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ARMY FLIER

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FORT RUCKER ★ ALABAMA

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RESPONSIBLE CITIZENSHIP

Primary school gives back with food drive

By Nathan Pfau
Army Flier Staff Writer

Before people welcomed in 2017, Fort Rucker Primary School made sure to end 2016 on a good note by providing to those in need.

Before heading home for the holidays, FRPS students held their annual Share Assembly Dec. 15 to present bags of food to local charity organizations after a food drive to benefit the surrounding communities, according to Deborah Deas, FRPS principal.

“Our school’s vision states that one of our goals is to prepare our students socially to be responsible citizens in a world that is always changing,” Deas said. “We recognize that there are families in our community and surrounding areas who are in need. Students have done an outstanding job in collecting cans and boxes of food to help many people.”

Students collected cans and boxes of food over the course of six weeks to be distributed to food banks in Daleville, Dothan, Ozark and Enterprise. Not only does this give the children an opportunity to give back to the community, but it also teaches them a valuable lesson in social responsibility.

Representatives from each of the



PHOTOS BY NATHAN PFAU

Fort Rucker Primary School students and faculty members present bags of canned food to representatives of local food banks and churches to benefit those in need in the surrounding community during a share assembly at the school Dec. 15.

food banks attended the assembly to receive the bags, and showed their appreciation to the students and school for the gift of food they provided to families in need.

“I’m just very pleased to be here, and this is my second time to come for this occasion,” said Mike Murphee, Westgate Church of Christ. “I recall one thing very significant in my memory, and that’s how well behaved this group of children is – and you’re not only nice and well behaved, you’re also very generous, too, and

I certainly appreciate that.”

“Each year our rescue mission gives out bags of food to families in our communities in Dale County and we’re giving over 300 bags of food out this year,” said Tom Nixon, Dale County Rescue Mission, during the ceremony. “Your contribution goes a long way in helping us provide that and help people have a Merry Christmas with their families.”

For Pastor Lee Jones, Daleville First United Methodist Church, the food that the children and the school provided was what



Aodhan Kalgren, Fort Rucker Primary School student, hands Mike Murphee, Westgate Church of Christ, a bag of canned food to help benefit those in the surrounding community during a share assembly at the school Dec. 15.

he saw as the true meaning of Christmas.

“I was just amazed at the Christmas spirit that I observed here today with all of the sharing that’s going on,” he said. “When I think about all of this you have all given here today and the sharing that you’re doing, that’s the true spirit of Christmas and I thank you for having that today – thank you so much.”

YEAR-IN-REVIEW

New fitness test, football among 2016’s top stories

By Army News Service
Staff Report

(Editor’s note: Press releases and announcements, such as deployment and casualty announcements, were not considered in the roll-up of major news stories for 2016. For instance, a news release from the Corps of Engineers on not approving easement for the Dakota Access Pipeline to cross under Lake Oahe in North Dakota actually garnered the most views on Army.mil last year with more than 288,000 page views.)

FORT GEORGE G. MEADE, Md. – Uniform changes, new directives and football were among the topics that dominated headlines for the Army in 2016.

Below is a list of this year’s most-read articles by the Army News Service. Links to all of the stories can be found at https://www.army.mil/article/180096/new_test_ear_buds_and_army_football_among_top_stories_of_2016.

NO. 1-2: SLEEVES CAN NOW BE ROLLED UP

The hottest topic among readers this year, with a pair of articles in the top two slots, turned out to be the Army’s decision



AIR FORCE PHOTO

A tactical air control party from the 13th Air Support Operations Squadron at Fort Carson, Colo., prepares for helicopter extraction from the 4th Combat Aviation Brigade Nov. 10. For more of the best Army photos from 2016, visit <https://www.army.mil/yearinphotos>.

to permit Soldiers to roll up the sleeves on their combat uniforms so they can keep cool.

Army officials announced the policy change in late June, following a 10-day trial at Fort Hood, Texas, which was initiated after a specialist asked Army Chief of Staff Gen. Mark A. Milley during a reenlistment ceremony whether he and his fellow Soldiers could roll up their sleeves

due to the hot weather. Milley and Sgt. Maj. of the Army Daniel A. Dailey agreed and an official memorandum was rolled out Army-wide a few weeks later.

NO. 3: OFFICERS MUST BE VETTED BEFORE PROMOTIONS

A new Army directive over the summer caught the attention of many readers, especially officers looking to be promoted. Updated regulations now require that officers selected for promotion be vetted for mental, physical, moral, and professional fitness and meet the standards for exemplary conduct before their names are forwarded to the Army secretary for certification.

While there has always been a vetting process, the process previously took place as officers were being considered by senior Army, Defense and congressional leadership. The new directive is meant to allow for an officer and the service save face if, for some reason, the officer must be removed from a promotion list.

NO. 4: ARMY TO ADMINISTER 4-PART OPAT TO RECRUITS

A new physical fitness test for placing recruits into a best-fit military occupational specialty was launched earlier this year in an effort to reduce attrition and

SEE REVIEW, PAGE A5



PHOTO BY KENNETH KASSENS

Thirty-two OH-58D Kiowa Warriors with the 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, conduct a flyover during farewell flight, Fort Bragg, N.C., April 15. For more of the best Army photos from 2016, visit <https://www.army.mil/yearinphotos>.

FREE SERVICE

Tax center preps to open

By Nathan Pfau
Army Flier Staff Writer

With a new year comes a new tax season, and the Fort Rucker Tax Center is making it easy for Soldiers and families to get their taxes out of the way.

The tax center, located in Bldg. 5700, Rm. 371F, will open its doors Jan. 30, and will offer free help and electronic filing Mondays-Fridays from 9 a.m. to 4 p.m. through April 15.

Tod Clayton, volunteer income tax assistant coordinator at the tax center, said the center, which offers its free services to military, family members and retirees, is designed to make their lives a little easier by saving them money.

People must have a valid military ID and be sure to bring in last year’s tax returns to take advantage of the services provided at the tax center, and Soldiers on Reserve status must be on Title-10 orders and bring their call-to-active duty orders in order to use the center.

“This is a free service and people need to take advantage of it,” said Clayton. “The average return typically costs between \$75-150, depending on the forms that they use. It can get costly, and they don’t tell you that it costs extra to do the state return, and these days, everybody needs help saving a little money.”

Last year, thousands of returns were filed through the tax center, and both federal and state returns can be handled at the tax center at no charge, added the tax coordinator.

“People should use a professional when filing taxes because they may miss some credits or deductions that they might be entitled to,” said Clayton. “The service here is free and we’re all trained by the [Internal

SEE CENTER, PAGE A5

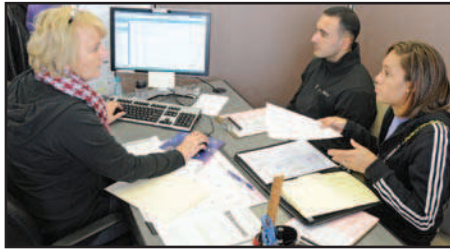


PHOTO BY NATHAN PFAU

Gail Evelyn, tax preparer at the Fort Rucker Tax Center, helps CW2 Ralph Hernandez and his wife, Brittany, with their tax return in this file photo from 2014.

PERSPECTIVE

ENERGY DRINKS

The science behind why people shouldn't chug so many

By Yolanda R. Arrington
Defense Media Activity

WASHINGTON — We've all seen them before: the cans, small shots and uniquely packaged drinks that promise to give you an energy boost during the most important parts of your day.

At first glance, it seems like a great idea: chug it down and get reinvigorated. But if you go beyond wanting simply to stay alert and you begin to overindulge, you could wind up doing some serious harm to your body.

Energy drinks became the beverage of choice for many service members during the wars in Afghanistan and Iraq. The Walter Reed Army Institute of Research analyzed data collected during Operation Enduring Freedom in 2010 and found that nearly 45 percent of deployed service members consumed at least one energy drink daily. Nearly 14 percent reported drinking three or more per day.

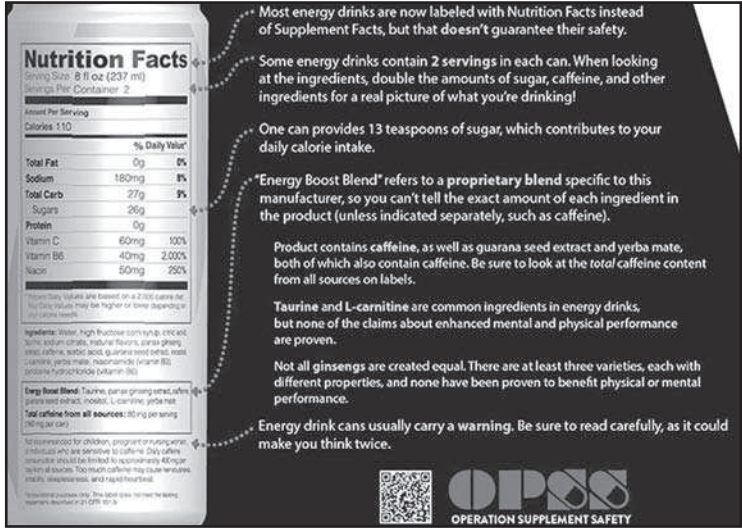
Many of the most popular energy drinks are heavily marketed to young people, including military members. The marketing is sexy, the packaging is slick, the flavors are sweet, and the beverages are readily available on military bases and downrange.

But there are good reasons to avoid overusing energy drinks.

SIDE EFFECTS

Energy drinks are loaded with caffeine and too much of it isn't good for you. Dr. Patricia Deuster, professor and director of the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences, warns service members to avoid consuming more than 200 milligrams of caffeine every four hours.

"If it's got more than 200 milligrams of caffeine, don't use it,"



The Human Performance Resource Center cautions energy drink users to be aware of the drink's ingredients.

Deuster cautions.

Deuster also warns female service members to exercise caution, noting that the amount of caffeine you ingest relative to your body weight can be an issue for women. "Women get a higher concentration [of caffeine], since they tend to be smaller," she said.

"Doctors don't know what the effects of [energy drink] ingredients are in larger doses," Deuster noted. "I don't think anybody has an answer to the long-term effects question."

High amounts of caffeine can lead to increased blood pressure, panic attacks, heart palpitations, anxiety, dehydration, insomnia and even bowel irritability when energy drinks are mixed with alcohol.

What is clear, when it comes to energy drinks, is that consumers need to be more aware of what they're putting in their bodies.

SUGAR BOMB

Energy drinks are loaded with sugar. Some cans pack a punch of 27 grams of sugar, two-thirds of the recommended daily maximum for men, and 2 grams more than the maximum doctors recommend

for women. Some service members can double or even triple that if they drink more than one energy drink per day.

The Centers for Disease Control and Prevention recommends keeping your intake of added sugars to less than 10 percent of your total daily calories.

Extra sugar can cause your blood sugar to increase, but even the sugar-free versions of energy drinks can lead to weight gain, as research suggests artificial sweeteners may raise blood sugar, too.

A DANGEROUS COCKTAIL

Energy drinks have become popular mixers for alcohol, raising other concerns for health experts.

"A lot of the young people mix energy drinks with alcoholic beverages, then you've got a wide-awake drunk," Deuster says.

The CDC warns that when alcoholic beverages are mixed with energy drinks, the caffeine stimulant can mask the effects of the alcohol, which is a depressant. Often, the person drinking might not even realize that he or she is actually drunk.

According to the CDC, that

means people who mix alcohol with energy drinks are three times more likely to binge drink than those who don't mix alcohol with energy drinks. Experts warn motor skills can be affected and some people engage in riskier behaviors while under the influence of alcohol and energy drinks. Additionally, both caffeine and alcohol are diuretics, which can cause dehydration if you're not careful.

Some companies sell pre-mixed alcoholic energy drinks that have the same sweet or tart flavors as standard energy drinks. As the Army notes, the alcohol content in these beverages can be significantly higher than what's found in beer.

These energy drinks with alcohol may appeal to underage drinkers because they're cheaper than hard liquor and they're marketed with a message that the drinker can last all day or all night long. The sugary nature of the beverages also can lead drinkers to feel like they can imbibe longer than if they were consuming harder alcohol.

A BAD NIGHT'S SLEEP

Deuster raises concerns about a problem in the military with energy drinks and sleep. The data back up her concerns. While service members may initially use energy drinks to make up for a lack of sleep, they can easily overuse the drinks, leading lead to a harmful cycle. Excess consumption of energy drinks can cause sleep problems and hamper performance.

Dr. Nancy J. Wessensten, from the Center for Military Psychiatry and Neurosciences Research, tells Army Medicine that research on caffeine shows that it can be effective if used properly.

However, Wessensten notes, "because caffeine impairs sleep, individuals should stop all caffeine consumption at least six hours pri-

or to scheduled sleep. Otherwise, sleep could be impaired without the person even being aware of it."

The CDC reports that service members who drink three or more energy drinks per day were significantly more likely to report sleeping fewer than four hours per night. They were also more likely to report disrupted sleep.

Lack of sleep can impact memory and a service member's ability to pay attention. Research indicates service members who consumed three or more energy drinks each day also had difficulty staying awake during briefings or on guard duty.

The Army's Performance Triad offers tips on how to get a better night's sleep, including controlling light and temperature, and recommends that leaders ensure service members have enough time for quality sleep.

MYSTERY INGREDIENTS

Energy drinks are not regulated as dietary supplements. While the cans have nutrition labels, many do not list supplement information.

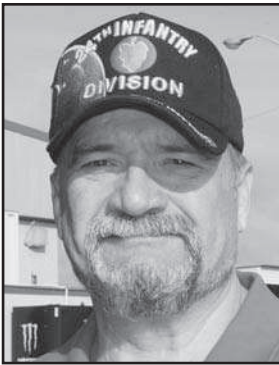
One area that's concerning to Deuster is the ingredient taurine. The chemical compound is an amino acid found in animal tissue. Many energy drink makers purport the ingredient will enhance mental and physical performance, but researchers with the Department of Veterans Affairs Medical Center report that little is actually known about taurine's neuroendocrine effects.

A HEALTHY SUBSTITUTE

So what should service members look to for a healthy substitute for energy drinks? Deuster keeps it simple: "Good old water."

Appealing to service members' frugality, she adds, "If you want to save money, drink water."

Rotor Wash



Charlie Breeden,
retired military

"You need to quantify it as how much it's going to actually help you. You need to sit back and decide on what needs to change and set your mind to it."



