to feed their children to prevent mealtime struggles and promote a lifetime of healthy eating. The class is free. Registration deadline is today. Child care will be provided. For more information, call 255-9647.

Mardi Gras Day Trip

MWR Central will host a day trip to the Mardi Gras festivities in Mobile Saturday. The cost is \$50 per person, and includes the bus ride to and from Mobile. To register or get more information, call 255-2997 or 255-9517.

Resilience training workshop

Army Community Service resilience training is designed to provide family members and civilians with the tools to better cope with and overcome adversity and challenges, as well as perform better in stressful situations, according to organizers. The goal is for students to thrive when facing life challenges, not just bounce back. The workshop will be held from Friday from 9-11:30 a.m. in Bldg. 5700, Rm. 350. For more information on the workshop or other resilience training, call 255-3161 or 255-3735.

ACS instructor training course

Army Community Service will host its instructor training course Monday through Feb. 15 from 8:15 a.m. to 2:30 p.m. at the Spiritual Life Center. The course is designed to give attendees tools on how to present classes and briefings more effectively, according to organizers. The course ends with students conducting briefings from a Knowledge Module Army Family Team Building course. Following the course, students will be able to instruct AFTB modules for ACS. For more information, call 255-3564.

Employment readiness class

The Fort Rucker Employment Readiness Program will host an orientation session Tuesday in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11:30 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required. For more information, call 255-2594.

Sweetheart Dinner

The Landing Zone will host its Sweetheart Dinner Wednesday from 4-9 p.m. The dinner will feature a two-for-\$20 special where people can enjoy two entrees and an appetizer from a select menu. For more information, call 255-0768.

Federal jobs workshop

Army Community Service will host its federal job workshop Wednesday from 8 a.m. to noon in Bldg. 5700, Rm. 284. The workshop is aimed at getting people the information they need to increase their federal employment possibilities. Participants will receive a free copy of Kathryn Troutman’s “Jobseeker’s Guide (7th Edition).” Registration is required two days prior to the workshop. Space is limited to the first 60 people to register and the workshop is open to authorized patrons only. For more information or to register, call 255-2594.

Newcomers welcome

A newcomers welcome is scheduled for Feb. 16 from 9-11:30 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged by post officials to attend the newcomers orientation. A free light breakfast and 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 prior to the newcomers welcome.



FILE PHOTO

ATV Trail Ride

Fort Rucker Outdoor Recreation will host its ATV Trail Ride Feb. 17 from 7 a.m. to 1 p.m. Pre-registration is required and the cost is \$20. Drivers must pass the safety driving test given through ODR before participating. Participants must provide their own all-terrain vehicle and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. This event is open to the public, ages 16 and up. For more information, call 255-4305 or 255-2997.

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

Valentine Masquerade Party

The Fort Rucker Youth Center Valentine Masquerade Party is scheduled for Feb. 16 from 6:30-9:30 p.m. Youth can bring a guest. Youth are asked to come dressed up we and the staff will provide the mask. There will be giveaways, games, food and a prize for the best dressed person. The cost for entry is two canned goods or two non-perishable items.

For more information, call 255-2271 or 255-2260.

Youth dinner and a movie

The Fort Rucker Youth Center will host a trip to the mall, a movie and dinner Feb. 17. The trip will depart the center at 2 p.m. Cost is \$20. To take part, youth must be a members of child and youth services member to participate – ages 11-18 and grades six-12.

For membership information or to sign-up for membership, call 255-9638.

Blended Retirement System Seminar

Army Community Service accredited financial counselors will present a Blended Retirement System Seminar Feb. 20 from 6-7 p.m. at Bldg. 5700, the Soldier Service Center, in Rm. 350.

The seminar will be a discussion of the significant changes to the current military retirement system, including continuation pay and the Thrift Saving Plan with matching government contributions. Pre-registration is required by Feb. 19. Free child care available with registration. Class is subject to cancellation if enough people do not pre-register.

For more information, call 255-3949. Registration can be completed by visiting <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

Fort Rucker Right Arm Night

The Landing Zone will host the Fort Rucker Right Arm Night Feb. 22 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 255-0768.

Anti-Bullying Rally

The youth center will host its third annual Anti-Bullying Rally Feb. 23 from 4:15-5:30 p.m. There will be guest speakers, performances and refreshments. The main guest speaker is Steve McLendon from the New York Jets. The rally is open to the public.

For more information, call the 255-2271 or 255-2260.

Bike Repair Workshop

The Center Library will host a bicycle repair workshop Feb. 24 from 1:30-3:30 p.m. A knowledgeable cycling enthusiast will be on hand to answer questions and teach basic

DFMWR SPOTLIGHT

**BATTLE AT THE BARBELL:
POWERLIFTING COMPETITION**
FORT RUCKER PHYSICAL FITNESS CENTER

**SATURDAY,
FEBRUARY 10**

Battle at the Barbell:
Powerlifting Competition, presented by the Fort Rucker Lifting Club, will be held at the Fort Rucker Physical Fitness Center on Saturday, 10 February. The male and female divisions will be judged by weight class. This competition has three elements: squats, bench press, and dead lift. Competition is open to all authorized ID holders.

SCHEDULE

EARLY WEIGH-IN, FEBRUARY 9 @ PFC
1700-1900

DAY OF EVENT REGISTRATION AND WEIGH-IN
0800-0845

EVENT DAY MANDATORY ATHLETE MEETING
0845-0900

EVENT BEGINS
0930

For more information, please contact the Fort Rucker PFC at (334)255-2296, or the Fortenberry-Colton PFC at (334)255-3794.

Check online for rules and regulations: RUCKER.ARMYMWR.COM

sic bicycle maintenance. No registration is required. For more information, call 255-3885.

For registration and childcare information, call 255-1429.

Get REAL

Army Community Service’s Army Family Team Building staff will host its Get REAL – Rucker Experience Army Learning – class March 5 from 8:30 a.m. to 2:30 p.m. at the Divots Conference Room at Silver Wings Golf Course. The course is designed to help people make friends during an interactive day of learning on topics such as military acronyms, Army customs and courtesies, military ranks, community resources and more. Free lunch and childcare will be provided. The registration deadline is March 1.

Breakerspace

The Center Library will host a free program it calls Breakerspace March 6 from 4:30-5:30 p.m. This year’s theme is Libraries are for Creating. Center Library staff members encourage teens and tweens to let their creative juices flow at this event where they will take apart whatever tech is on hand and then use their imagination to put the pieces back together. The event is open to youth ages 9 to 17. Registration is required and will be limited to the first 20 youth to register. For more information or to register, call 255-3885.

FORT RUCKER MOVIE SCHEDULE FOR FEBRUARY 8-11

Thursday, February 8

Lady Bird (R)7 p.m.

Friday, February 9

Downsizing (R)7 p.m.

Saturday, February 10

Pitch Perfect 3 (PG13)4 p.m.
Insidious: The Last Key (R)7 p.m.

Sunday, February 11

The Greatest Showman (PG)1 p.m.
Downsizing (R)4 p.m.

Army helps restore electricity to 1 million people in Puerto Rico

By Sean Kimmons
Army News Service

SAN JUAN, Puerto Rico — The lights are now back on for more than 1 million people in Puerto Rico as additional utility crews and material continue to arrive on the island, according to a U.S. Army Corps of Engineers commander.

The Corps, along with the Puerto Rico Electric Power Authority, other government agencies and contractors, have worked nonstop since the island was hit by two major hurricanes just two weeks apart in September. The storms devastated the entire island and left dozens of people dead, tens of thousands displaced and even more in the dark.

About 70 percent of customers now have power, with plans to go above the 90 percent mark by the end of March, said Col. John Lloyd, commander of the Army's Task Force Power Restoration.

Around 450,000 customers still remain without power.

"I can ensure you that you're going to see more and more crews on the ground and we're going to get more and more lights on," he said Tuesday during a live update over Facebook. "It is the No. 1 priority and I don't want people to lose hope."