Sgt. Maj. Ron Pegues,
Directorate of Training
and Doctrine

"Find something that's not overly taxing — something small that you can build into over the course of the year."



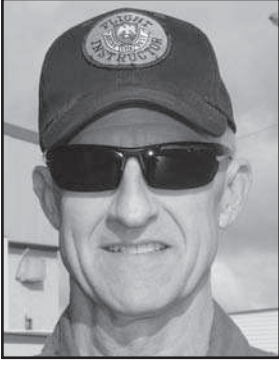
Nelson Quesada,
retired military

"They can stick to their resolutions by not repeating themselves."



Jessica Olds,
military family member

"Write them down — a lot of things come to fruition when you write them down. Also, keep them where you can see them every day."



John Shaw,
retired military

"Get some outside assistance. Get support from your spouse."

“Fortenberry-Colton Physical Fitness Center will hold its Resolution Execution Jan. 19 at 10 a.m. and 4 p.m. What tips would you give someone wishing to stick to their resolutions for the new year?”

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MYTHBUSTING

HRC leaders meet with Soldiers to answer questions, dispel myths

By Martha C. Koester
Fort Bliss Public Affairs

FORT BLISS, Texas — Is it true that assignment officers at Army Human Resources Command save the great jobs for their friends? Or, that assignment officers sit on the promotion boards?

HRC's Command Sgt. Maj. Wardell Jefferson has heard many of the fallacies about HRC and urges Soldiers to reject the myths.

"A lot of [the negativity] is [because of a] lack of education," Jefferson said before a town hall for senior noncommissioned officers in December at Fort Bliss, Texas. "What we try to do is inform the field of what we are doing and why we do it."

If a Soldier doesn't get the promotion or assignment he or she wants, "it's not because the assignment manager doesn't like you or doesn't want to send you to those locations," he said. "It's because you have to meet certain criteria. The way we dispel those myths is to talk Soldiers through it and educate the leaders. The leaders can help us to educate the Soldier on how the assignment process works."

Dec. 14, Jefferson and Maj. Gen. Thomas Seamands, HRC commander, visited Fort Bliss to reach out to both noncommissioned and commissioned service members. For Jefferson and Seamands, the advantages of doing these HRC road shows are two-fold.

"There's a benefit for us at HRC because we get to come out here and listen to the Soldiers in the field, to find out what's on



PHOTO BY MARTHA C. KOESTER

Command Sgt. Maj. Wardell Jefferson of HRC (right), with Command Sgt. Maj. David Davenport of TRADOC (left) and Sgt. Maj. Derek Johnson, deputy chief of staff G1 sergeant major at Headquarters Department of the Army, take on talent management during the third town hall in November at Fort Eustis, Va.

their minds and how we can make things better for them and their organizations," Jefferson said.

"The other part is for us to show transparency. We inform the Soldiers of what's going on and what kinds of changes are taking place within their career management fields. That way, they are aware of what's taking place and how it affects them and their families."

As the Army downsizes, Jefferson said talent management is not just HRC's responsibility.

"We [at HRC] identify the Soldiers that need to move to these different positions in our Army, but once we place Soldiers on assignment, then the unit has the responsibility in managing that talent," Jefferson said. "The leaders on the ground ensure that Soldiers get to the right schools they need

in order to develop the talent and go forward."

He also recently spoke about the issue during Army Training and Doctrine Command's third town hall in November at Fort Eustis, Virginia.

Many questions and complaints heard during HRC's road shows are linked to recent revisions in Army policy, he said.

"It's just the fear of change," Jefferson said. "When we decided to make the change to a new noncommissioned officer evaluation report, a lot of people were in an uproar about it. But now that we have been doing this NCOER for almost 12 months, not a lot of people are arguing about it. Now, it's just learning how to write those evaluations."

Jefferson often offers his as-

sistance to Soldiers at the road shows. For example, if a Soldier has an issue with his or her assignment and is not connecting with the assignment officer to discuss it, Jefferson will take the Soldier's information and meet with the assignment officer in an effort to get both parties in touch.

Also, if Soldiers continue to take issue with a certain policy or question its relevance, they may count on Jefferson to take up the debate with the deputy chief of staff, G-1.

"If it's something we think we should look at, we'll take that back to the Army G-1 and say, 'We have got this feedback from the Soldiers out in the field. Maybe we could look at this policy, and see if it's still relevant or if we need to adjust it,'" Jefferson said.

Pentagon exhibit commemorates 50th anniversary of Vietnam War

By Amaani Lyle
Defense Media Activity

WASHINGTON — Vietnam veteran and former Defense Secretary Chuck Hagel returned to the Pentagon Dec. 20 to join Defense Secretary Ash Carter in officially opening an exhibit honoring the estimated 9 million Americans who served in the Vietnam War.

A two-time Purple Heart recipient, Hagel joined Carter and other Pentagon officials for the official ribbon cutting of the display, which spans a swath of a third-floor corridor.

"Today's unveiling and the government-wide commemoration that accompany it are an important part of our commitment to honor veterans from Vietnam and their families, for service, for valor, for sacrifice," Carter said.

Carter, who served as Hagel's deputy, described the 24th defense secretary as "one of modern America's finest public servants."

"From his bravery and sacrifice in Vietnam to his continued leadership in and out of elected office and here as secretary of defense, Chuck's been dedicated to those who serve, to bringing home those still missing, and to making sure we remember the lessons of yesterday's wars so we can ensure the continued excellence of today's military and DOD," Carter said.

Standing before large models of Huey

helicopters and other life-size combat depictions, Carter noted that while the hallway displays celebrate some of the military's finest accomplishments, they also aim to serve as reminders of difficult lessons learned along the way.

Hagel elaborated on some of these lessons.

"This exhibit really and truly represents the service of a generation of citizens who were asked to do something for their country at a difficult time, as difficult a time as probably we've seen in our lifetimes," he said.

At the war's peak, some 500,000 U.S. troops were in Vietnam. Hagel acknowledged the war's lack of popularity, noting that it drove a president from office when Lyndon B. Johnson chose not to run for re-election in 1968, and that America saw the assassination of Martin Luther King, Jr. and Sen. Robert F. Kennedy that same year as cities went up in flames during riots.

"There was tremendous social unrest everywhere, and that, too, was happening in our armed forces," Hagel said. "It was a difficult time inside those armed forces for our officers, our enlisted and with a real question as to what the clear purpose of the war was."

Hagel reflected on his personal role in the conflict as a witness to uncommon courage and quiet heroes, draftees from across the country with little understand-



PHOTO BY AIR FORCE STAFF SGT. JETTE CARR

Former Defense Secretary Chuck Hagel, flanked by Defense Secretary Ash Carter and Michael Rhodes, deputy of administration, Office of the Deputy Chief Management Officer, arrive for the opening of a Pentagon exhibit commemorating the 50th anniversary of the Vietnam War, Dec. 20.

ing of why they were there, though steeled with a commitment to the mission.

"It took many, many years before our country and our history was corrected – and probably most importantly, the warrior was separated from the war," Hagel recounted. "This exhibit very much reflects all that and pays tribute to men and women who never asked for anything in return. They never came back to any expectations – they wanted to get on with their lives and put that war experience behind them."

By presidential proclamation issued May 25, 2012, the 50th anniversary commemoration extends from Memorial Day

2012 through Veterans Day 2025. The Vietnam War Commemoration staff, in collaboration with the Pentagon corridor committee, Office of the Secretary of Defense graphics experts and service historians, helped to bring the exhibit project to fruition.

"Vietnam-era veterans and their families have helped America learn those lessons to ensure we never forget them," Carter said. "Throughout this hallway, and the ongoing commemoration of the Vietnam War and those who served, future service members and civilians will continue to remember those lessons for years to come."

News Briefs

Dr. MLK Jr. program

Fort Rucker will host its Dr. Martin Luther King Jr. commemorative program Jan. 12 at 10 a.m. at the post theater. For more information, call 255-2061.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Jan. 20 at 2 p.m. at the U.S. Army Aviation Museum. All are welcomed to attend and honor the post's latest retirees for their service.

Resiliency Resources

The Lyster and Fort Rucker Resiliency Resources mobile device app is available for free in Android and iPhone mobile app stores. The app can help people find information for Fort Rucker, including addresses, phone numbers and event information, and also information such as where running trails are located, if there is a 5k race coming up, when Bible studies occur and more.

Lost and found

People who have lost or misplaced property while on Fort Rucker can call the Directorate of Public Safety's lost and found point of contact

at 255-3239 to inquire if their property has been turned in. To claim their property, people must be able to demonstrate ownership of the property. DPS retains property found or turned in at special events held on the installation, such as Freedom Fest – the most common items turned in are keys, cell phones and wallets.

ID card section closure

The Fort Rucker ID Card Section will close from 2:15-4:15 p.m. for training the second Wednesday of every month.

Yoga classes

Lyster Army Health Clinic offers free yoga classes Mondays, Wednesdays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. Participants are encouraged to bring their own mat.

Weight control

The Lyster Army Health Clinic Fit for Performance Weight Control Program consists of six sessions taken over a six- to 12-week period. The program is available to all active-duty military, retirees and family members. Classes are held on Tuesdays from 9-11 a.m. or 1-3 p.m.

For more information, call 255-7986.

Lyster update

People are welcome to check out the Lyster Army Health Clinic Facebook Page for the Healthy Tip of the Day and important clinic information, such as class dates and times. The Lyster Twitter feed is at @LysterAHC.

Thrift shop

The Fort Rucker Thrift Shop is open Wednesdays-Fridays from 10 a.m. to 2 p.m. The thrift shop needs people's unwanted items. People can drop off donations at any time in the shed behind the shop (former Armed Forces Bank building) located in front of the theater next door to the bowling alley. Donations are tax deductible. For more information, call 255-9595.

Chapel's Wednesday Night Alive

The Fort Rucker Religious Support Office will host its Wednesday Night Alive service Wednesdays from 5:30-7:30 p.m. at the Spiritual Life Center, Bldg. 8939, where there's something for the entire family, according to RSO officials.

For more information, call 255-3903 or 255-3946.

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.

Siren test

The Installation Operations Center conducts a test of the emergency mass notification system the first Wednesday of each month at 11 a.m. At that time people will hear the siren over the giant voice. No actions are required.

SHARP

Efforts under way to erase male sexual assault stigma

By David Vergun
Army News Service

WASHINGTON — Most men never report incidents of sexual harassment or assault against them, said Monique Ferrell, director of the Army’s Sexual Harassment/Assault Response and Prevention program.

“[Men] respond differently to sexual assault than many women do,” she said. “We need to help men feel comfortable [in reporting] so they can seek the help they need.”

Ferrell spoke in December to hundreds of senior Army leaders at the 2016 SHARP Forum in Tysons Corner, Virginia.

“People don’t want to talk about male sexual assault, but it’s been in our formations for as long as we’ve been in existence,” Ferrell said.

Several Army initiatives are now underway, aimed at getting male victims to report and seek help.

MALE SURVIVOR TOUR

To get male survivors to come forward, the Army is planning a “Male Survivor Tribute and Portrait Tour” next year, Ferrell said.

The tour will feature the portraits and personal stories of male military service members who’ve experienced sexual assault and harassment, she said.

Ferrell said she believes that when male Soldiers hear stories from actual survivors, it will help them come forward to report their own abuse.

“They get it because they recognize the impact it has on the victim,” she said. “We have to stop talking to the head and start talking to the heart. People have a personal connection to this and realize they have a responsibility, as well,” to report assaults, intervene when needed, and support survivors as they come forward.

vors as they come forward.

HOLOGRAM PROJECT

The “Male Survivor Hologram Project,” also known as the “Digital Sexual Assault Survivor,” is a collaboration between the Army SHARP Academy, the Army Research Laboratory and the University of Southern California’s Institute for Creative Technologies, Ferrell said.

The project is similar to one already done by ICT that features World War II Holocaust survivors, and is called “New Dimensions in Testimony.” For that project, Holocaust survivors were interviewed and asked an extensive array of questions. Their video-recorded answers, coupled with software, enable viewers to interact with holographic representations of those survivors, and ask them questions.

Ferrell said she went to USC last year to see the technology firsthand. The audience asked questions and the survivors responded to questions. “We’re going to do this with a male sexual assault survivor.”

MIND’S EYE II

Another initiative under way for both males and females is Mind’s Eye II, Ferrell said. It’s a leadership development program that looks at how life experiences shape an individual’s future.

She said those same experiences also shape an individual’s ability or willingness to intervene or take action in certain situations.

Mind’s Eye II is an initiative “created by Soldiers for Soldiers,” she said. It will allow Soldiers to practice the skills they need to intervene in a safe setting.

Mind’s Eye II capitalizes on the outsize role peer influencers play, Ferrell said. These influencers come from all ranks and all formations.

They “reinforce values we recognize as

critical to the profession of arms, things like trust, Army values and unit cohesion. They can shift cultural change.”

In a few months, several Mind’s Eye II pilots will be launched. At the moment, the Army is finalizing the evaluation criteria.

SOMETHING FOR LEADERS

Leadership has a huge role to play in combating sexual harassment and assault, Ferrell said.

A planned initiative called the Installation Environmental Scan is based on a 2014 RAND Corp. military workplace study.

The study identifies individual and community factors and prevention strategies that will help installation commanders at the local level develop strategies for their own unique challenges, she said.

“We know that different installations have different rates of sexual harassment and sexual assault,” she said.

While it is now unknown why that is the case, Ferrell said, it’s possible that certain career fields, different types of organizational structures, or even different unit demographics could be the cause. Additionally, she said, the cultural influence of surrounding communities could affect the rate of sexual assault and sexual harassment on installations.

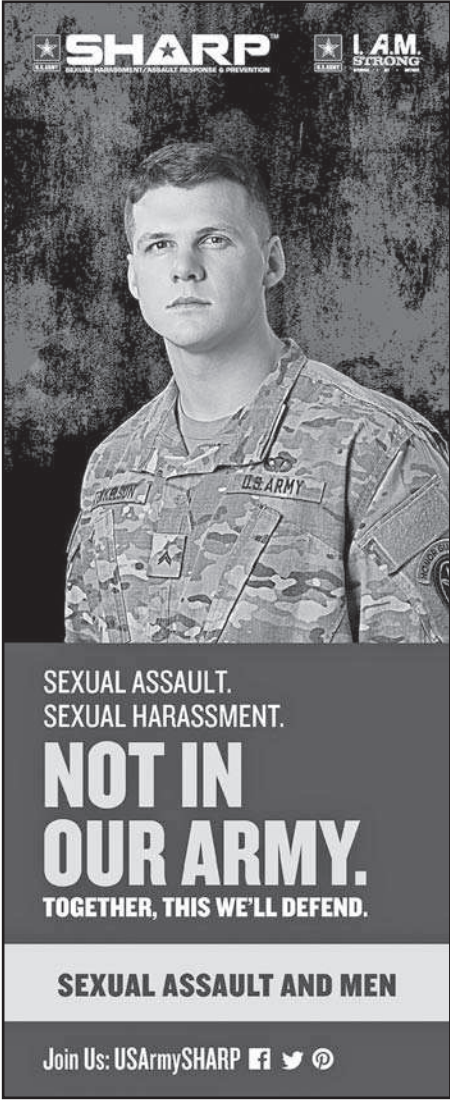
The Installation Environmental Scan will look into these factors, she said.

SOMETHING FOR CIVILIANS

Unlike uniformed members, civilians are not able to file restricted reports of sexual assault, Ferrell said.

“We really want everyone to file unrestricted reports because then we can take action and hold people accountable,” Ferrell said. “But we encourage both types so people can get the help they need.”

The good news is that the Army just received an approved exception to policy



ARMY PHOTO ILLUSTRATION

from DOD for a one-year pilot to allow civilians to file restricted reports, Ferrell said. This will allow civilian personnel confidential access to SHARP resources without triggering an investigation. The Air Force already has such an arrangement in place, she said. The Army pilot is in staffing pending the secretary of the Army’s approval.

Army advances strategic shift for campaign

By Sean Kimmons
Army News Service

FORT GEORGE G. MEADE, Md. — During deployments, Soldiers often develop tight bonds while living together and working as a team to execute their missions.

Army officials now want to bring that strong sense of camaraderie back to the garrison, where it can boost personal readiness and performance across the service.

“Those Soldiers eat, sleep and fight together. They get to know each other very closely,” said Sharyn Saunders, director of the Army Resiliency Directorate. “When Soldiers deploy, they have increased protective factors and we think that’s due to their ability to form very tight unit cohesion.”

From healthy coping methods to a reliable support network, protective factors draw on a variety of skills and resources that Soldiers develop to manage stressful events.

With its recent shift in strategy for the Ready and Resilient campaign, known as R2, Army officials are hoping these factors can form a culture of trust within units through an engagement triangle of leaders, battle buddies and family members.

Established in 2012, the R2 campaign provides holistic and comprehensive capabilities to Army leaders to empower them to achieve and sustain personal readiness and optimize performance.

On Nov. 30, Army Vice Chief of Staff Gen. Daniel B. Allyn signed an 85-page operation order that officially pivoted the R2 campaign’s strategy to a more proactive approach that supports the personal readiness and resilience of every Soldier.

According to Saunders, past resiliency efforts mainly looked at an individual’s risk factors, like substance abuse or self-harm. That narrow focus may have inadvertently led to some Soldiers being stigmatized by the rest of their unit.

“We’re focused on the opposite now,” the director said. “By switching to a strengthening of all Soldiers and elevating their personal readiness and resiliency – it makes it as if everyone is working on this path together and individuals aren’t singled out.”

MISSION ENGAGED

The campaign is also rolling out a new professional skill, called “engage,” to teach all Soldiers how to hold conversations with fellow Soldiers who display behaviors that run counter to Army standards.

“Soldiers generally know what resources are available to them to get their battle buddies help,” Saunders said. “But what Soldiers weren’t prepared to do was ... have what we call a professional confrontation.”

As part of engage, Soldiers must be prepared to open up a dialogue with another Soldier who exhibits warning signs and offer help before problems can escalate to self-destructive behavior or a crisis such as suicide.

“It’s really about getting ahead,” Saunders said, “so we can prevent stressors from culminating into crises or into adverse outcomes.”

Engage training has already taken place at Fort Campbell, Kentucky; Fort Hood, Texas; and Fort Sill, Oklahoma, with Soldiers at Fort Carson, Colorado, slated to receive the training in 2017.

“There are lots of benefits to this skill and we’re really



PHOTO BY SGT. KIMBERLY HACKBARTH

A Soldier helps a fellow Soldier onto the rooftop of a building in order to provide protective overwatch for another element of their patrol in Afghanistan in 2012.

excited about rolling it out,” she said. “We are looking forward to the impact [it will have] across the force.”

AT THE READY

Officials also hope the strategic shift will have a significant positive impact on personal readiness. Under the R2 strategy, personal readiness has five domains: physical, psychological, social, spiritual and family. When Soldiers thrive in these domains, their attrition and injury rates can decrease.

“We need every single Soldier to be able to get on the field and play their position at a home game and at an away game,” Saunders said.

After years of war strained Soldiers deploying in and out of combat, she said, a comprehensive approach toward personal readiness was required.

“We’re really getting at all of the facets of a person’s life,” she said. “That’s where we’re focusing our efforts because we see that as the way of the future.”

The future may also include pushing resiliency skills from the classroom to the field environment. Earlier this month, performance experts taught Soldiers going through basic combat training at Fort Sill how to perform deliberate breathing, a technique that helps a person stay focused and calm.

While the green Soldiers qualified on their rifle, trainers found that they were able to hit more targets after doing the breathing exercise.

“This is a really interesting opportunity for us to take something that we had been doing in the classroom and actually move that skill into the firing range,” Saunders explained.

“We have learned that the more we operationalize [resiliency skills] into the Army, the more effective [they are].”

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MEET YOUR ARMY:

Soldier looks after Afghan police women

By David Vergun
Army News Service

WASHINGTON — In Afghanistan, many Afghan women serve proudly as police officers, but they are often targeted by terrorists for breaking with cultural norms.

That’s according to 1st Lt. Eva M. Gibbons, who has spent nearly nine months in and around Operating Base Fenty in Jalalabad, Afghanistan, as a member of 3rd Cavalry Regiment out of Fort Hood, Texas.

“Part of my job is to mitigate additional risks [that] female police face daily by promoting additional security and safer means for them to travel to and from work,” she said. Gibbons is a member of the Task Force Steel Police Advisory Team, whose mission it is to train, advise and assist the Afghan police in “establishing themselves in a coordinated and unified effort.”

For her part, Gibbons is “dual-hatted,” meaning she serves as a training advisor as well as a gender advisor. Her duties involve working with her Afghan counterparts on a daily basis, either during her visits to their places of work or their own visits to her at Operating Base Fenty.

Speaking in her role as a training adviser, she said that it’s essential that the Afghan police force is properly trained and equipped and that the police follow an approved curriculum to meet the high standards necessary to provide effective security.

“I work with the Afghan training officer to ensure police receive training before deploying to their units,” she said. “[We ensure they] have the necessary materials and facilities to maximize training, and [that] training centers follow the approved curriculum.”

As a gender adviser, Gibbons said, she works hard to ensure a safe and smooth integration of women into the police force. That involves ensuring the availability of separate training and living facilities for women so that they can avoid violating local customs and religious practices.

“I met several strong women willing to work – despite increased risk for female police,” Gibbons said.

One of those women is 1st Lt. Yassamin, who works every day at a regional training center as a doctor. A large female training facility is under construction there and Yassamin is looking forward to its completion. She said she is anxious to inspire other women to join the police.

“As our rotation draws to a close, I ... am encouraged by the capable and motivated Afghan officers I have had the opportunity



COURTESY PHOTO

1st Lt. Eva M. Gibbons serves as an adviser in Afghanistan with the training team's Jon Washburn and an Afghan officer.

to work with,” Gibbons said. “My counterparts listened to and valued advice and shared their own experiences and culture with me.”

Q&A

Q: What’s been the most unusual experience you had in Afghanistan?

A: Getting to understand the customs of the Afghans, which are very different than our own. For example, I had to learn to be patient. The Army mentality is “bottom line up front,” which is not the way with Afghans. They expect friendly banter and hesitate to discuss business until a certain level of rapport has been established over several meetings.

Q: So is that something you found challenging?

A: At first, but now I look forward to returning to Fort Hood and applying the patience and open-mindedness I learned from my experiences in Afghanistan to my next assignment.

Q: What’s been the most difficult thing for you during your rotation?

A: The separation from my 4-year-old son, Stephane, and my husband, August, who are waiting for me at Fort Hood. My husband has supported me throughout

my Army career. The hardships of family members and loved ones left behind during training and deployments are often overlooked and go unappreciated by those unfamiliar with the sacrifice. I will always be grateful for their support and sacrifices, allowing me not only to serve my country but also others through my advising.

Q: Are you glad you joined the Army?

A: I grew up in a military family, with service members scattered throughout our family tree, and am excited to continue the tradition of taking pride in one’s country. My father, Jeffrey Gibbons, is a retired Army sergeant major. I tried my hand at a civilian job after graduating from the University of New Hampshire, but it did not suit me. So in 2016 I applied to and was accepted to Officer Candidate School. The Army has given me a career with more meaning, sense of purpose and duty.

Q: Can you tell me about your military occupational specialty?

A: At the time of my graduation from OCS, combat MOSs were limited for women, prompting my selection of a field artillery branch detail. I fell in love with field artillery during my time at the Basic Officer Leader Course and was excited to

take the role of an assistant squadron fire direction officer upon arriving at Steel Squadron in Fort Hood. Working as the squadron FDO allowed me to appreciate the amount of coordination and planning required to execute even small operations. After about seven months at the unit, we deployed to Afghanistan.

Q: Can you tell me about the people you serve with?

A: The support and encouragement from peers can motivate you through obstacles you never thought you could overcome. As an officer, it is imperative to encourage close bonds of trust and support among your troops. I am grateful to those who showed me the importance of strong friendships and unrestrained dedication to teamwork.

Q: Can you tell me a little bit about growing up in New Hampshire?

I am from a small town in New Hampshire. While growing up there, my family members deployed many times. Welcoming them home safely each time was such a blessing. It didn’t occur to me then that it would soon be my turn to be in their shoes returning home to be greeted by my own family. I couldn’t be prouder to follow in their steps.

Review

Continued from Page A1

injury rates. The Occupational Physical Assessment Test was first administered at select recruiting stations over the summer, assessing recruits’ performance on a standing long jump, a seated power throw, a strength deadlift, and an interval aerobic run.

Along with the Armed Services Vocational Aptitude Battery, which ensures that a future Soldier can meet academic requirements, the test is meant to determine which particular job a recruit would perform well in. The Army began administering the OPAT test Tuesday.

NO. 5: ARMY ALLOWS SOLDIERS TO WEAR HEADPHONES IN GYM

The Army announced in May that small headphones or ear buds could be used at gyms on post, finally allowing Soldiers to jam out to their favorite Justin Bieber playlist while exercising in uniform.

The move also permits Soldiers to wear black-colored electronic devices, like music players or cell phones, on their waistband or a black armband to hold the device, in accordance with Army Regulation 670-1.

At the time, Sgt. Maj. of the Army Daniel A. Dailey said the new policy came about as the result of Soldiers asking about it during a town hall meeting.

NO. 6: 1ST FEMALE WEST POINT COMMANDANT OF CADETS

Brig. Gen. Diana M. Holland shattered the glass ceiling when she became the first female commandant of cadets at the U.S. Military Academy in early January. Holland, a West Point graduate herself, became the school’s 76th commandant and assumed the responsibility for the military, physical, character and social development of more than 4,400 cadets.

Army Secretary Eric K. Fanning

expressed confidence in Holland, saying that that the general’s operational and command experiences would bring a new and diverse perspective to West Point’s leadership team. Holland’s previous role was deputy commanding general of support for 10th Mountain Division (Light) at Fort Drum, New York.

NO. 7: ARMY BEATS NAVY

A cold December night in Baltimore set the scene for a heated gridiron battle as Army squeaked by Navy for its first football win over its sister service in 14 years.

At the 117th annual event, known as “America’s game,” a pageantry of marching cadets and midshipmen joined a sellout crowd of loyal fans as all fervidly cheered on their teams. At the end of the game, cadets rushed from the bleachers onto the field to celebrate the win with players.

Next year, the Black Knights will strive to stay on the winning side as

both academies bring the rivalry back to Philadelphia.

NO. 8: MILLEY: ARMY ON CUSP OF PROFOUND, FUNDAMENTAL CHANGE

The Army is set to change rapidly over the next 20 to 30 years, as organizations, doctrine and weapons adjust to the multi-domain battle concept.

Speaking at an event in October, Army Chief of Staff Gen. Mark A. Milley painted a vivid picture of a future battlefield with technology far more advanced than that of today. To compete with the surge of information operations, unmanned aerial vehicles and other cutting-edge technology, he said, land-based forces of the future will have to be prepared to fight formidable foes not just on land, but also in the air, sea and other domains.

NO. 9: 4 MYTHS ABOUT COMBAT VEHICLES

At a November discussion, the

deputy director of the Army Capabilities Integration Center outlined myths about the Army’s current fleet. Stressing the need for new ground combat vehicles, Lt. Gen. H.R. McMaster Jr. told an audience that the Army must make clear and compelling arguments for capabilities that advanced ground combat vehicles can bring to the fight.

NO. 10: AFTER 75 YEARS, MORE OPPORTUNITIES FOR ENLISTED TO BECOME OFFICERS

It was welcome news to the many enlisted Soldiers who hope to become officers when Army officials announced they were reworking the eligibility requirements for attaining a butter bar. Now, enlisted personnel up to age 33 can apply to become officers, and there is no longer a requirement to serve in the Army for six years before going to Officer Candidate School.

Center

Continued from Page A1

Revenue Service] in certain aspects that deal with military personnel, so that’s another advantage that people will have.”

The tax center also offers their drop-off service, which allows single Soldiers to come in and drop off their income tax paperwork, and return in 48 hours to go over their complete return with a tax representative, said Clayton. Soldiers must return between the hours of 9-11 a.m., Mondays-Fridays for their returns.

“We don’t need a full one-hour appointment to do most single Soldiers tax returns, so this frees up a lot of time for us to serve

as many people as we can,” he said.

Single Soldiers who wish to utilize the drop-off service must have a simple return with no more than two W-2 forms. For more information on drop-off services, call 255-2937 or 255-2938.

When visiting the tax center, people should remember to bring all tax forms, including all valid military ID cards; Social Security cards; all W-2s and wage and earning statements; 1099-R for pensions and retirements; 1098 for interest statements regarding tuitions, student loans, mortgages, etc.; a copy of the previous year’s return if available; power of attorney papers if available; 1099-G forms for gambling win-

nings, unemployment compensations, etc.; and 1099-MISC for payments received for non-employment compensation.