Roughly 4,000 personnel are on the ground working to get power back to normal. Another 1,000 linesmen are expected to arrive on the island by next month, according to a Corps of Engineers news release published last week.



PHOTO BY AIR FORCE MASTER SGT. JOSHUA L. DEMOTTS

Sgt. 1st Class Jitu Whitehead, a transmission and distribution specialist with the 249th Engineer Battalion-Prime Power, recently repairs power lines in Rio Grande, Puerto Rico.

One of the focus areas for them will be the Caguas region, a hilly area south of San Juan. Rugged terrain there and elsewhere on the island, Lloyd said, has slowed progress and made it difficult to rebuild transmission lines.

"I see over the next couple of months, a lot of the hardest work is still in front of us, unfortunately," he said.

Power generation plants located in the south can no longer bring electricity to the more populated northern parts of the island due to the damaged lines, he said.

Many residents, he said, do not

realize the magnitude of storm damage seen in hard-to-reach areas, where numerous towers have been knocked down. One line that provides power to the Humacao region, for instance, had 48 towers destroyed.

"The entire line was on the ground and it has to be completely rebuilt," he said, adding it can take up to three days to replace just one tower. "That's going to take time to do that."

About 26,000 of the 40,000 utility poles requested — made up of concrete, wood or metal — have now been shipped to the island

and continue to be installed every day, he said.

When feasibly safe to do so, workers have also salvaged components from damaged poles — cables, insulators, transformers — to expedite the process.

"Anything that we can salvage and reuse to get lights on, we do that," the colonel said.

It can be an emotional event, he said, when lights are turned on in neighborhoods for the first time in months and residents cheer and honk their car horns.

"It's a humbling experience to see that happen," he said. "I

can't tell you enough about the strength of the people of Puerto Rico for enduring without power and for the many other challenges they face."

Generators are also being distributed out to communities as part of temporary power solutions.

"This has been the largest mission we've done for a disaster," he said. "We've installed more generators here than we have for any other disaster before this and we continue to install generators where they're needed."

In other relief efforts, contractors working for the Corps of Engineers installed their 50,000th "blue roof" this month, which represents three-quarters of buildings approved under the program. The temporary roofs are intended to last 30 days and give Puerto Rican homeowners time to find a permanent fix, according to a news release.

The Corps has also collected at least 2 million cubic yards of debris — more than half of the amount it has been tasked to remove from the island.

For the colonel, the biggest issue in his operations has been new material arriving to the island.

"The Puerto Rican [power] grid system, specifically, has to be manufactured off the island and brought here. That's still our biggest challenge," he said. "But it's getting better every day. We're seeing more containers with that material coming in and [we're] getting them out to crews."

Army Corps of Engineers, Coast Guard marine debris mission continues



PHOTO BY EDWARD LOOMIS

Contractors move a vessel damaged by Hurricanes Irma and Maria at the Ponce, Puerto Rico, harbor on Jan. 27 as the U.S. Coast Guard transferred it and several others to the U.S. Army Corps of Engineers for disposal.



U.S. Army Corps of Engineers New Orleans District's Shanon Soileau confirms a vessel's identification at the Ponce, Puerto Rico, harbor Jan. 27. The boat was one of 19 vessels that the U.S. Coast Guard transferred to the Army's control for eventual disposal.



Joshua Erickson, U.S. Army Corps of Engineers, monitors contractors transferring recovered vessels from a barge to trucks from the U.S. Coast Guard to the U.S. Army Corps of Engineers.

By Edward Loomis
For Army News Service

PONCE, Puerto Rico. — The U.S. Army Corps of Engineers transferred 19 vessels damaged by September's hurricanes from the U.S. Coast Guard to contractors for disposal in Ponce Jan. 26-27.

Monitored by Coast Guard and Corps representatives, contractors rigged the vessels with web slings, then a crane slowly lifted them off a barge one at a time and placed them on waiting trucks.

"The marine debris mission is unique to me because it is a tag team effort between the Corps of Engineers and the U.S. Coast Guard," Corps debris specialist Shanon Soileau said. "The Coast Guard transfers ownership of the boat to the [Corps' marine debris] contractor."

The marine debris mission across Puerto Rico has transferred 53 vessels so far, according to Jasmine Smith, Puerto Rico Recovery Field Office debris mission manager deployed from the New Orleans District. The mission may involve disposal of 172 vessels based on Coast Guard estimates.

The Corps of Engineers is the Federal Emergency Management Agency's lead for Emergency Support Function 3, Public Works and Engineering, after a federally declared natural or manmade disaster.

Debris missions under ESF 3 often include vegetation brought down by storms, construction and demolition materials and "white goods," which includes household appliances like refrigerators and washing machines.

Safety is a high priority throughout the marine debris transfer process. Coast Guard Master Chief Petty Officer Martin Sewell closely monitored the vessels' movement from barge to the trucks waiting on the pier. "I want to ensure safe working practices and prevent anything that may be dangerous," he said.

During the transfer process, Seattle District's Josh Erickson also inspected contractors' compliance with Occupational Safety and Health Administration standards. Besides marine debris, Erickson also visits sites where work is under way on other tasks assigned by FEMA to the Corps, including temporary blue roof installations, temporary power and the more traditional three debris categories.

Erickson said that working in a setting where Spanish is the primary language has made the Puerto Rico mission unique. He thinks that the safety team "is the voice that reminds our workers and contractors to slow down — the job is not worth getting hurt over — plan your work and use the right tools the right way."

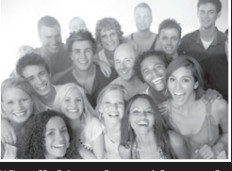
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ARMY FLIER Church Directory

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The Gathering (Youth)6:00PM
Sunday School9:55AM
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Vacation guide highlights Georgia’s hidden treasures

Army Flier
Staff Reports

ATLANTA — With spring just around the corner, many people may be thinking ahead to warmer weather and weekend escapes.

The “2018 Guide to Georgia State Parks and Historic Sites” can help individuals plan spring break, summer vacations or even a family re-

union.

The free booklet is filled with tips on the ideal hiking trails, fishing spots, cabins, campsites and company picnics.

Produced annually by the Georgia Department of Natural Resources, the travel guide features colorful photos from all across the Peach State.

For a free copy, call 770-389-

7286 or stop by any Georgia State Park or State Historic Site. An online version can be found at GeorgiaStateParks.org.

Outdoor enthusiasts and history buffs can keep up with the latest news and discounts by signing up for the park system’s e-newsletter at GeorgiaStateParks.org/enews or following them on Facebook at Facebook.com/georgiastateparks.



PHOTO BY SGT. GARRETT L. DIPUMA

Patrons enjoy a yurt campsite at High Falls State Park in Jaskson, Ga., one of several amenities highlighted in the 2018 Guide to Georgie State Parks and Historic Sites.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

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

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

FEB. 16-18 — All Nations Family Worship Center, located at 1415 Honeysuckle Road, Ste 1 will host its grand opening celebration Feb. 16 at 7 p.m., Feb. 17 at 3 p.m. and Feb. 18 at 3 p.m. All are welcome to attend. For more information, call 804-484-9696 or visit the All Nations Family Worship Center Facebook page.

FEB. 17 — Southeast Alabama Community Theatre and the Dothan Houston County Library System welcome Daniel Wallace for an author event Feb. 17 at 6:30 p.m. at the downtown location of the Dothan Houston County Library System. The event is free of charge, but requires a ticket for entry. Anyone may ask for a ticket at the front desk of either Dothan library branch during regular business hours. This event is a part of the ALABAMA 200 initiative to support, create, and execute events and activities that commemorate the stories of our people, places, and path to statehood in celebration of Alabama’s bicentennial. Wallace will join the director and actors from SEACT’s upcoming stage production of “Big Fish,” a Broadway musical, to talk about his novel and story development. To learn more about SEACT, call 334-794-0400, email seact@seact.com or visit www.seact.com.