“Some people have gambling winnings or unemployment that they’ve received throughout the year, and those are things that need to be filed and sometimes people don’t realize that,” said the tax coordinator. “If they’re in doubt about something, just bring it to us and ask questions.”

People should also bring their bank routing numbers as well as their account numbers if they wish to have their returns deposited directly into their bank accounts, which can be found on a check tied to the specific account they wish to use.

Although the tax center is an invaluable resource to people on the installation, the facility is limited in the services it can provide. The center can’t provide services for businesses or for those with more than one rental property, but most simple tax returns shouldn’t be a problem, said Clayton.

“Every tax situation is different and we look at each individual tax situation separately,” he said. “If people feel they can do it themselves, that’s fine, but there is no harm in coming by and having us take a look, especially since it’s free.”

For more information or to schedule an appointment, call 255-2937 or 255-2938.

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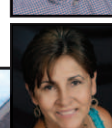
49 COUNTY ROAD 709 - \$89,000: Older home on approximately 2.8 acres with pole barn & 2 storage sheds. Corner lot with 2BR/1BA. Bonus room that can be used as bedroom. **JACKIE THOMPSON 334-406-1231 & TERRI AVERETT 334-406-2072. MLS# 20162123**



1986 SHELL FIELD - \$224,900: 3BR/2BA home, salt water pool, deck drainage installed. Large screened-in, carpeted patio with outlets, downspouts & gutters, motion lighting, stainless steel appliances, large backyard with arbor & privacy fence, storage shed. Split floor plan, master bath has elegant walk-in tiled shower & jetted tub. Large laundry room. Eat-in kitchen & dining room, fireplace, ceiling fans throughout. Lots of natural light. Private, wooded backyard. Easy commute to schools & parks. **CHERYL PICCININI 334-390-9612. MLS# 20162130**



130 GRAYTON - \$259,500: Beautiful custom home on a 1.32± landscaped acre lot. Wood floors in dining room & master bedroom. Trey ceilings in living, master & dining room. Master bath has ceramic shower, double sinks & Jacuzzi tub. Stainless steel appliances, beautiful cabinets. One guest bedroom has a private bath. Also has a sunroom with tile floors, ½ bath & opens to pool area. Much more to see. VA foreclosure "as is". Alabama Right of Redemption will apply. **BOB KUYKENDALL 334-369-8534 & NANCY CAFIERO 334-389-1758. MLS# 20162142**



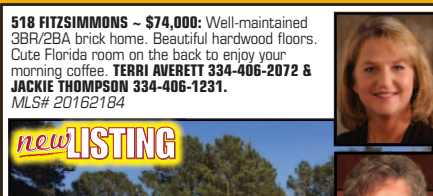
502 VICTORIA - \$144,000: Great home for a large family. Downstairs has a formal living room with bookcases, formal dining room, family room to the covered patio on the rear, kitchen with a breakfast area, large laundry room & large bonus room with built-ins & wood-burning fireplace. 4BR/2BA upstairs with a ½ bath downstairs. Large lot with in-ground pool, 3 sheds, lots of landscaping, with chain link fence. Come take a look at this home before it's too late. **EVELYN HITCH 334-406-3436. MLS# 20162143**



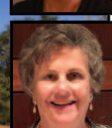
41 MORGAN, OZARK - \$160,000: This property has so much character, situated on extra-large lot. Tri-level with original hardwood floors. Decks off the master bedroom & living room. Lower level could be used as entertainment room with an extra bath, ideal for the teen or an in-law. This home is ideal for a large family. **AGNES KARVONEN 334-406-9752. MLS# 20162153**



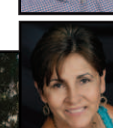
LOT 41 ROSEMOUNT - \$40,500: Nice cul-de-sac lot with a Fairway View. Mandatory Home Owners Association Dues. Owner is married to a REALTOR in the state of Alabama. **SHAWN REEVES 334-475-6405. MLS# 20162162**



518 FITZSIMMONS - \$74,000: Well-maintained 3BR/2BA brick home. Beautiful hardwood floors. Cute Florida room on the back to enjoy your morning coffee. **TERRI AVERETT 334-406-2072 & JACKIE THOMPSON 334-406-1231. MLS# 20162164**



202 TAYLOR - \$79,500: Great price for this traditional home that features 3BR/2.5BA, oversized garage with the laundry & 1 car deck for outside activities & BBQ. Large pool. VA foreclosure to be sold "as is". Seller does not guarantee on work on property. **BOB KUYKENDALL 334-369-8534 & NANCY CAFIERO 334-389-1758. MLS# 20162165**



135 COUNTY ROAD 276 - \$133,900: Charming home just minutes from downtown Enterprise. Country living but in a neighborhood. 2 large bedrooms! Over-sized 4x8' tile walk-in shower in master bedroom. So large, no door needed. Extra-large walk-in closet in master bedroom. 2" blinds throughout. Solid surface countertops in kitchen. Island bar. Walk-in pantry. Extra-large laundry room. Screened-in porch. Storage in carport. Over-sized doorways. Appliances convey. **SHAWN REEVES 334-475-6405. MLS# 20162226**



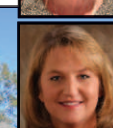
5 WELBORN - \$197,000: This home is a real gem in Cotton Creek. This 3BR features an open kitchen with matching appliances, custom light fixtures throughout the home, alarm system with keypad in master bedroom, Jacuzzi tub in MBA & custom shelving in master closet. Outside features include: screened patio, gas hook-up for outdoor cooking, rain gutters around entire home, indoor/outdoor surround speakers & a small outdoor storage shed all behind a wood privacy fence. Don't Miss This!!! **CHRIS ROGERS 334-406-0726. MLS# 20162236**



814 DIXIE - \$157,000: Great property - like new with split bedrooms, grand room with fireplace & stainless steel appliances. Bring your groceries in from the garage right to the kitchen. ½ bath off hallway from garage. Privacy fenced yard with shed & covered patio. Pick your own pecans for the holiday season. **EVELYN HITCH 334-406-3436. MLS# 20162241**



504 LAUREL BREEZE - \$295,500: Lovely brick home overlooking one of the lakes at Gateway. 3BR/2BA with large den, detached garage & large storage building. Many extras in this beautiful home. **JACKIE THOMPSON 334-406-1231 & TERRI AVERETT 334-406-2072. MLS# 20162258**



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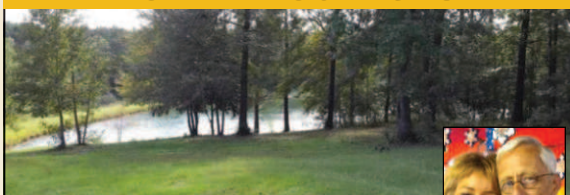
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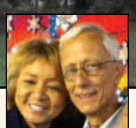
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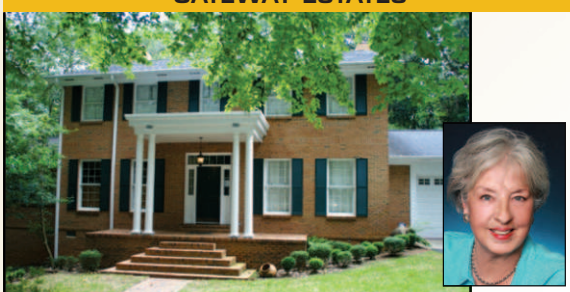
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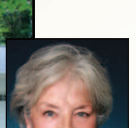
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GATEWAY ESTATES



301 ARROWHEAD - \$398,000: Custom built home on 1.7± acre corner lot in Gateway! Main level offers formal living room with fireplace opening onto a large raised terrace overlooking beautifully manicured grounds, relaxing family room opening to covered porch, spectacular kitchen with dining area, pantry & sitting area with fireplace, formal dining room & a beautiful guest bedroom/study with private bath. Upstairs 3 spacious bedrooms & laundry room. The fantastic master suite has a wood burning fireplace & private second floor balcony. **JUDY DUNN 301-5656**



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106 BLACKHAWK - \$108,000: This is a really well maintained & cozy 3BR/2BA with a wood burning fireplace, galley kitchen & bay window in the dining area. The 3BRs are nicely sized. The interior was painted in 2014 & new interior light fixtures installed. The backyard boasts an extended patio & plenty of room for outdoor entertaining. Conveniently located near the Family Park with its beautiful walking trails, playground & bark park. New roof in January, 2017. Gutters. Move-in ready. Seller is a licensed AL REALTOR. **JAN SAWYER 406-2393**



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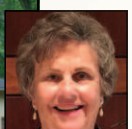
126 ASHLEY: Excellent price on this traditional home located in The Woodlands. Very quiet area with minimum traffic. Great location, very close to town, schools, shopping areas & Ft Rucker. It has a gas fireplace in living area, large screened porch & wooden privacy fence. Big master room with 2 walk-in closets & double sink in MB. Also has a 474 SF attached shop & a big green front yard beautifully landscaped. **BOB KUYKENDALL 369-8534**



\$110,000



109 PRATT: Must see 3BR/2BA & convenient to Ft Rucker. Large fenced, wooded rear yard. **JACKIE THOMPSON 406-1231**



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138 SOUTH CARROLL: This is a great little starter home or for rental investments. Has had a very good rental history. The present owners have replaced the water heater & installed new vinyl siding & soffits. Chain link fence. **DEBBIE SUNBROCK 406-9079**



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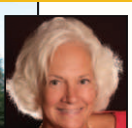
111 BLACKHAWK: Brand new paint & flooring throughout. This cute home is in a great location & is move-in ready. Stove & dishwasher have recently been replaced. Nice floor plan with a large grand room that is open to the dining area. Lots of natural light in this home. Screened back porch is a wonderful outdoor space that is large enough for overflow & outdoor entertaining. The detached shed/work shop has electricity. The yard has beautiful shade trees. **ROBIN FOY 389-4410**



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JANUARY 5, 2017

LOOKING BACK

Top 10 Army modernization efforts of 2016

By David Vergun
Army News Service

WASHINGTON — Supporting the fight around the globe means providing Soldiers with the most advanced technology available.

The right technology can ensure overmatch against future adversaries in an increasingly complex and dangerous world, where the threat is often “elusive and ambiguous,” according to Army Vice Chief of Staff Gen. Daniel B. Allyn, speaking at an industry event in Michigan in late October.

The current threat environment places a premium on unmanned systems, lethal technologies and rapid maneuver capabilities, he added.

The Army must ride the wave of technology or risk being left behind, cautioned Lt. Gen. Michael E. Williamson, the principal military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology.

Fortunately for Soldiers and the American people, Army researchers and scientists and industry partners made great strides in modernization in 2016.

The following is a sampling of 10 of their top advancements and milestones.

IMPROVED TURBINE ENGINE

Degraded lift capability is especially problematic in areas where high-altitude, high-temperature flights are required, including nearly half of Afghanistan, said Maj. Gen. William K. Gayler, U.S. Army



ARMY PHOTO

The Improved Turbine Engine Program will eventually replace the existing General Electric T700-GE-701C/D engines that now power AH-64 Apaches, like this one, and UH-60 Black Hawks aircraft.

Aviation Center of Excellence and Fort Rucker commanding general.

Gayler spoke at the Army Aviation Association of America-sponsored 2016 Army Aviation Mission Solution Summit in Atlanta April 29-30.

Using the UH-60 Black Hawk as an example, Gayler said an average of about 78 pounds per year have been added annually – for all the right reasons. That includes increased protective gear, ammunition, new technologies and so on. Over the years, those increases have totaled about a ton-

and-a-quarter.

All of that weight affects speed, lift, range, maneuverability and the amount of stuff that can be carried, he said.

Years ago, four Black Hawks could move a platoon, he pointed out. Now, it takes eight or nine, and by 2020 – assuming the linear weight increases continue at the current rate – it will take 15 to 20, he said.

The Improved Turbine Engine Program is a completely new engine that will likely one day replace those currently in the AH-64 Apache and Black Hawk helicopters,

Gayler said. It will return a lot of that lost capability.

“ITEP is critical,” he said. “We must get it right to buy back maneuverability.”

Brig. Gen. Bob Marion, Program Executive Officer-Aviation, said ITEP is a big deal for the Army and it will be resident in about 85 percent of its platforms.

It also has potential for Future Vertical Lift, if not the motor then pieces of the technology, he said.

FVL’s engineering and manufacturing development doesn’t begin until fiscal year 2024 with the first aircraft test in FY26.

30MM CANNON FOR STRYKER

The first prototype Stryker Infantry Carrier Vehicle, outfitted with a 30mm cannon, was delivered to the Army Oct. 27.

The upgraded Stryker vehicle will be known as the Dragoon, the name of the 2nd Cavalry Regiment. The prototype features a new fully-integrated commander’s station, upgraded drivetrain componentry and hull modifications, according to a press release from Program Executive Office-Ground Combat Systems.

According to Allyn, Army leaders in Europe identified a capability gap following the 2015 Russian invasion of Ukraine. “The Russians, it turns out, had upgraded and fielded significant capabilities while we were engaged in Iraq and Afghanistan,” he explained.

Fielding to the 2nd Cavalry Regiment in

SEE MODERNIZATION, PAGE B4

Forces execute air assault training

By Master Sgt. Kerri Spero
Joint Base Bravo

SAN SALVADOR, El Salvador — Salvadoran soldiers and special operations personnel assigned to 1st Airborne Brigade and Special Forces Command completed Operation Serpiente, a joint air assault training mission led by members of the U.S. 7th Special Forces Group, Naval Special Warfare and Joint Task Force-Bravo’s 1st Battalion, 228th Aviation Regiment Nov. 28-Dec. 2, at Ilopango Airport.

Operation Serpiente was the largest air assault exercise of its kind to take place in El Salvador in recent years, requiring an expert level of partnership cooperation among ground and air assets, said Lt. Col. Richard Tucker, 1-228th Avn. Regt. commander.

“Synchronization of tasks and having different people working on different efforts, all at the same time, came together, so we were prepared to conduct the training and the missions safely,” Tucker said. “We worked with the special operations forces teams here, who brought the specialized tactics and mission planning.”

The 1-228th Avn. Regt. provided airlift support at the request of the U.S. Special Forces group, which is currently training three elements of Salvadoran forces.