ONGOING — Disabled American Veterans Chapter 87 meets the third Thursday of each month at 6 p.m. at the Doug Tew Recreation Center. For more information, call 334-86-0217 Ext. 122 or email davchapter87@gmail.com. The chapter maintains office hours at 545 West Main St. (Mixon Business Center, Rm. 122), Mondays, Tuesdays, Wednesdays and Thursday from 9 a.m. to 2 p.m. to assist, free of charge, disabled veterans and their spouses with disability compensation claims and other benefits.

ENTERPRISE

FEB. 13 — The Coffee County Arts Alliance will host “MJ Live – A Michael Jackson Tribute Concert” at 7 p.m. at the Enterprise High School Performing Arts Center. Tickets purchased in advance cost \$25 for adults and \$20 for students. The day of the event, the tickets will cost \$30 for adults and \$23 for students. For information, including where to buy tickets, call 334-406-2787 or visit www.CoffeeCountyArtsAlliance.com.

ONGOING — The Enterprise Baseball League needs players. Tryouts take place now through March 17 at Warren Field. All ages are welcome. For more information, including exact dates and times, call 334-389-5972 or 334-347-1660.

ONGOING — The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

ONGOING – Tuesdays and Wednesdays, from 9-11 a.m., Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Town Hall (old armory building) at 706 McKinnon Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 334-406-6700.

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

OZARK

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

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

PINCKARD

ONGOING — The public is invited to the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

SAMSON

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

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

TROY

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

WIREGRASS AREA

FEB. 23 — The New Hope Freewill Baptist Church, 3819 County Road 31, will celebrate the 23rd annual Pastoral Anniversary honoring Pastor Eddie L. Baker and First Lady Ollie Baker beginning at 7 p.m. The Pastoral Anniversary will continue Feb. 25 at 11:15 a.m. with Pastor Johnny McCray of Just Jesus Family Worship Center in Clio as the guest speaker for the morning and at 2:30 p.m. with Pastor Jackson Glover of Greater St. Paul Missionary Baptist Church in Pinckard as the guest speaker for the evening. Everyone is invited to attend. Dinner will be served.

FEB. 8 — The Above the Best Silver Chapter of the U.S. Army Warrant Officer Association will host its monthly meeting at 11:45 a.m. at Swartworth Hall, Rms. 4-5, at 5802 Outlaw Street on Fort Rucker. This is a monthly meeting to prepare for the upcoming 100th anniversary of the U.S. Army Warrant Officer cohort. Refreshments and lunch will be served. All warrant officers, past and present, are invited to attend. For more information, call 912-312-6446 or 703-665-7004.

FEB. 13 — The Retired Officers Wives Association invites all wives and widows of retired officers to attend its Our Favorite Valentines luncheon at 10:30 a.m. at the Landing at Fort Rucker. To make a reservation, call 334-347-4966 by noon Feb. 9. Cancellations need to be made by noon Feb. 12.

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

Beyond Briefs

OCS Alumni Association Reunion

The Army Officer Candidate School Alumni Association Reunion is scheduled for March 25-29 in Columbus, Georgia. The reunion will include a Hall of Fame induction ceremony, reception and formal dinner including the presentation of the Paterson Award. There is an optional tour to the Little Whitehouse/Warm Springs. There will also be demonstrations and briefings at Fort Benning, highlighting developments related to the OCS program. The reunion will include lunch and other interactions with current OCS candidates. The reunion will be conducted at the Columbus Marriott Hotel, 800 Front Avenue, Columbus. The hotel can be reached at 706-324-1800. The association represents all Army officers commissioned through any Officer Candidate School, regardless of previous locations or branch affiliation.

For more information, visit <https://www.ocsalumni.org> or call 813-917-4309.

‘Fly’

The Alabama Shakespeare Festival presents its production of “Fly” at various dates and times now through Feb. 11 at its facility on One Festival Drive in Montgomery.

Inspired by the story of the Tuskegee Airmen and with a focus on hope, endurance, and accomplishment, “Fly” tells the story of the first African-American Army Air Corps fighters who flew over the skies of Europe and North Africa during World War II, according to organizers. “Fly” dramatizes the historic contributions made by the Tuskegee Airmen to the desegregation of the American military and the furthering of civil rights. The production is recommended for people ages 1 and older.

For more information, including show-times and ticket costs, call 334-271-5353 or visit asf.net/project/fly/.

Mardi Gras Barkus Parade

The Mystic Krewe of Salty Barkers will host the Apalachicola Mardis Gras Barkus Parade Feb. 10 at 1 p.m. at Riverfront Park in Apalachicola, Florida. This year’s theme is BourBone Street Blues.

For more information, visit <http://www.floridasforgottencoast.com/events/mardi-gras-barkus-parade/mardi-gras-barkus-parade/1722/>.

Panama City Beach Mardis Gras and Music Festival

Panama City Beach, Florida, will host its Mardis Gras and Music Festival Feb. 9-10 at Pier Park. In conjunction with the

Krewe of Dominique Youx’s Mardi Gras at the Beach parade, the festival features entertainment for the whole family, according to organizers.

For more information, visit <https://www.visitpanamacitybeach.com/mardigras/festival-schedule/>.

Critter Crawl and Yeti Dash

The Alabama Wildlife Federation’s annual 5k trail run, the Critter Crawl and Yeti Dash, is scheduled for Feb. 10 from 7:30-11:30 a.m. at the Alabama Nature Center in Millbrook. back so bring the family and some friends and join others at the ANC pavilion for a wild race! New for this year is the Yeti Dash – a 1-mile trail system run. Nature and critter costumes are mandatory for any guests who wish to participate in the Yeti Dash, according to organizers. Any guests who do not dress in costume will not be eligible to win a Yeti Dash medal. One medal will be awarded to the first place finisher in each age group category. While taking oart, runners should remain on the lookout for the Yeti – they might be able to get a picture with it. No pets are allowed.

Registration is on active.com, and the race fee is \$25 for the 5k and \$20 for the Yeti Dash. Day of ticket prices increase by \$5. For more information, call 800-822-9453 or visit <https://www.alabamawildlife.org/critter-crawl/>.

org/critter-crawl/.

Love Run 5K

Montgomery’s annual Love Run 5k is scheduled for Feb. 10 at 8 a.m. – the downtown race will begin at Paterson Field and end with a final trek up the hill to Brantwood. Proceeds will benefit the Brantwood Children’s Home. People can register online at www.itsyourrace.com – cost is \$25.

For more information, call 334-265-0784 or visit www.itsyourrace.com/event.aspx?id=10330.

Zoo Animal Enrichment Day

The Montgomery Zoo will host its Animal Enrichment Day Feb. 10 from 10 a.m. to 2 p.m. From zoo animals to pets at home and even people, everyone needs enrichment, according to zoo officials. A chance to smell a new scent, taste a new flavor, play a new game or figure out a challenging puzzle or game -- the result at this event is to stimulate behaviors resembling those for that species found in the wild. It is a lot of trial and error, but it is always fun. Cost is regular admission fee to enter zoo with no additional fee to view and participate in the Animal Enrichment Day activities.

For more information, call 334-625-4912 or visit montgomeryzoo.com/announcements/enrichmenfeb.

SUPER BOWL SECURITY

400 Minnesota Army Guard members help ensure a safe game

By Tech. Sgt. Paul Santikko
Minnesota National Guard

MINNEAPOLIS — More than 400 Minnesota National Guard members served their local community by supporting security efforts in Minneapolis ahead of Super Bowl LII.

The game, played Sunday, resulted in a win by the Philadelphia Eagles against the New England Patriots, 41-33.

“This is what we do,” said Maj. Gen. Jon Jensen, adjutant general of the Minnesota National Guard. “When the local community can’t meet the public safety needs, they come to the Guard. We’re their normal partner, we’re a natural partner, and we’re their preferred partner when it comes to filling in the gaps that they can’t fill.”

At the request of the city, Minnesota Gov. Mark Dayton authorized the Minnesota National Guard to provide support to security efforts leading up to and during the game.

The Guard members provided direct support and worked alongside law enforcement officers from across the state. Like their civilian law enforcement partners, Minnesota Guard members focused on ensuring a safe experience for the residents and visitors who attended



PHOTO BY SGT. LUTHER TALKS

Minnesota Army National Guard 2nd Lt. David Ballard conducts a radio check with Bloomington Police Department at Hotel Radisson Blu in Bloomington, Minn., Jan. 30. Ballard was the officer in charge for the security detail supporting Super Bowl LII at the hotel.

the Super Bowl festivities.

“So far in our opportunities to get out and visit with our Soldiers supporting this event, every Soldier has been extremely happy with the opportunity to serve our local communities,” said Command Sgt. Maj. Douglas Wortham, senior enlisted adviser for the Minnesota National Guard. “Ev-

erywhere we’ve gone so far, members of the community have come up and thanked us for being here; they appreciate the visibility of the Guard supporting this event and they say they feel safer with us being here.”

Minnesota Guardsmen regularly train for missions that involve support to civilian authorities and

frequently train alongside civilian law enforcement agencies to build relationships and share best practices. Performing routine security tasks falls within the scope of the Minnesota National Guard, which frequently conducts perimeter security and traffic control at the direction of the governor during emergencies.

“It’s been a great opportunity really to develop and continue relationships with all of the law enforcement agencies across the metro area, and the federal level as well,” said Jensen. “This is an opportunity for us to work from the federal to the state to the local level, so it’s been a great experience for us.”

The Minnesota National Guard’s involvement in Super Bowl LII was part of a coordinated response between local, state and federal agencies, and is the result of months of planning and preparation.

“What’s been key to our success is early involvement,” said Jensen. “We were brought in very early to help plan. We participated in every group, every committee, that we could across the whole spectrum of the public safety mission. So, coming into the Super Bowl, we knew everybody and they knew us.”

Most members of the Minnesota National Guard serve in the National Guard part time and go to school or work in communities across the state. When needed, they respond to help their neighbors and communities.

“We live here, we work here, we serve here,” said Wortham. “So who better to support this type of event than the National Guard?”

Army researchers inspire at Young Men of Color Conference

By Joyce M. Conant
U.S. Army Research Laboratory
Public Affairs

ABERDEEN PROVING GROUND, Md. — Researchers from the U.S. Army Research Laboratory West, in Los Angeles, recently participated in the Young Men of Color Conference at Loyola Marymount University.

The students were from area southern California middle and high schools.

Sponsored by the 100 Black Men of Los Angeles non-profit organization, the one-day event-themed Real Men Giving Real Time-mentored and provided workshops for the nearly 250 attendees, helping them learn the importance of building strong character and good decision making.

ARL West Drs. Peter Khooshabehadeh and Oluseyi Ayorinde attended the event and provided insight into Army research. As invited guests, they spoke to the students about their experiences in college, graduate school and in their professions in science, technology, engineering and mathematics.

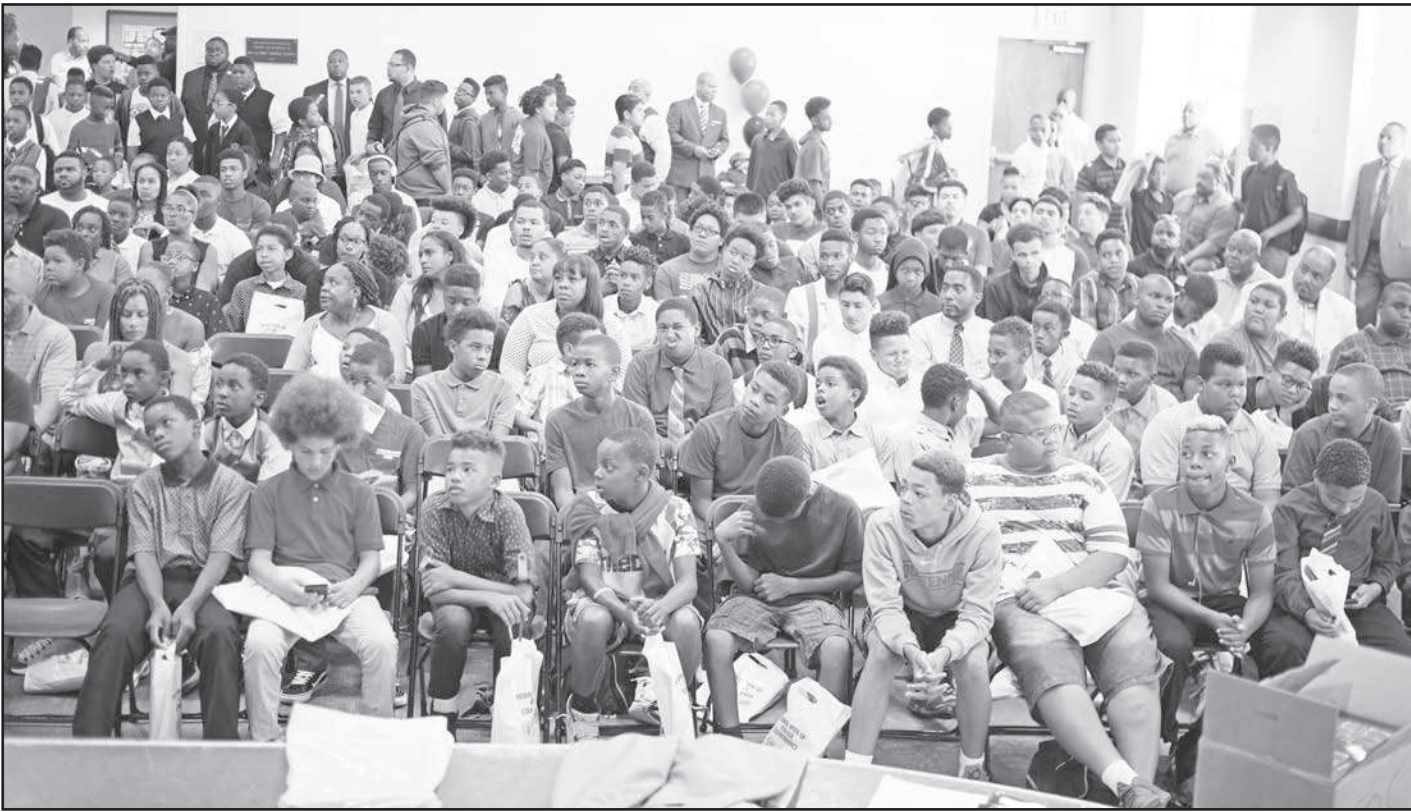
Khooshabehadeh gave an overview of the various disciplines that contribute to the ARL West focus on human and information interaction research. He discussed the discipline of the cognitive sciences, which he said is at the intersection of computer science and psychology.

“Drawing on scientific methods from multiple disciplines informs our research from several different perspectives,” Khooshabehadeh said. “Similarly, having diversity among our workforce can benefit the research process because team members bring their own unique way of thinking about, and solving difficult research problems.”

The researchers also provided an overview of the Army Education Outreach Program and shared opportunities available at ARL West.

Ayorinde said having the opportunity to help the young men is rewarding.

“This was huge for me personally. Growing up, outside from my father (who has a PhD in civil engineering and an MBA) and other members of my family, I had no ex-



COURTESY PHOTOS

Researchers from the U.S. Army Research Laboratory West in Los Angeles recently participated in the Young Men of Color Conference at Loyola Marymount University, Calif.

posure to black men in science,” Ayorinde. “While it’s nice to hear that you can be whoever you want to be and do whatever you want to do, it helps to be able to envision yourself at that goal, that finishing point. A lot of the kids that come to these outreach events only see people who look like them in sports and entertainment, and I look forward to any opportunity where I can show kids ‘Hey, there are black scientists, too.’”