According to Army officials, air assault operations are meant to rapidly reposition personnel and equipment to enable the combined arms team to strike over extended distances and terrain. It allows forces to attack the enemy where and when it is most vulnerable by utilizing vertical takeoff and landing aircraft, such as the helicopter, to seize and hold key terrain that has not been fully secured, and to directly engage enemy forces.

The week’s training momentum began with a day of progressive rounds of Salvadoran personnel practicing

SEE TRAINING, PAGE B4



PHOTO BY MASTER SGT. KERRI SPERO

A Salvadoran special forces soldier helocasts from a UH-60 Black Hawk assigned to JTF-Bravo’s 1-228th Avn. Regt.

2016 IN PHOTOS



PHOTO BY JOHN PENNELL

At 17,400 feet, Mount Foraker towers above Soldiers as they offload equipment and supplies from a CH-47F Chinook after landing on Kahiltna Glacier in Denali National Park and Preserve, Alaska, April 24. This photo was included in the Department of Defense’s 2016 Year in Photos feature. For more photos of America’s military in action, visit https://www.defense.gov/News/Special-Reports/1216_yip.

ORDER OF ST. MICHAEL

Cold War village receives Army Aviation Award

By Capt. Jaymon Bell
12th Combat Aviation Brigade
Public Affairs

BERLIN — Col. Christopher Waters, the commander of 12th Combat Aviation Brigade, presented the Order of Saint Michael to Günter Rossnagel and the residents of Steinstücken Dec. 14 at the village’s community center.

The Order of Saint Michael is an award given by the Army Aviation Association of America and recognizes individuals and or groups who have contributed significantly to the promotion of Army Aviation. Town representative Lorenz Knecht accepted the award on behalf of the Steinstücken citizens and Frau Brigetta Rossnagel accepted the award on behalf of her husband, Günter.

Both Günter Rossnagel and the residents of Steinstücken have a long history and relationship with Army Aviation dating back to 1961, when East German soldiers occupied the village.

Retired Gen. Lucius D. Clay and Aviators from the Berlin Brigade spearheaded the defense of Steinstücken by landing a helicopter in the village to ensure the citizens of



PHOTO BY CAPT. JAYMON BELL

Col. Chistopher Waters, commander of the 12th CAB, congratulates Lorenz Knecht during an award ceremony in the village of Steinstücken near Berlin, Germany, Dec. 14. The Order of Saint Michael recognizes individuals and groups who contributed significantly to the promotion of Army Aviation.

U.S. protection.

Daily flights to Steinstücken continued until the construction of an access road in 1972.

For 11 years, the village remained a small island of freedom in sea of communism.

Rossnagel has held an active leadership and partnership role with the U.S. Army Berlin Aviation Detachment and the Checkpoint Charlie Chapter of the Army Aviation Association of America since relocating to Steinstücken in 1980.

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CHEER
JCS chairman
spends holidays
with Soldiers in Iraq
Story on Page C3

JANUARY 5, 2017

SGT. TED E. BEAR

Fort Rucker home to famous sergeant

Army Flier
Staff Report

In many cities across America, mascots can be found that promote esprit de corps – Dothan has its peanut statues, Louisville has its horses and Cherokee has its bears – and promoting morale is one of the things that Fort Rucker’s Sgt. Ted E. Bear does best.

Located at the corner of Andrews and Novosel, Bear has dutifully watched over Fort Rucker for the last 53 years. Standing watch over the installation near the Daleville Gate, he observes the thousands of people passing by him every day, said Jay Patrick Hughes, former Aviation Branch historian.

“People have fun with that bear,” he said. “He was originally designed in Panama City by Lee Koplin, but he was built here and he will stay here. He is now a Fort Rucker icon.”

Bear was originally erected as an emblem of the 2nd Battle Group, 31st Infantry Regiment, also known as the Polar Bear Regiment. Construction was commissioned in 1961 by Col. Bennett L. Jackson of the unit to commemorate the action the unit saw while attempting to keep the Trans-Siberian Railroad open during World War I in Murmansk, Russia. It was that operation that earned the regiment the nickname “the Polar Bears,” and Bennett received the nickname “Bear,” said Hughes.

The regiment even incorporated the polar bear into its crest, he added.

“Smokey” was originally located next to the 46th Engineer Battalion building after the 31st Infantry Regiment was reassigned to Fort Benning, Ga., in 1966.

Over the years, Bear has donned many outfits as part of his provided care, ranging from bunny and penguin suits to flight suits. He has also sported superhero costumes and a variety of other seasonable ensembles.

Bear overshadows all of his fellow sergeants, if not by age then



Sgt. Ted E. Bear makes a permanent change of station from his home outside the 46th Engineer Battalion building to his current location near the U.S. Army Aviation Museum in 2007.

by dimensions. At 15 feet high, Bear weighs 2,000 pounds (mostly made of solid concrete), with his weight steadily growing with each outfit he dons.

Eventually, responsibilities passed to 1st Battalion, 210th Aviation Regiment in 1994 when the bulk of the engineer battalion relocated to Fort Polk, La., and he was then reassigned to the Warrant Officer Career College in 2007.

“With his reassignment to the 210th, he received his new orders, rank and name – Pfc. Ted E. Bear,” said Hughes, adding that Bear received official orders.

He was promoted to sergeant Sept. 19, 2007, in an official ceremony approved by Maj. Gen. Virgil L. Packett II, then U.S. Army Aviation Warfighting Center and Fort Rucker commanding general, and at the time it was stated that his weight issues kept him from being promoted higher.

It was at that time he was moved from his original home on Ruf Avenue to his new home near the U.S. Army Aviation Museum where he bravely and quietly watches over passing traffic.

“People would notice if he was moved or removed in a heartbeat,”

said the historian. “It was somewhat controversial when they moved him to his new post. Can you imagine what would happen if he was taken down permanently?”

“Many Soldiers return to Mother Rucker,” he added. “If Bear could not be found, it would be like losing a friend you always expect to see when you return home.”

In a real sense, Bear serves as a colorful community bulletin board, and many organizations have upped the ante when it comes to decorating him – giving him 3D accessories like banners, hats, sporting equipment and large



ARMY PHOTO

A Soldier takes his daughter to visit then-Pfc. Ted E. Bear at his former location outside the 46th Engineer Battalion building in 2007.

polar bear-sized packages.

It is uncommon for military installations to have a single mascot, something Hughes said made Fort Rucker stand out, or over, 15 feet exactly, others.

“Countless generations of Aviators have come through here and seen him. He has always been a very prominent figure in the community,” he said. “Aviators see him and they identify with him, and I know it is usually one of the first things family’s notice when they arrive here.

“He is now part of the tradition of being at Fort Rucker, even though his origins do not lie in Aviation. He is part of the experience of becoming an Army Aviator,” he continued.

People across the area can only wonder what fashion statements Bear will reveal next and when he will be promoted to staff sergeant, because he is surely one of the most famous sergeants in the country. He has been featured in local newspapers more than 10 times and his likeness is featured as a trophy at the Fort Rucker Arts and Crafts Center.

But people should exercise care when taking photos with Bear. Although he loves the attention, is dressed to impress, is wearing a smile and his arms are open to receive hugs, he is a 2,000 pound carnivorous infantryman, and the intersection he serves at is a high traffic area.

IMCOM digital photography contest calls for submissions

By Jessica Marie Ryan
Installation Management Command Public Affairs

FORT SAM HOUSTON, Tex. — Army Installation Management Command is hosting its annual Army Digital Photography Contest to showcase the creative and artistic talents of the military community.

The contest, which is run by IMCOM’s G9 Family and Morale, Welfare and Recreation Directorate, is open to active-duty military members and MWR-authorized patrons, including family members, retirees and Department of the Army civilians. Contest entries are being accepted through Jan. 31.

The contest is meant to encourage novice and accomplished photographers to capture their favorite views, moments and adventures from all across the world. Participants can submit photos to compete in the following categories: animals, design elements, digital darkroom, military life,

nature and landscapes, people and still life.

Participants may enter up to three photos per category at the garrison level. All categories include monochrome and color photographs, according to the contest rules. Prizes are \$300 for first place, \$200 for second place and \$100 for third place.

In 2015, more than 2,500 entries were submitted to the Army Digital Photography Contest. The entries represented 58 installations and were submitted by contestants from the Army National Guard, Army Reserve and non-Army installations.

Participants may submit their entries online at the contest website listed in the links below. For garrison-specific instructions and additional information, participants should contact a representative at their garrison’s Army and Crafts center. Garrison information is located at:

<http://www.armymwr.com/recreation/artsandcrafts/locatefacility.aspx>.



PHOTO BY KIMBERLY KENDALL

Military family member Kimberly Kendall, representing U.S. Army Garrison Wiesbaden, Germany, wins first place in the nature and landscapes category, other eligible patrons division, of the 2015 Army Digital Photography Contest with “Karakul Lake.”



PHOTO BY MAJ. MICHAEL TOWNER

Maj. Michael Towner, representing Fort Meade, Md., won first place in the people category, active-duty military division, of the 2015 Army Digital Photography Contest with “Reflections.”



PHOTO BY CW3 JUAN JUSINO

CW3 Juan Jusino of MacDill Air Force Base, Fla., wins first place in the still life category, active-duty military division, of the 2015 Army Digital Photography Contest with “Game over, man - game over!”

ON POST

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

Photography contest

The Army is holding its digital photography contest now through Jan. 31. There are two divisions: active-duty military and authorized patrons. Within each division, there are seven categories: animals, design elements, digital darkroom, military life, nature and landscapes, people and still life. All categories include monochrome and color photographs. First-place winners will receive \$300, second-place winners will receive \$200 and third-place winners will receive \$100. Categories will also have an honorable mention award. Participants must complete the online profile and submit photos of the artwork between now and 11:50 p.m. CST Jan. 31 at the contest website: <https://cloud.mwr.army.mil/apprac>. For contest rules, visit: <https://rucker.armymwr.com/us/rucker/ft-rucker-events/united-states-army-photography-contest?eID=607750>.

For more information, call 255-9020.

International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

Monster Jam day trip

MWR Central will host a day trip to the Monster Jam Triple Series in Birmingham Saturday. The trip features pre-race pit passes and seats at the event. Trucks expected to be at the event include Grave Digger, Zombie, Scooby Doo, El Toro Loco, N.E.A. and Monster Mutt Rottweiler. Cost of the trip is \$57 per person. This includes transportation, pre-race pit pass and ticket to the show. The buses will depart from the Bldg. 5700 parking lot at 6:30 a.m. and return around 6 p.m.

For more information or to make a reservation, call 255-2997. For people who would rather go to the event on their own, MWR Central will also sell tickets for just the show for \$40. All tickets are for Saturday at 1 p.m. Pre-race pit pass is included in the price of the ticket and is from 10:30 a.m. to noon. Hearing protection is highly recommended for this show, according to organizers.

Winter craft

The Center Library will host a winter craft session Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space will be limited to the first 40 children to register. The event will be Exceptional Family Member Program friendly and open to authorized patrons.

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

Opening of new library rooms

The Center Library will host its grand opening of the new children’s and teens’ rooms Wednesday from 4-5 p.m. Light refreshments will be served.

For more information, call 255-3885.

Thrift Savings Plan 101

The Army Community Service Financial Readiness Program will present a Thrift Savings Plan 101 Seminar Wednesday from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will include a discussion of the significant aspects of the TSP, including: why invest with the TSP, how to start contributing, risk tolerance, traditional and Roth accounts, TSP funds and diversification. The discussion will be facilitated by accredited financial counselors. Pre-registration is required by Tuesday. Free child care will be available with registration.

For more information and to register, call 255-3949 or 255-9631. Registration can also be completed by going to <http://rucker.armymwr.com/us/rucker/programs/army-community-service>.

Book clubs

The Center Library hosts a book club for adults the third Tuesday of each month from 5-6 p.m. Light refreshments will be served.

The Center Library hosts a book club for teens the third Thursday of each month from 5:30-6:30 p.m. Light refreshments will be served.

Both clubs are open to authorized patrons. For more information, call 255-3885.

Family emergency preparedness

Army Community Service will host



PHOTO BY NATHAN PFAU

Girls Night Out

The Landing will host Girls Night Out Jan. 20 at The Landing from 6-9 p.m. for an evening full of fashion, fun and prizes, according to organizers. Prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. – people must be present to win all prizes. The event will be open to the public for women ages 18 and older. Tickets are on sale for \$10 at MWR Central, The Landing Zone, The Landing Catering Office, and the Coffee Zones at Lyster Army Health Clinic and The Landing Zone. For more information, call 255-0769. Pictured is a scene from a previous event.

family emergency preparedness training Jan. 12 from 8 a.m. to noon in Bldg. 8950, The Commons. When it comes to emergencies and disasters, it’s not a question of if, but when, according to emergency preparedness officials. This class is designed to help families be as prepared as they can be for emergencies that could impact them for a lifetime.

For more information and to register, call 255-9578 or 255-3161. Pre-registration is required three days in advance. Free childcare will be available by calling 255-3564 in advance.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Jan. 19. 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 noon. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Newcomers welcome

A newcomers welcome is scheduled for Jan. 20 from 8:30-11 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 Starbucks coffee will be served. For free childcare, people can register their children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

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

Federal jobs workshop

Army Community Service will host its federal job workshop Jan. 26 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.

Comedy Live at Rucker

The Landing will host Comedy Live Jan. 27 from 8-10 p.m. in its ballroom. The headliner for the event will be Mike Parmore. The event will be open to the public,

DFMWR SPOTLIGHT

Proudly presented by
SAM BOSWELL HONDA

Start the New Year Off With A Bang!
Grab Your BFF for
girls' night out

Friday, January 20
The Landing | 6-9 pm

- Shop the latest trends at the fashion, health and beauty booths
- First 100 tickets sold at The Landing will receive a special gift
- Over 50 door prizes given away during event
- Selfie Photo Booth
- Fanciest Hat Contest
- Fashion show and more!

Kate Spade®
bag given out at the end of the evening.
Grand Prize!

Ladies, get ready for a night out with the girls! Join us on Friday, January 20 at The Landing from 6-9 pm for an evening full of fashion, fun, and prizes. Enjoy DJ entertainment while visiting with numerous organizations from throughout the community that cater to women. Prize drawings will be held throughout the evening, with a grand prize drawing at 9 pm. (Must be present to win prizes.)

Advance tickets will be available at MWR Central, The Landing Zone, The Landing Catering Office, or Coffee Zone in Lyster/The Landing Zone locations. Price includes one drink stub, good for a complimentary glass of wine (ages 21+) or soft drink.