Ayorinde said the boys asked “perceptive” questions.

“I remember one student specifically asked ‘What classes should I be looking to take now to prepare myself to do research in the future?’ Questions like that show that these kids really are thinking about their futures, and realize that STEM education can provide wonderful opportunities down the line,” commented Ayorinde. “We also had one group of middle school students who were coming up with incredibly challenging battlefield scenarios. While it is not what

we came to discuss, it was great to see how imaginative and excited the kids were to be at a STEM event on a Saturday morning!”

After the outreach sessions, Khooshabehadeh said one of the school’s teachers told them the main impression many of the students have had about the military is what they see on TV and in movies, so it was refreshing for them to see there are multidisciplinary scientists and engineers who also contribute to national defense.

“It wasn’t just about STEM, although that had a strong emphasis. It was also about how to be a good man and a good citizen,” Ayorinde said. “At one point, they called up all of the men in the room who were members of historically black fraternities to come up and introduce themselves.”

As a member of Alpha Phi Alpha Fraternity, Inc., Ayorinde joined the other men and introduced himself to the group.

“All of us at the front were lawyers, doctors, researchers and professionals,” stated



ARL West Drs. Oluseyi Ayorinde and Peter Khooshabehadeh speak at the conference in Los Angeles.

Ayorinde. “Dr. Walker, who organized the event, and is also a fraternity member, wanted to highlight the correlation between joining one of these organizations and high achievement.”

Khooshabehadeh and Ayorinde found the event rewarding and stressed the importance of ARL to continue its outreach activities, particularly now that researchers are in new areas with ARL’s extended sites.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Main Post Chapel, Bldg. 8940
8:30 a.m. Catholic Confessions
9 a.m. Catholic Mass
11 a.m. Collective Protestant
12:05 p.m. Catholic Mass (Tuesday-Friday)
4 p.m. Catholic Confessions (Saturday)
5 p.m. Catholic Mass (Saturday)

Wings Chapel, Bldg. 6036
9:30 a.m. Protestant Sunday School
10:45 a.m. Latter-Day Saints
10:45 a.m. Wings Crossroads (Contemporary Worship Protestant Service)
11 p.m. Eckankar Study (4th Sunday)

Spiritual Life Center, Bldg. 8939
10:15 a.m. CCD (except during summer months)

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

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

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

WEDNESDAYS Catholic Women of the Chapel
Spiritual Life Center, 9 a.m.

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FEBRUARY 8, 2018

GUARDING LIVES

Courses offer chance to splash into summer employment

By Jeremy Henderson
Army Flier Staff Writer

Busy waterways and summer vacation provide the perfect opportunity for seasonal employment, and Fort Rucker offers certification courses to help jumpstart the process.

The sports, fitness and aquatics branch offers lifeguard certification courses, which start Friday for those interested in waterside employment during the summer.

Courses are available to anyone ages 15 and older. Cost is \$125 for military or Department of Defense ID card holders and \$150 for members of the general public. Participants can register at the Fort Rucker Physical Fitness Center front desk by picking up a registration form and cancellation/refund policy. Participants must sign up no later than three days before the course start date.

“The Fort Rucker MWR (Directorate of Family, and Morale, Welfare and Recreation) Aquatics Branch is also still looking to hire lifeguards for the 2018 summer season,” said Ryan Clark, Fort Rucker aquatics assistant manager. “We are offering a 50 percent reimbursement of training fees to the participants who take the course through MWR, apply and are selected for a position, and can work Memorial Day through Labor Day.”

Participants will be required to pass certain prerequisites the first day before entering the course. Requirements include a non-stop swim of 550 meters, a two-minute tread above water using only legs, dive ring retrieval and a timed 20-meter brick retrieval swim.

The course provides the perfect opportunity to earn money during the summer, but it also provides other benefits, Clark said.

“Upon successful comple-



PHOTO BY JEREMY HENDERSON

Participants perform a retrieval swim after entering the water with a flotation device during a previous lifeguard certification course.

tion of our American Red Cross Lifeguard Training Program, the passing candidates will have a chance to receive a certification in Lifeguarding, CPR for the Professional Rescuer, AED, Bloodborne Pathogens, Waterpark Lifeguarding and Waterfront Lifeguarding,” Clark said. “This training will prepare the candidates to prevent and respond to aquatic emergencies, render aid and care to patrons, and prepare them to guard in various types of aquatic environments, such as swimming pools, lakes and water parks.”

The course provides all the knowledge needed to become a lifeguard, but Clark said lifeguards will also be tasked with some little-known responsibilities.

“Lifeguards have many more duties and responsibilities than



FILE PHOTO

Participants practice rescuing a drowning victim from the water during a previous lifeguard certification course.

just sitting in a chair and watching people swim,” he said. “To mention a few, the lifeguards that work for the Fort Rucker MWR Sports, Fitness and Aquatics De-

partment are required to attend in-service training every other week to ensure their skills are sharp. They are responsible for completing water chemistry read-

ings every two hours to ensure the water is safe and sanitary for patrons to enjoy. They must complete safety checks on the safety and rescue equipment that is used on a daily basis to make sure the team is prepared and have what they need to act in the event of an emergency.”

The first courses take place Friday-Sunday and Feb. 16-18. The next courses take place April 13-15 and 20-22. Classes are held Fridays from 5-9 p.m., and Saturdays and Sundays from 8 a.m. to 5 p.m.

Courses dates are also scheduled for spring break week, March 26-30, from 8 a.m. until 5 p.m.

For more information on lifeguard certification or employment with the aquatics branch, call 255-9162 or visit USAJobs.gov.

HEALTHY HEART MONTH

Cardiologist gives tips on stopping No. 1 killer

By Dr. Jamalrah Munir
Fort Belvoir Community Hospital

FALLS CHURCH, Va. — As a cardiologist, the overall health of my patients is my priority and heart health a major focus. Cardiovascular disease, commonly known as heart disease, is often misunderstood to be a disease that only affects those in their 60s, 70s, and 80s.

The alarming truth is it can also impact fit and healthy service members in their 30s and 40s.

When I treated a young service member for chest discomfort after he had passed physical tests with ease, I witnessed his dismay as he was told he’d have to have a stent placed in an artery.

The good news is heart disease is treatable and often also preventable.

Throughout February, the Military Health System is dedicated to raising awareness and encouraging



PHOTO BY AIR FORCE SENIOR AIRMAN MATTHEW LANCASTER

Going to the gym regularly can certainly improve heart health. So can taking a walk or using the stairs instead of the elevator, according to MHS officials.

service members, veterans and their family members to take care of their powerhouse organ.

Heart disease can be influenced by family history, lifestyle and behaviors. As the No. 1 killer of Americans, heart disease affects roughly one in four people, and it’s not slowing down. With an increasing trend toward sedentary lifestyles and a growing number of processed foods in the American diet, an obesity epidemic has taken hold in western society.

That makes it more important than ever to be proactive and take command of your own health through prevention.

Prevention through education and dedication is critical in the fight against heart disease. Many of its risk factors, such as smoking, high blood pressure, or high cholesterol are preventable or controllable. Minor changes in people’s lifestyles and choices can make a positive change in their overall heart health.

Incorporating daily exercise and healthy eating, as well as making small changes to routines, like taking the stairs instead of the elevator, and reducing sugar, salt and fat intake, can make a significant improvement in people’s health and happiness.

Because heart disease is the leading cause of death for both men and women in the United States, we encourage everyone to maintain routine check-ups with their doctors, maintain a healthy weight, and properly manage any chronic problems, such as high cholesterol, diabetes, or high blood pressure.

The MHS is committed to continuing to educate service members, veterans and their families about the risks and warning signs of this dangerous disease. Small lifestyle changes that become habits can go a long way toward reducing your risk of developing heart disease. Now is the time to take command of your health.



AMERICAN HEART ASSOCIATION

Association offers ways to improve heart health

By Jenny Stripling
Lyster Army Health Clinic Public Affairs

February is American Heart Month. Lyster Army Health Clinic is helping to spread the word about heart disease and how to maintain a healthy heart.

Throughout the month of February, Lyster will have information tables set up in the clinic for everyone to stop by and learn more about heart disease.

“Heart disease may seem like something that is of no real concern to healthy, young service members, but young Soldiers will turn into old Soldiers one day. Healthy behavior now can help reduce the risk of life altering events as they age,” said Donna Upshaw-Combs, public health nurse at LAHC.

Her advice, she said, is the same for family members, as steps toward better health is best achieved when done as a group effort.

According to the American Heart Association, heart disease and stroke are the No. 1 killers of women, with around 500,000 women dying each year. That accounts for one in three deaths among women each year – more than all forms of cancer combined.

According to the Resuscitation Science Symposium, men are more likely to receive CPR in public from a bystander than women.

According to the American Heart Association’s 2017 statistics:

- Nearly 90 percent of women have made at least



ARMY PHOTO

Dr. Jamalrah Munir

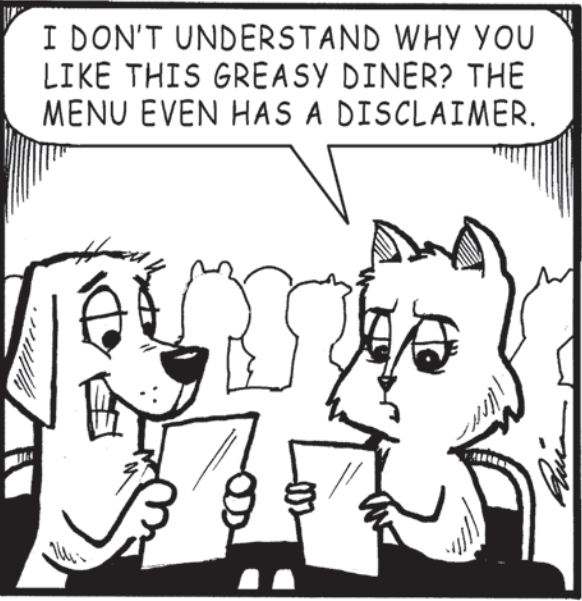
SEE HEART DISEASE, PAGE D3

DOWN TIME



Just Like Cats & Dogs

by Dave T. Phipps



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Trivia test

by Fifi Rodriguez

T R I V I A

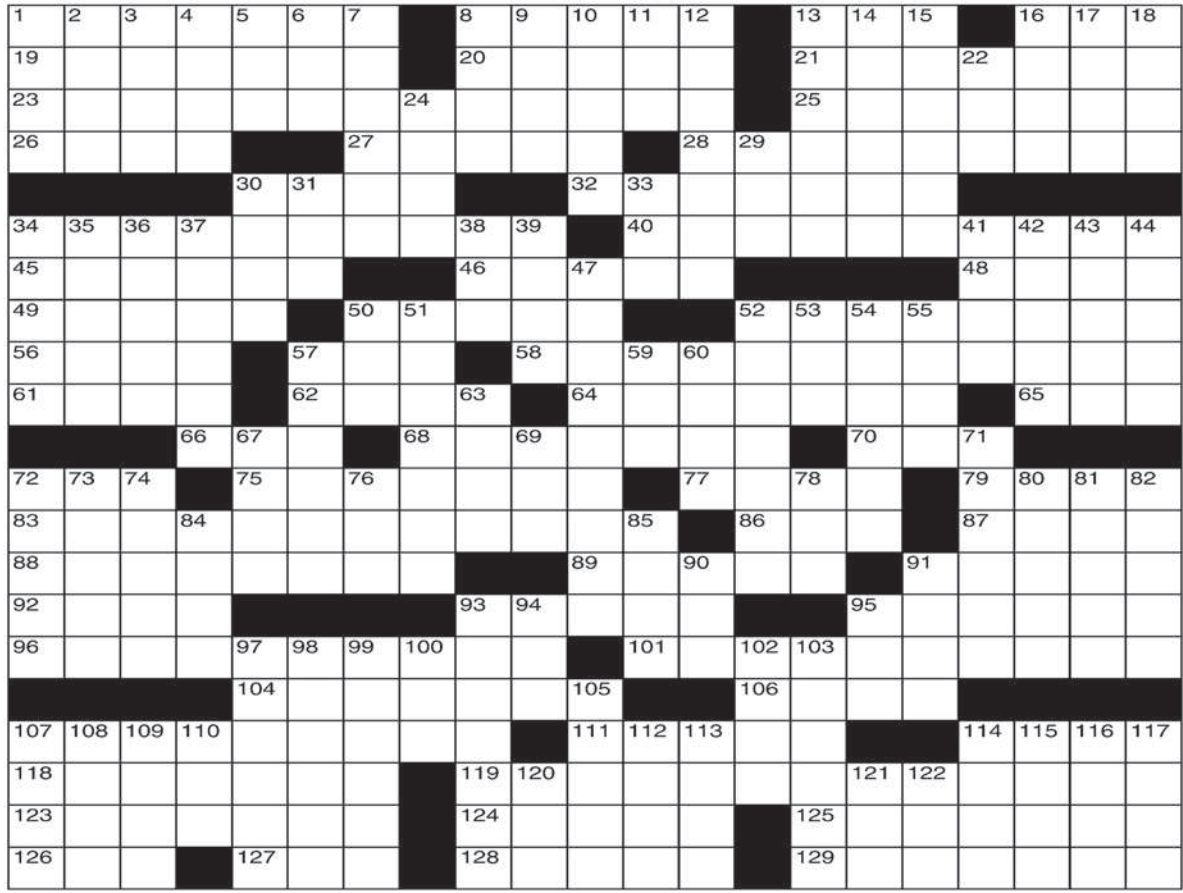
1. MOVIES: What was the title of the first James Bond movie?
2. MUSIC: How old was Sid Vicious of the "Sex Pistols" when he died?
3. GENERAL KNOWLEDGE: What is the birthstone for the month of February?
4. U.S. PRESIDENTS: What were the names of President Barack Obama's family dogs?
5. TELEVISION: Who played the lead in the TV series "The Rockford Files"?
6. TRANSPORTATION: What is the large airport in the world in terms of passenger traffic?
7. MEASUREMENTS: How many acres are in a hectare?
8. GEOGRAPHY: What is the capital of Iceland?
9. LANGUAGE: What does the word "cognoscente" mean?
10. HISTORY: "The Summer of Love" in 1967 is associated with which U.S. city?

See Page D3 for this week's answers.