Tickets:
\$10 Advance
\$12 At Door

OPEN TO THE PUBLIC, WOMEN AGES 18+.

Fanciest Hat Contest
Wear your fanciest hat to our event for a chance to win a fabulous prize!

The Landing, Bldg. 113, (334)255-0769
Family & MWR, (334)255-9810
rucker.armymwr.com

ages 18 and up. Advance tickets cost \$12 and can be purchased at The Landing Catering Office. Tickets at the door the day of the event will cost \$16. VIP tickets will also be available for \$150 per table, with 10 seats per table.

For more information, call 255-9810 or 255-0769.

Right Arm Night

The Landing Zone will host Fort

Rucker Right Arm Night Jan. 26 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.

FORT RUCKER MOVIE SCHEDULE FOR JANUARY 5-8

Thursday, January 5

The Edge Of Seventeen (PG-13)7 p.m.

Friday, January 6

Arrival (PG-13)7 p.m.

Saturday, January 7

Rules Don't Apply (PG-13)4 p.m.
Allied (R)7 p.m.

Sunday, January 8

Fantastic Beasts (PG-13)1 p.m.
Allied (R)4 p.m.

Show honors music legend’s career

Panama City Pops
Press Release

The Panama City Pops will celebrate the iconic music and energy of one of the most innovative artists in recent history as the POPS explores the incredible range of David Bowie’s music Jan. 7 from 7:30-10 p.m. at the Marina Civic Center, Panama City, Florida, according to organizers.

Tickets cost \$19.50-\$39.50 and are on sale at www.marinaciviccenter.com

For more information, call 850-763-4696 or visit <http://www.bayartsevents.com/event/panama-city-pops-performs-windbornes-the-music-of-david-bowie/>.



WIREFLASS 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 — 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

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

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

ONGOING — Disabled American Veterans Chapter 9 Enterprise-Coffee County meets the second Thursday of each month at 6:30 p.m. at Shane’s Rib Shack. For more information, call 308-2480.

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

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post monthly membership meetings for the VFW Post 6683 and Auxiliary are on the third Tuesday of each month at 7 p.m. at the post headquarters building located at 2615 Coffee County Road 537. The post mailing address is P.O. Box 311752 Enterprise, AL 36330. For more information, call 334-464-1171 or the auxiliary at 334-464-

2222. The post also has a Facebook site at [vfw post 6683](https://www.facebook.com/vfwpost6683).

GENEVA

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

MIDLAND CITY

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

NEW BROCKTON

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

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

OZARK

JAN. 7 AND 9 — The Ann Rudd Art Center has set deadlines for entries to the upcoming Black and White show, which opens on Jan. 14. All those who wish to submit an item must bring it to the Art Center Jan. 7 between 10 a.m. and 4 p.m. or Jan. 9 between 1-6 p.m. For more information, visit Ruddartcenter.org.

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

ONGOING — 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.

WIREFLASS AREA

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.

JAN. 5-6 — Disabled American Veterans annual service officer certification training will be at the Auburn Hotel in Auburn. For more information, call 334-406-6700.

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

ONGOING — Mount Calvary Missionary Baptist Church, 970 County Road 528, Elba, offers Sunday school the first, second, third and fourth Sundays of the month at 9:45 a.m., and worship the first and third Sundays of the month at 11 a.m. Bible study is Wednesdays after the first and third Sundays from 6-7 p.m. For more information, call 334-774-1738.

Beyond Briefs

Apalachicola Oyster Cookoff

The seventh annual Apalachicola Oyster Cookoff will be held Jan. 13-14 at Riverfront Park in downtown Apalachicola, Florida. All proceeds benefit the Apalachicola Volunteer Fire Department. The event features a silent auction, oysters, shrimp, smoked mullet, hot dogs, hamburgers, live music, children’s activities, dancing performances and a 5K run.

People are welcome to enter their best recipe and be a contestant in the oyster cook-off or just enjoy a day of wonderful food, refreshments and music, according to organizers. The actual cook-off will start at noon Jan. 14 and judging starts at 3 pm. All forms of oysters will be available to taste: raw, steamed and fried. Other food items and refreshments will be available for purchase, as well

For more information, visit www.salty-florida.com.

‘Young People’s Concert’

Montgomery’s Capitol Sounds Concert Band will present a “Young People’s Concert” for free Jan. 14 at 3 p.m. at Sidney Lanier High School Auditorium in Montgomery. The Capitol Sounds Concert Band will highlight the performance with “Peter and the Wolf,” composed by Sergei Prokofiev and narrated by Josh Ninke. In

addition, the Capitol Sounds will perform “African Celebration,” composed by Justin Harden. There will also be a music instrument “petting zoo” display in the lobby of the auditorium before the concert, according to organizers.

For more information, visit capitol-sounds.org/.

Harlem Globetrotters

The Harlem Globetrotters will visit Montgomery Jan. 18 at 7 p.m. at the Garrett Coliseum. Organizers said the star-studded roster will have fans on the edge of their seats to witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages. New this season, the Globetrotters will debut basketball’s first 4-point line. The 4-point line will be located 30 feet from the basket.

Tickets range from \$15 - \$100 and are available by calling the box office at 1-800-745-3000. For more information, call 334-356-6866 or visit www.facebook.com/events/306728063040589/.

For more about the Original Harlem Globetrotter’s and the team’s 2017 tour, visit <http://www.harlemglobetrotters.com/>.

‘Because of Winn-Dixie’

Montgomery’s Alabama Shakespeare Festival will host its production of “Because of Winn-Dixie” Jan. 27-Feb. 12. Based on the novel by Kate DiCamillo,

the new musical by Tony-winning “Spring Awakening” songwriter Duncan Sheik and Tony-nominated “Legally Blonde” lyricist Nell Benjamin, is based on the children’s book of the same title, according to organizers. The story is about a dog who brings new life and hope into a family as Opal Buloni and her preacher father settle in a new Southern town full of quirky characters. The production is recommended for ages 9 and older.

Ticket prices vary based on play, date and availability of seating. Show times and ticket purchasing are available at www.asf.net/Plays-and-Shows/2016-2017-Season/Because-of-Winn-Dixie.aspx

For more information, call 334-271-5353.

Theatre in the Mind

The Alabama Shakespeare Festival will host its free Theatre in the Mind series on various Saturdays now through May 6 from noon to 1 p.m. The series is designed to help people gain new insights into ASF productions through the acclaimed Theatre in the Mind and Bard Talk lecture discussions. Designed around the plays ASF presents each season, people can participate in free pre-show discussions with authors, cast members, designers and directors. The discussions are hosted by Dr. Susan Willis, ASF’s resident dramaturge.

Schedule: Feb. 4 – Because of Winn-Dixie; Feb. 18 –The Two Gentlemen of Vero-

na; March 11 –Sherlock Holmes; March 25 –Dauphin Island; and April 22 –The Tempest; and May 6 – Rep Actor’s Discussion (after matinee) and Narrated Changeover.

Theatre in the Mind is free and open to the public. Reservations are not required – people may pick up their tickets at the box office counter just before each lecture. People do not need to be a ticket holder to that day’s performance to attend the lecture.

For more information, call 334-271-5353, or visit www.asf.net/Education/Theatre-in-the-Mind.aspx.

Strides for Scholars 5K

Panama City, Florida, will host its Strides for Scholars 5K walk, run and fun run Feb. 11 from 7 a.m. to noon at the Bay Education Foundation at 1311 Balboa Avenue. The event is designed to promote fitness and fellowship among supporters of education and to raise funds to benefit the Take Stock In Children scholarship and mentoring program for local kids, according to organizers. The 5K begins at 8 a.m. with the fun run immediately following. The awards brunch immediately follows the fun run. Preregistration and race packet pickup will take place from 3-5 p.m. Feb. 10 at 1311 Balboa Avenue. On-site registration will take place Feb. 11 beginning at 7 a.m.

To register or get more information, visit <http://www.bayartsevents.com/event/strides-for-scholars-5k/>.

MEET THE FIRST MEDAL OF HONOR RECIPIENT: Army Pvt. Jacob Parrott

By **Katie Lange**
Defense Media Activity

WASHINGTON — It's finally 2017, and DoDLive is about to start what will hopefully be a great new year.

On DoDLive, at <http://www.dodlive.mil/>, the staff is starting a new weekly series called "Medal of Honor Monday," in which it highlights one of the nearly 3,500 Medal of Honor recipients who have earned the honor of wearing the United States military's highest medal for valor.

The Medal of Honor was first authorized by Congress in December 1861 specifically for the Department of the Navy, but within two months it was adapted for Army recipients, as well. The medal is now bestowed on individuals serving in any branch of the armed forces who have performed a personal act of valor above and beyond the call of duty in action against an enemy force. There are currently three variations of the medal.

Since January is the first month of the year, DoDLive is going to

highlight some of the "firsts" this month. So, it's fitting to start with the very first recipient to ever receive the medal: Army Pvt. Jacob Parrott.

PVT. JACOB PARROTT

Parrott was born on July 17, 1843, in Fairfield County, Ohio. He enlisted in the Army as part of Company K, 33rd Ohio Voluntary Infantry, during the Civil War.

In April 1862, Parrot and nearly two-dozen other volunteers were given orders to go deep into enemy territory, and destroy bridges and railroad tracks between Chattanooga, Tennessee, and Atlanta. Once they reached the Atlanta area, the Union Soldiers hopped on a train heading north.

When the train stopped at Big Shanty, Georgia, the passengers and crew got off for breakfast, but the raiders stayed on and began their covert mission by uncoupling the engine, fuel car and three box-cars, and steaming out of the station.

The raiders gained a little bit of distance and were able to damage

a few bridges, but it wasn't long before Confederate soldiers got a hold of another train and were hot on their trail. The Union Soldiers uncoupled more of the stolen cars to slow their pursuers, but the move was to little effect.

Eventually, the train ran out of fuel near the Georgia-Tennessee border, and all of the Union Soldiers tried to get away on foot. They were all captured, including Parrott.

Parrott was eventually returned to the Union in a prisoner exchange in March 1863. For his part in the raid, he was awarded the very first Medal of Honor that same month, with five of his comrades receiving the same distinction shortly thereafter.

So, that's the story of the very first Medal of Honor recipient.

In the more than 150 years since then, 3,498 service members of all different backgrounds and branches have earned the medal, including 88 African-Americans, 59 Hispanic-Americans, 33 Asian-Americans and 32 Native Americans. Only one woman has re-

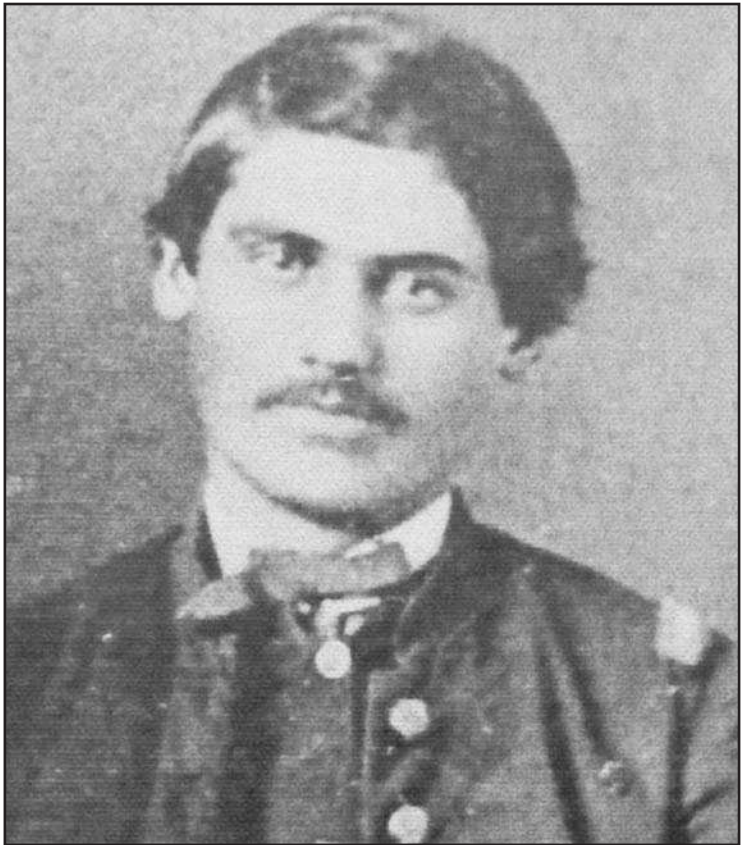


PHOTO BY JIM GARAMONE

Medal of Honor recipient Army Pvt. Jacob Parrott.

ceived the distinction, while nine Just 19 people have achieved the unknown Soldiers have earned it. rare distinction of earning it twice.

OPERATION TOY DROP STICKS LANDING

Soldiers continue 19 years of bringing cheer to children

By **Spc. Tynisha Daniel**
Fort Bragg Public Affairs

FORT BRAGG, N.C. — Every year, U.S. and international service members conduct a joint airborne operation that provides toys to children who might otherwise not have any waiting for them under their tree on Christmas morning.

Founded by Sgt. 1st Class Randy Oler in 1998, the Operation Toy Drop is also an annual training exercise that prepares Soldiers to support the military in theaters of operation around the world. Each December at Fort Bragg, U.S. and foreign paratroopers gather to conduct the charitable training and airborne operation.

In the years since the event's founding, more than 100,000 toys have been donated.

"[The operation] requires that Soldiers use their basic Soldier's skills and functional abilities to remain combat ready," said Maj. Gen. Daniel Ammerman, commanding general, Army Civil Affairs and Psychological Operations Command (Airborne).

The operation combines the efforts of active and Reserve support units of the Army and Air Force with those of foreign jumpmasters and civilian service organizations. It is an opportunity for U.S. Soldiers to train side-by-side with foreign partners, while also expanding their own experience and knowledge in airborne operations.

It is the largest annual combined joint training and airborne operation in the military, according to Ammerman.

"I have been a part of Operation Toy Drop since its inception with Randy [the founder]. We were friends for many years," said retired Air Force Master Sgt. William B. Wellbrock.

Even after Oler's passing in 2004, Operation Toy Drop has continued, thanks to the efforts of his family, friends and



PHOTO BY STAFF SGT. ALEX MANNE

Members of the U.S. Army Parachute Team, the Black Knights, the U.S. Army Special Operations Command Parachute Team, The Black Daggers and Dutch Jumpmasters conduct a military free fall airborne operation from a C-27 during Operation Toy Drop at Camp Mackall, N.C., Dec. 10.

the military. The operation is now in its 19th iteration.