Super Crossword

WE INTERRUPT THIS PROGRAM

- ACROSS**
- 1 Of the liver
 - 8 "Hello" singer of 2015
 - 13 The Cowboys, on scoreboards
 - 16 "That feels ni-ice!"
 - 19 Variety of coffee
 - 20 Of the kidneys
 - 21 Book like Titus or Jude
 - 23 * Futile endeavor
 - 25 Restricting factor
 - 26 "What — state of affairs"
 - 27 Go away
 - 28 * Non-earthlings
 - 30 Cowboys or Raiders
 - 32 Money matters
 - 34 * Freight vessels
 - 40 * Saw beyond
 - 45 Sirens, say
 - 46 Rearrange
 - 48 Safe, asea
 - 49 Arm parts
 - 50 Imam's God
 - 52 Twisted fiber used in textiles
 - 56 Tony-winning Schreiber
 - 57 Bitter beer
 - 58 * Feral horses of the West
 - 61 Bending body part
 - 62 Diner cousin
 - 64 Samovars, e.g.
 - 65 Unwelcome grade
 - 66 Sci-fi captain
 - 68 Their names are divided in the answers to the starred clues
 - 70 Muscles to crunch
 - 72 Absorb
 - 75 Ring arbiter
 - 77 Hood's blade
 - 79 Not sickly
 - 83 * People trying to get mates
 - 86 Suffix with 121-Down
 - 87 Distinctive periods
 - 88 Heating device
 - 89 Piñata topper?
 - 91 Slips on sleet
 - 92 Seed casing
 - 93 Crumpet alternative
 - 95 "Remington —"
 - 96 * It often adjoins a big bedroom
 - 101 * Folk hero of Vermont
 - 104 — riche
 - 106 British prep school
 - 107 * Result of income inequality
 - 111 Prefix with surgeon
 - 114 Genesis twin
 - 118 Dreadful
 - 119 * Their members love drawing blanks
 - 123 Zero
 - 124 Bar garnish
 - 125 French explorer who named Louisiana
 - 126 "Goodness!"
 - 127 St. crossers
 - 128 Niamey site
 - 129 Scoundrel
- DOWN**
- 1 "Very funny"
 - 2 Lustful god
 - 3 Daddy
 - 4 Tucked in
 - 5 Up to, in brief
 - 6 Drink cooler
 - 7 Algiers area
 - 8 Western gas brand
 - 9 Unheeding
 - 10 "Tuff —" (1986 hit)
 - 11 Vegas intro?
 - 12 Powell of film
 - 13 Break the connection of
 - 14 For each
 - 15 Described
 - 16 "— girl!"
 - 17 Baldwin of Hollywood
 - 18 "Take it"
 - 22 Knight's title
 - 24 Huge hauler
 - 29 Vietnamese neighbor
 - 30 Little kids
 - 31 Double curve
 - 33 Spot in la mer
 - 34 Waterproof sealant
 - 35 Dog-tired
 - 36 Zellweger or O'Connor
 - 37 Fishtank bed
 - 38 Comrade
 - 39 Picnic side
 - 41 — visit (call)
 - 42 "... from — down under" (1981 hit song lyric)
 - 43 Coat fabric
 - 44 Not relaxed
 - 47 Until then
 - 50 "Carte" start
 - 51 Body part cut by van Gogh
 - 52 Compacted, informally
 - 53 Big water filter brand
 - 54 Seabees' mil. branch
 - 55 Fed. crash probe
 - 57 Agree to
 - 59 Zodiac lion
 - 60 Yogi Bear
 - 63 "Climb — Mountain"
 - 67 Stellar bear
 - 69 Espy
 - 71 Israeli coin
 - 72 "Beat it!"
 - 73 Butler's Scarlett
 - 74 Toenail treatments, for short
 - 76 Waitress at Mel's Diner
 - 78 State of fury
 - 80 Disney mermaid name
 - 81 Gravy spoon
 - 82 German steel city
 - 84 River deposit
 - 85 Trig function
 - 90 Tennis call
 - 91 Kenton of jazz
 - 93 Squelches
 - 94 Dance move, when tripled
 - 95 — Balls (snack brand)
 - 97 Infatuate
 - 98 Tennis' — Garros Stadium
 - 99 Elk sounds
 - 100 Gardner of old movies
 - 102 Spice's kin
 - 103 Coral rings
 - 105 Strip of gear, nautically
 - 107 Did vocals
 - 108 English horn relative
 - 109 Cell: Suffix
 - 110 "This — recording"
 - 112 Gutter site
 - 113 On-demand taxi service
 - 114 Vivacity
 - 115 Mope
 - 116 Adept
 - 117 PC sort?
 - 120 Roman 151
 - 121 Have dinner
 - 122 "Cyber" CBS series

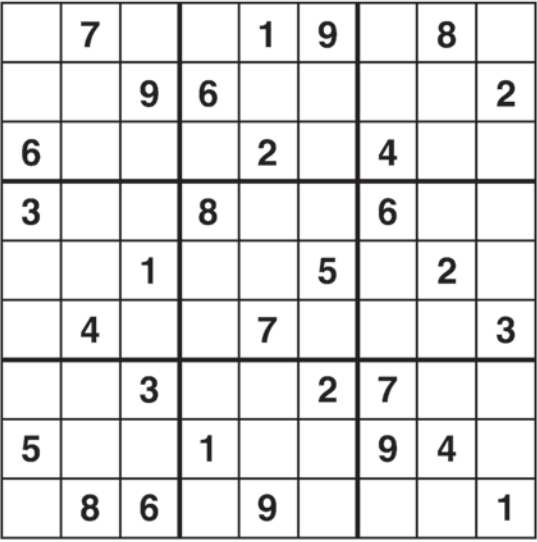


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See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

KID's CORNER

Puzzle Card

HOW MANY different-size "squares" are in the above drawing?

Answer: 27

AN ODD CHALLENGE! Challenge your friends to devise a way for a farmer to put 21 pigs in four pens and still have an odd number of pigs in each pen. Our drawing shows how this is done with the fourth, larger pen surrounding the other three pens. In this way, each pen contains an odd number of pigs.

PAR HERE IS FOUR! At the right is a Word Square. Can you find the four five-letter words that match the definitions below? All words used must read the same across and down.

1. Carries the clubs (in place).
2. An eagle's nest.
3. A serious play.
4. A famous march.
5. Causes dough to rise.

Answers: 1. Caddy, 2. Nest, 3. Drama, 4. March, 5. Yeast

Junior Whirl

by Charles Barry Townsend

SOME SALTY PROBLEMS! In this type of puzzle you are given a word that must be changed into another word in a series of moves. During each move, you must change one letter in the previous word so as to form a new word. In our example, we changed JUNK to FOOD in four moves. See if you can change each of the following words in four moves — and in less than five minutes.

1. FORE to HAND
2. POND to LAKE
3. MAIM to WELL
4. RATS to PEST
5. SCOW to BOAT

Answers: 1. FORE, FARE, HARE, HAND, 2. POND, PONE, PONE, LAKE, 3. MAIM, MALL, MALL, WELL, 4. RATS, RATS, PAST, PEST, 5. SCOW, SCOT, SCOT, BOAT, BOAT.

Wishing Well®

| | | | | | | | | | | | | |
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| 6 | 8 | 3 | 2 | 7 | 8 | 5 | 8 | 4 | 3 | 2 | 7 | 4 |
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| 6 | 4 | 7 | 6 | 3 | 7 | 3 | 7 | 3 | 7 | 3 | 7 | 3 |
| R | E | L | S | A | E | I | A | N | R | E | S | D |

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

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HOCUS-FOCUS

BY HENRY BOLTONOFF

Find at least six differences in details between panels.

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3rd Olympic berth has Monterey Soldier facing future

By Brian Lepley
Presidio of Monterey
Public Affairs

PRESIDIO OF MONTEREY, California — As Sgt. Nick Cunningham trains his body for his third – and maybe final – Olympics in a USA bobsled, his mind and heart will wander back to the central California coast.

To mom and dad, Tim and Wendy Cunningham, and longtime girlfriend, Sydney Daniel, all residing in Monterey. To Monterey Peninsula College, where he earned his associate’s degree three years after graduating from Monterey High School in 2003.

“This is home. I have so much support here. I know what this area has done for me and I want to give back,” he said.

After Christmas and New Year’s with family and friends in California, Cunningham headed back to Lake Placid, New York, for racing, training and practice ahead of the XXIII Winter Olympic Games in Pyeongchang, South Korea, Friday through Feb. 25.

A member of the Army’s World Class Athlete Program, Cunningham joined the Army in 2012 after his experience in the 2010 Winter Games. He was a pusher then for driver Mike Kohn, a Virginia Army National Guard captain and now a coach for USA Bobsled.

“Mike Kohn really sold the program to me. He was my driver in 2010 and went to a meeting he was having for WCAP,” Cun-



PHOTO BY STEVEN L. SHEPARD

Sgt. Nick Cunningham, Army WCAP, gets sprinting work in at Presidio of Monterey, Calif., Jan. 2 while home on leave for the holidays. He will drive two-man and four-man USA bobsleds in his third Winter Olympics Games in Korea Friday through Feb. 25.

ningham said. “Next thing I know I’m signing up for the Army. They sold me that much on how WCAP is the team behind the team and I really wouldn’t have been able to compete past 2014 without it.”

Now at work in frigid Lake Placid, Cunningham likes the teamwork he has in the two-man and four-man sleds. His concern is for his equipment.

“I’m getting a new four-man sled and we need to get that dialed in,” he said.

The U.S. Olympic team’s three drivers are Cunningham, WCAP’s

Sgt. Justin Olsen and Codie Bas-cue.

Ten years after he began his U.S. bobsled career as an alternate pusher, the 32-year old Cunningham is beginning to see his post-competition life.

“I used the GI Bill to get my masters in athletic coaching education from Ohio University so that I’m ready for what’s next,” he said.

He plans on returning to his roots.

“I’m looking forward to giving back here in Monterey, being with

Syd. She’s been very supportive of me,” Cunningham said. “My mom does everything – she’s pretty much my agent.”

Taking that step however, giving up athletic competition at the highest level won’t be easy, he admits.

“My whole life has been goal setting and reaching these goals,” Cunningham said. “Trust me, if I would’ve won an Olympic gold medal like (Steve) Holcomb, I would’ve been gone. If I would’ve won bronze (like Kohn), I would’ve been gone.”

Olympic glory is both permanent – one has that medal forever – and fleeting.

Kohn’s last competition was 2010, eight years after his Olympic bronze in Salt Lake City. A WCAP Soldier from 1999-2006, Holcomb earned the only U.S. men’s bobsled gold since 1948 in Vancouver in 2010. He roomed next to Cunningham in Lake Placid and died in his sleep in May from a combination of sleeping medication and alcohol.

Holcomb will be an inescapable presence in Korea for U.S. Bobsled. Cunningham says he will honor Steve’s legacy while knowing that Steve’s Olympic void is irreplaceable.

“After this Olympics, everything I do from here out, I have to continue to push myself. The athletic career will end and I have to be prepared for that,” Cunningham said. “Syd and I have talked about so many paths, how to beat the post-career depression, what’s next.”

What’s immediately next for him is the two-man bobsled competition Feb. 18-19, then driving the four-man sled Feb. 24-25. Then it’s March and whatever’s next.

“I see all the doors being open for me – I’ve been looking at athletic director jobs, coaching jobs,” Cunningham said. “I want to get some professional work experience before making any decisions about competing for the 2022 Olympics.”

Heart disease

Continued from Page D1

- one healthy behavior change;
 - More than one-third of women have lost weight;
 - More than 50 percent of women have increased their exercise;
 - Around 60 percent of women have changed their diets; and
 - More than 40 percent of women have checked their cholesterol levels.
- Even though February is the shortest

of all the months, it’s still enough time to make some big improvements to your heart health. So what makes a person at risk for heart disease? Elevated blood pressure and cholesterol are key risk factors for heart disease, said Upshaw-Combs, as well as diabetes, obesity and lifestyle choices, such as poor diet, physical inactivity, excessive use of alcohol and smoking.

“This may seem like common knowledge, but heart disease is still the No. 1 killer of men and women in this country,

so, somehow, people aren’t getting the message,” said Upshaw-Combs.

Here are some simple changes to help improve people’s heart health:

- Read nutrition facts labels and look for lower sodium food options;
- Eat more servings of fruits and vegetables a day;
- Aim for 30 minutes of activity a day, to include cardio and strength training;
- Quit using tobacco products;

- Limit alcohol intake; and
- Talk to their primary care manager, family and friends for support.

“Implementing health changes to reduce one’s risk may not be a guarantee that a serious health issue will never occur, but positive preventive measures have been proven to give us all a better chance,” Upshaw-Combs said.

For more information on heart disease or to speak with a public health nurse, call 255-7356.

FORT RUCKER SPORTS BRIEFS

Powerlifting competition

The Fort Rucker Lifting Club will host its Battle at the Barbell: Powerlifting Competition Saturday at the Fort Rucker Physical Fitness Center. The male and female divisions will be judged by weight class. The competition will have three elements: flat bench press, back squats and deadlift. The competition is open to all authorized ID holders.

For more information, call 255-2296.

Fort Rucker Big Buck Contest

Fort Rucker Outdoor Recreation hosts its Big Buck Contest through Saturday during daylight hours. The entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck and the buck must be harvested on Fort Rucker to qualify. Fort Rucker requires that individuals ages 16 and older have an Alabama State Hunting License, a Fort Rucker Post Hunting Permit and a hunter education card.

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

Commanding General’s Golf Tournament

Silver Wings Golf Course will host the Commanding General’s Golf Tournament Feb. 23. The format is four-person team scramble and begins at 11 a.m. Entry fee is \$60 for non-members and \$50 for members. Entry fee includes tournament course fees, 18 holes of golf, range balls, carts, lunch and prizes. Prizes go to the longest drive, closest to the pin, Top 3 teams, and the highest scoring team.

For more information, call 255-0089.

Thursday Evenings on the Range

Silver Wings Golf Course hosts its Thursday Evenings on the Range with PGA professional Ty Andersen Thursdays from 5-6 p.m. at the driving range. Cost is \$10 and can be paid at the pro shop before the session starts. The afternoon is a supervised practice with unlimited range balls.

For more information, call 255-0089.

T-ball, baseball, softball registration

Registration for youth T-ball, baseball and softball continues through Feb. 23 at Fort Rucker Parent Central Services, located in Bldg. 5700, Soldier Service Center, Rm. 193 or online using WebTrac. A current sports physical and a valid child and youth services registration are required for participation. There will be a parents meeting Feb. 28 at 6 p.m. in the youth center, Bldg. 2800, on Seventh Avenue.

For more information, including the various age groups and costs, call 255-9638 or 255-2254.

Start Smart Baseball registration

The National Alliance for Youth Sports and Fort Rucker Youth Sports will run Start Smart Baseball registration today through Feb. 28. Start Smart is a six-session instructional program that helps children learn the basics of baseball: throwing, catching, batting, and running and agility. The program helps prepare children for organized baseball using safe and fun equipment to teach them the basic motor skills, according to

organizers. The program is open to children ages 3-4. The program requires 100-percent parent participation. The program will meet on Mondays and Wednesdays from 5-5:45 p.m. at Youth Center Baseball Field 3 for three weeks beginning March 5. Cost is \$25 per participant and includes a T-shirt. There will be a parents meeting Feb. 28 at 5 p.m. at the youth center gym.

To register, visit parent central services, 255-9638, or the youth sports office, 255-2254 or 255-2257.

Bessie Coleman 2-mile fun run

The Bessie Coleman 2-mile fun run, scheduled for Feb. 15 from 6-7 a.m. is held in honor of the first female African-American pilot, according to organizers. The run will be hosted by the Fort Rucker Physical Fitness Center and will be open to all units and families. No registration is necessary and it is a free fun run. The first team to cross the finish line as a complete unit will receive a streamer.

For more information, call 255-2296 or 255-3794.

ATV Trail Ride

Fort Rucker Outdoor Recreation will host its ATV Trail Ride Feb. 17 from 7 a.m. to 1 p.m. Pre-registration is required and the cost is \$20. Drivers must pass the safety driving t given through ODR before participating. Participants must provide their own all-terrain vehicle and also provide their own protective gear, including helmets, boots, etc., that must be worn at all times. This event is open to the public, ages 16 and up.

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

PUZZLE ANSWERS

Super Crossword

Answers

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Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. “Dr. No,” starring Sean Connery
2. 21
3. Amethyst
4. Bo and Sunny
5. James Garner
6. Hartsfield-Jackson Atlanta International Airport
7. 100
8. Reykjavik
9. A connoisseur
10. San Francisco

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STK# PT9750

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STK# PT9726A

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STK# PT9721A

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CHEVY 1500

Crew Cab

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STK# PT9727

2016

CHEVY 1500

Z-71 / Crew Cab

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STK# PT9748

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GMC SIERRA

Z-71 / SLT

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STK# PT9730

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STK# PT9751

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