"There are highlights in your military career where you work with great people," Wellbrock said. "One of my highlights was meeting Randy and working with him on Operation Toy Drop."

Contrary to popular belief, jumpmasters and paratroopers don't actually drop the toys when jumping from aircraft. Instead, they turn in their donated toys and receive lottery tickets. A Soldier whose ticket number is selected is then given the opportunity to jump. Some Soldiers stand in line with their toys for nearly 12 hours before the event in the hopes of receiving a lucky ticket.

The Soldiers, civilians, and family members who are assigned to USACAPOC(A) say they take great pride in the planning that goes into executing the event.

This year Sgt. Jesse Michel, 319th Airborne Field Artillery Regiment, Fort Bragg, North Carolina was among the first Soldiers to stand in line for the lottery ticket. It was his fifth year participating.

"As a child, my family [relied on] organizations like this, and I feel that it is my responsibility to give back to the community the way they have me," he said.

"I enjoy knowing I am helping those who are less fortunate."



PHOTO BY SGT. DARRYL MONTGOMERY

Soldiers drop off toys for Operation Toy Drop XIX Dec. 9 at Green Ramp at Fort Bragg, N.C.

DOD initiates outreach efforts on discharges, military records



DOD GRAPHIC

Defense Media Activity
Staff Report

WASHINGTON — The Defense Department announced Dec. 30 a renewed effort to ensure veterans are aware of the opportunity to have their discharges and military records reviewed, according to a DOD news release.

Through enhanced public outreach; engagement with veterans' service organizations, military service organizations and other outside groups; as well as direct outreach to individual veterans, the department encourages all veterans who believe they have experienced an error or injustice to request relief from their service's Board for Correction of Military/Naval Records or Discharge Review Board, the

release said.

With Friday's announcement, the department is reaffirming its intention to review and potentially upgrade the discharge status of all individuals who are eligible and who apply, the release said.

Additionally, all veterans, VSOs, MSOs and other interested organizations are invited to offer feedback on their experiences with the BCM/NR or DRB processes, including how the policies and processes can be improved, the release said.

In the past few years, the department has issued guidance for consideration of post-traumatic stress disorder, as well as the repealed "Don't Ask, Don't Tell" policy and its predecessor policies, the release said. Additionally, supplemental guidance for

separations involving victims of sexual assault is currently being considered.

The department is reviewing and consolidating all of the related policies to reinforce the department's commitment to ensuring fair and equitable review of separations for all veterans, the release said.

Whether the discharge or other correction is the result of PTSD, sexual orientation, sexual assault, or some other consideration, the department is committed to rectifying errors or injustices and treating all veterans with dignity and respect.

Veterans are encouraged to apply for review if they desire a correction to their service record or believe their discharge was unjust, erroneous, or warrants an upgrade.

REHEARSAL

13,000 service members to support 58th presidential inauguration

By C. Todd Lopez
Army News Service

WASHINGTON — The still relatively short-staffed Joint Task Force-National Capital Region hosted a rehearsal of concept drill Dec. 14 to demonstrate the roles the members will perform Jan. 20 during the 58th presidential inauguration.

Using a 60-by-40-foot map of the nation's capital, spread out on the floor of the D.C. Armory, Army Master Sgt. Aaron Lovely walked journalists and other guests through the plans for the inauguration, detailing the various roles military elements would play during the event.

"Across the Potomac River, we have the Pentagon north parking lot," he said as he walked across the floor map and gestured downward to the image of the Department of Defense headquarters. The location, he explained, will play host to the largest number of participants on inauguration day.

"In addition to [hosting] the joint service men and women who make up the military cordon, the 1,500-person formation who will stand shoulder-to-shoulder across Pennsylvania Ave," he said, "[the location] will also be the starting point for both the civilian and military participants in the parade."

The senior enlisted inauguration planner for the task force, Lovely also serves as a tuba player in the Army band "Pershing's Own." The upcoming presidential inauguration will be the fourth one he has played a role in, though it's his first time as the task force's senior enlisted planner.

He considers it an honor. Every day, he said, it's exciting to get up and go to work.

"Normally, I'm in an Army environment, but this is a joint-service environment," he said. "Our sister services and the teammates I get to work with are stellar, and I enjoy the product we're able to put together in preparation for whatever the Presidential Inaugural Committee is going to ask us to do."

When inauguration day rolls around, about 13,000 military personnel will be on hand to provide support. That number will include about 7,000 active-duty military personnel and 8,000 National Guard members from more than 40 states and territories — some as far away as Guam. The inauguration will involve the participation of all five military services.

This year active-duty personnel will provide support in musical units, marching bands, color guards, salute batteries, and hon-

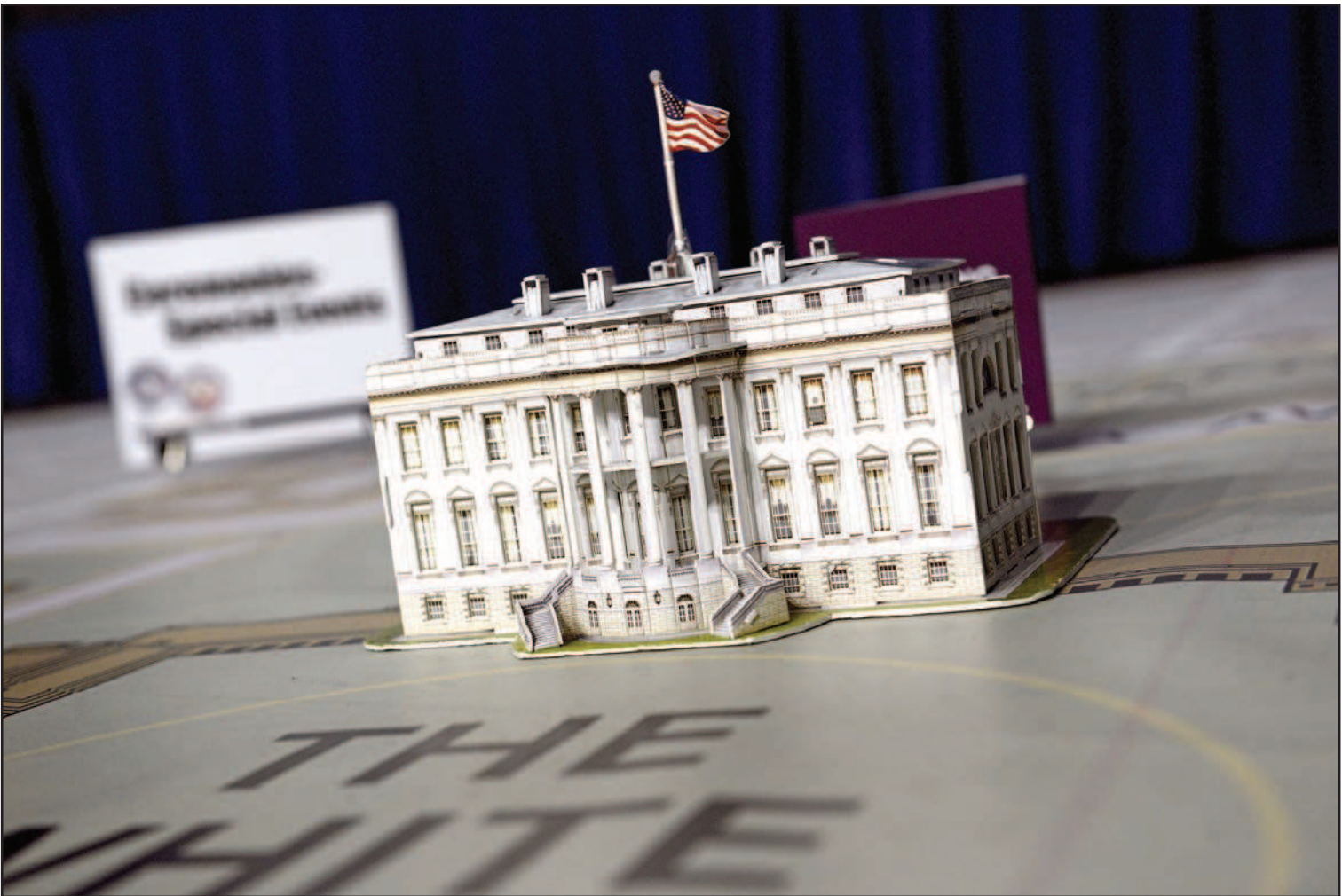


PHOTO BY C. TODD LOPEZ

A model of the White House sits atop a 60-by-40-foot map, used during a ceremonial rehearsal of concept drill at the D.C. National Guard Armory in Washington, Dec. 14.

or cordons, said Maj. Gen. Bradley A. Becker, commander, Joint Task Force-National Capital Region.

"Along with orchestrating the ceremonial aspects of the inauguration," Becker said, "Our [task force] provides substantial assistance to the Presidential Inauguration Committee, the Joint Congressional Committee on Inaugural Ceremonies, and the U.S. Secret Service, as well as other federal, state and local agencies, to ensure a safe and secure environment."

Maj. Gen. Errol R. Schwartz, commander, District of Columbia National Guard, said the guardsmen, many of whom come from military police and secretary forces backgrounds, will provide support to local law enforcement. They will provide crowd control and security assistance to the Metropolitan Police Department, the Capitol Police and the U.S. Park Service Police.

According to Schwartz, the Guardsmen will be deputized by the Metropolitan Police Department before going on duty during the inauguration. But it will be local law enforcement who will be calling the shots.

"If something goes bad, it's up to the law-enforcement agency to make the first move," Schwartz said. "We look forward to having a peaceful transition of power on the 20th of January. And we will continue to work with our state and interagency partners to make sure that we have a peaceful tran-



PHOTO BY SPC. LERIN WYNN

Master Sgt. Aaron Lovely, senior enlisted planner, Joint Task Force-National Capital Region, introduces the subject matter experts involved in inaugural planning and execution during the ceremonial rehearsal.

sition of power."

The Guardsmen working with local police to keep order the streets in D.C., Schwartz said, will not be armed. Neither will the active-duty personnel.

THE UNKNOWNs

The U.S. military has participated in every inauguration since the very first one, which took place April 30, 1789. Even with that long history and tradition, Soldiers and organizers will nonetheless have to adapt to a number of unknowns when the event finally plays out in January.

Among them will be the weather. Depending on the conditions that day, it's possible, however unlikely, that the inauguration could take place without any outdoor events at all, Becker said.

Becker expects to know early that morning, around 4:30 a.m., whether outdoor events will proceed as scheduled. He will then issue orders to ensure all participants are wearing the appropriate uniforms.

Schwartz expressed some concern for Guardsmen who are traveling from warmer areas like Guam and the U.S.

Virgin Islands.

"My concern is that they find their cold-weather gear before they get here," he said. "But we make sure all of our service members have all of the equipment they need, whatever weather may come at us."

Also currently unknown are the wishes of the president-elect himself. Ultimately, how the events of inauguration day play out will be determined largely by the Presidential Inaugural Committee. And that committee takes its marching orders from the incoming president.

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)

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MILESTONE
DARPA provides state-of-the-art bionic arms to Walter Reed
Story on Page D3

JANUARY 5, 2017

GET MOTIVATED

Class, equipment variety to help Fort Rucker keep fit in 2017

By Nathan Pfau
Army Flier Staff Writer

For many, a new year means new resolutions, and making new fitness goals for the year is one resolution many find difficult to stick to.

That's why Fort Rucker provides a whole host of fitness programs, as well as facilities full of fitness equipment to help people meet their fitness goals, according to Lynn Avila, Fort Rucker fitness programs coordinator.

The installation offers two fitness centers – Fort Rucker Physical Fitness Center and Fortenberry-Colton Physical Fitness Center – that people can utilize to get their workouts on, which feature a myriad of classes and equipment at each, including jogging track, racquetball courts and a rock climbing wall, just to name a few.

If people are finding it difficult to jump into their fitness resolutions, Fortenberry-Colton PFC offers its Resolution Execution Jan. 19 at 10 a.m. and 4 p.m., said Avila. Each session is a four-hour cardio marathon featuring a different instructor and different class every 30 minutes.



PHOTO BY NATHAN PFAU

Participants of the 2015 Resolution Execution use resistance bands during their Strong Bodies workout at Fortenberry-Colton Physical Fitness Center.

This is a great way for people to be able to sample all the classes offered at the fitness centers, including spin, Tabata, Strong Bodies, Insane Abs, cardio and more, said the fitness coordinator. There will also be prize drawings for participants that include T-shirts, water bottles, and gift cards for personal training and group fitness classes.

People aren't required to stay for the entire duration of the class, but those who endure all four hours of fitness will get the chance to win a free month of unlimited group fitness classes, which Avila said is a perfect way to get into and stick to a new fitness resolution.

People often make resolutions and lose the drive to push on only

weeks into the new year, said the fitness coordinator, and that's due to the fact that fitness resolutions shouldn't be made lightly, as they are not just a change in some routines, but a change in lifestyle.

"This should be a life change, not just something to do to lose weight for a few days or weeks," she said. "When it comes to fitness and health, every positive

change is a life-long change."

When people do decide to make the change, one big mistake people often make is taking too much on at one time, said the fitness coordinator.

"Making too many changes at one time can set someone up for failure, so people should attempt to make small changes each week that will eventually lead to a new, healthier lifestyle," she said.

In order for people to better stick to their resolutions, Avila suggests that they start off slow with little changes to their regimen with just a few changes at a time.

"Attempt one new change a week and when it comes to the gym, don't jump in with five days a week," she said. "Start off slow, maybe three days a week, and add days as it fits your needs."

Fitness doesn't just start and end with working out, said Avila, but includes changes in eating habits, as well.

"Diet is very important in any fitness goal," she said. "You should make a conscious effort to drink more water instead of sugary drinks, and then next you

SEE MOTIVATED, PAGE D3

LEADING THE WAY

NCO at forefront of Army's Zika vaccine research

By Martha C. Koester
NCO Journal

FORT BLISS, Texas – When Sgt. Christopher A. Springer received orders to report to the Walter Reed Army Institute of Research in Silver Spring, Maryland, all he knew of his impending assignment was that he would be working in a medical laboratory.

But Springer soon learned that, because of the rapid spread of Zika, he would be among the first military personnel in the country taking part in the U.S. Army's efforts to control the mosquito-borne virus.

Recognizing the threat of Zika to its service members in the outbreak zones of North and South America and Southeast Asia, the Army was moving quickly to develop a vaccine at the Department of Defense's largest biomedical research laboratory.

Zika is a flavivirus similar to yellow fever, dengue and Japanese encephalitis. Flaviviruses are the field of expertise at the institute, which dates back to 1893.

Springer was soon immersed in lab work with his other colleagues at WRAIR. He and another colleague routinely handled the majority of lab work on the Zika virus, running tests, producing paperwork and sharing the results, along with performing other essential lab duties.

Within a few months at WRAIR, the Zika purified

SEE RESEARCH, PAGE D3

Army wins Heart of Dallas Bowl

By West Point Sports
Staff Report

DALLAS – The Army's West Point football team defeated North Texas 38-31 in overtime Dec. 27 to win the Zaxby's Heart of Dallas Bowl.

The victory marked Army's first bowl win since 2010 and the first time the Black Knights reached eight wins since the 1996 season.

Army closed out the year with three straight victories, including an iconic win in Baltimore over rival Navy Dec. 10.

The game in the Cotton Bowl stadium was much different from the team's earlier meeting with North Texas back on Oct. 22, in which the Black Knights turned the ball over a season-high seven times.

Army controlled much of the opening two periods, but a late rally from North Texas pulled the Mean Green to within 24-21 at halftime.

A 65-yard run to the goal line by quarterback Ahmad Bradshaw put the Black Knights ahead 31-21, but North Texas soon answered with their own TD.

Heading into the final quarter, Army maintained a slim 31-28 edge, until with 28 seconds remaining, North



PHOTO BY MICHELLE EBERHART

The Army West Point football team defeated North Texas during Zaxby's Heart of Dallas Bowl Dec. 27.

Texas kicked a tying field goal from 37 yards out to send the game into overtime.

Army started with the ball first in the extra period and worked it all the way to the North Texas 3-yard line. With 4th-and-goal looming, head coach Jeff Monken opted to "go big or go home" and sent his offensive unit back out on the field.

On the ensuing play, Jordan Asberry broke free and finished off what would be the game's final score to hand the Black Knights a 38-31 advantage.

North Texas gained four yards on its first play of overtime but never went past the line of scrimmage again. Jeremy Timpf tackled Jeffery Wilson for a 3-yard loss on the next play before two failed passes sealed Army's win.

PIGSKIN PICKS



Oakland vs. Houston

Detroit vs. Seattle

Miami vs. Pittsburgh

N.Y. Giants vs. Green Bay



David Agan
PAO
(64-41)



Col. Tom von Eschenbach
CDID Director
(57-48)



Jim Hughes
PAO
(62-43)

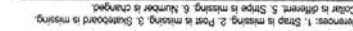


Capt. Jason Jordan
6th MP
(54-51)



Capt. Mike Simmons
DPS
(63-42)





DARPA provides state-of-the-art bionic arms

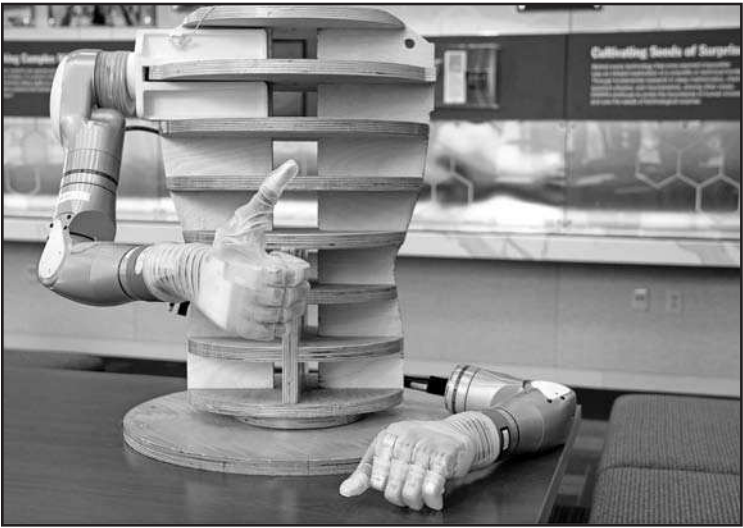
By Cheryl Pellerin
Defense Media Activity

WASHINGTON — The Defense Advanced Research Projects Agency is making available to military amputees the first production versions of a groundbreaking upper-limb prosthesis, according to a DARPA press release.

Dr. Justin Sanchez, director of DARPA's Biological Technologies Office, delivered the first two advanced "LUKE" arms from a new production line during a ceremony Dec. 22 – evidence that the fast-track DARPA research effort has completed its transition into a commercial enterprise, DARPA officials said.

The ceremony took place at Walter Reed National Military Medical Center in Bethesda, Maryland.

"The commercial production and availability of these remarkable arms for patients mark a major milestone in the [DARPA] Revolutionizing Prosthetics program and, most importantly, an opportunity for our wounded warriors to enjoy a major enhancement in their quality of life,"



The first production versions of LUKE arms, a groundbreaking upper-limb prosthesis, were on display during a ceremony at Walter Reed National Military Medical Center in Bethesda, Md., Dec. 22.

Sanchez said, "and we are not stopping here."

The RP program is supporting initial production of the bionic arms and is making progress restoring upper-arm control, he added.

"Ultimately we envision these limbs providing even greater dexterity and highly refined sensory experiences by connecting them directly to users' peripheral and

central nervous systems," Sanchez said.

ARMS FOR SERVICE MEMBERS

As part of the production transition process, DARPA is collaborating with Walter Reed to make the bionic arms available to service members and veterans who are rehabilitating after suffering upper-limb loss, DARPA says.

LUKE stands for "life under kinetic evolution" but is also a passing reference to the limb that Luke Skywalker wore in "Star Wars: Episode V - The Empire Strikes Back."

The limbs are being manufactured by Mobius Bionics LLC, of Manchester, New Hampshire, a company created to market the technology developed by DEKA Integrated Solutions Corp., also of Manchester, under DARPA's Revolutionizing Prosthetics program.

The prosthetic system allows for dexterous arm and hand movement with grip force feedback through a simple intuitive control system, DARPA says.

The modular battery-powered limb is near-natural size and weight. Its hand has six user-chosen grips and an arm that allows for simultaneous control of multiple joints using inputs that include wireless signals generated by innovative sensors worn on a user's feet.

REVOLUTIONIZING PROSTHETICS

The technology that pow-

ers prosthetic legs has advanced steadily over the past two decades, but prosthetic arms and hands are a tougher challenge, in part, because of the need for greater degrees of dexterity, DARPA says.

When the LUKE arm first went into development, people who had lost upper limbs had to use a relatively primitive split-hook device that hadn't changed much since it was introduced in 1912.

DARPA launched the Revolutionizing Prosthetics program with a goal of getting U.S. Food and Drug Administration approval for an advanced electromechanical prosthetic upper limb with near-natural control that enhances independence and improves the quality of life for amputees. LUKE received FDA approval fewer than eight years after the effort began, DARPA says.

Under a recently finalized agreement between DARPA and Walter Reed, DARPA will transfer LUKE arms from an initial production run to the medical center for prescription to patients. Mobius Bionics will train the Walter Reed staff to fit, service and support the arms.

Motivated

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might try a new salad for lunch instead of having your regular burger – take it in steps."

As with many activities, fulfilling one's fitness goals can seem easier to take on with a partner, but one who is motivated to push you harder, said the fitness programs coordinator.

"A partner can give you accountability

to meet and make sure you're sticking to a program and new changes," she said. "It can be fun and even a little competitive."

Additionally, the Fort Rucker physical fitness centers offer classes with instructors to help people stay motivated. Taking a class can be a great way to help meet fitness goals with other like-minded people looking to maintain similar goals, she added.

When getting into the routine of work-

ing out, Avila said that many people can hit a plateau where they feel they stop seeing results, and when people get to that point, the last thing they should do is give up or get discouraged.

"Always check your diet if you hit a plateau and make sure you're not over training," she said. "This is also where a personal trainer can be beneficial in a training program."

Avila said that a personal trainer may be

able to offer new approaches to a workout that people might not have thought to do before. Workouts can also become repetitive and lose their fun factor, and that's where fitness classes can also come in handy to switch things up and keep workouts interesting, she said, but encourages people to stick with their resolutions to meet their fitness goals.

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

Research

Continued from Page D1

inactivated vaccine was successfully created and Springer, a lab technician, had played a contributing role in the vaccine's development.

"I had my suspicions when I got here and saw I would be working in vaccine development," Springer said. "I definitely felt like there would be some good opportunities here, but I had no idea that something like this could ever happen."

Springer has a bachelor of science in criminal justice from Sam Houston State University in Huntsville, Texas, and an associate's degree in health science laboratory technology from George Washington University in Washington, D.C.

WRAIR LEADS THE WAY

Earlier this fall, human trials began at WRAIR, where 75 healthy adults were vaccinated with the Zika Purified Inactivat-

ed Vaccine. The technology used to create the vaccine mirrors the process WRAIR undertook to produce its Japanese encephalitis vaccine, which was licensed in 2009.

"We have a lot of really young Soldiers here at WRAIR, and this will be the most unusual assignment they will ever have in the Army because we are not a troop unit," said Col. Nelson Michael, director of WRAIR's Military HIV Research Program and Zika program co-lead. "We're not a hospital unit, either. We're something else – they come here, and they are exposed to science."

Both Michael's and Springer's laboratories are just a small sliver of an institute of 2,000 personnel, many of whom work in far-flung locations in Africa and Asia, Michael said.

"[For the Soldiers,] WRAIR is basically a combination between being at the Army University and an Army company," Michael

said. "We don't do basic science for its own sake. We do a lot of very good basic science, but we do it always so we can eventually propel a scientific discovery into the field, something that protects Soldiers."

WRAIR's in-house capabilities are credited with enabling scientists to quickly develop a vaccine. The Pilot Bioproduction Facility, led by Dr. Kenneth Eckels, manufactures small doses of the vaccine to be used in clinical studies.

ZIKA'S EMERGENCE

Zika was first identified in Uganda in 1947. In recent years, researchers who tracked the Zika infection through WRAIR laboratories in Thailand realized the infectious disease was beginning to emerge, Michael said.

"Much like Ebola was an epidemic of disease as well as an epidemic of fear, Zika is an epidemic of disease as well as an epidemic of fear," Michael said.

"Zika is new and frightening [to the public], especially if you are about to become pregnant or you are pregnant."

As of Nov. 30, according to the Centers for Disease Control and Prevention, 156 cases of Zika infection were confirmed in the military health system, including cases among four pregnant service members and one pregnant Family member.

The CDC recommends that women and men who are returning from Zika-affected areas abstain from sex or use condoms for six months, an increase over the previously recommended eight weeks.

"There has been at least one documented case of a Soldier who was infected with Zika overseas, came home, had sex with his wife and transmitted it," Michael said. "Zika has some twists to it – [such as] the fact that it can be transmitted sexually, because usually when you think of a disease that was borne

by mosquitoes you think, 'Make sure you don't get bitten by a mosquito.' Now, you have got to be thinking about something else."

Though the disease has been around a long time, scientists knew little about it until very recently, Michael said. Infection during pregnancy has been found to cause birth defects, with one infected person in 4,000 developing a serious complication called transverse myelitis, or Guillain-Barré Syndrome.

"Basically what it means is your muscles stop working, your sensations stop working, and it comes up in your lower extremities," Michael said. "If it goes high enough, you stop breathing."

"For all these reasons," he added, "sexual transmission, the rare but finite chance of a developing neurological disease if you are an adult, and the fact that we don't have a vaccine for it – this is why we all jumped on it."

FORT RUCKER SPORTS BRIEFS

Spring soccer registration

Parents can register their children for spring soccer through Jan. 15. All interested participants must have a current sports physical and a valid child, youth and school services registration. Children must meet the age requirements by July 31, 2016. Cost is \$25 for youth ages 4-5 years and \$45 for youth ages 6-14. Additional children will receive a percentage discount to be determined at parent central services during registration. Parents who use Webtrac to register their children should call 255-9638 to let the staff know what size shirt and shorts to order for the children. Practice will begin around Jan. 30 and the season will begin Feb. 13. There will be a parents meeting Jan. 25 at 6 p.m. in Bldg. 2800, the youth center, on Seventh Avenue.

To register, visit parent central services or use Webtrac. For more information, call 255-9638 or 255-2254.

Biggest Buck Contest

Fort Rucker Outdoor Recreation continues its Big Buck Contest through Feb. 10 during daylight hours. Entry fee is \$25 per person and the contest is open to the public. Participants must be registered before harvesting their buck – bucks 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.

Resolution Execution

Fortenberry-Colton Physical Fitness Center will help people jump start their New Year's resolutions Jan. 19 with one of its two four-hour Resolution Execution sessions. Sessions are available at 10 a.m. or 4 p.m. and cost \$3.50 or one card punch.

Each session is a four-hour cardio marathon session with a different teacher and different class every 30 minutes. Sample all classes and instructors, including spin, tabata, strong bodies, insane abs, HIIT, cardio and more. There will also be periodic prize drawings for participants. Prizes include: race T-shirts, water bottles, and gift cards for personal training and group fitness classes. Participants do not have to stay for the entire class, but must be present to win prizes. People who stay for all four hours of fitness will earn a chance to win a free month of unlimited group fitness classes. Fruit and water will be available for participants. Resolution Execution will be open to authorized patrons. For more information, call 255-3794.

Lifeguard training course

A lifeguard training course will be held at the Fort Rucker Physical Fitness Center Jan. 20 from

4-7 p.m., Jan. 21-22 from 8 a.m. to 5 p.m. and Jan. 28-29 from 8 a.m. to 5 p.m. The course is open to patrons ages 15 and up, and costs \$125 for military ID card holders and \$150 for members of the general public. There will be a prerequisite test on the first day that people must be passed to enter the course. People can register at the front desk of the Fort Rucker PFC. The cutoff for registration is three days prior to the course start date. Class may be cancelled if minimum enrollment is not met. Candidates who take the training program through are also eligible for employment with Fort Rucker Morale, Welfare and Recreation. All candidates who apply after successful completion of the training program will have 50 percent of their training fees reimbursed to them at the end of the 2017 summer season – must work through Labor Day.

For more information on how to apply, call 255-9162.

PUZZLE ANSWERS

Super Crossword

Answers

DUSTON	MTHOPE	SNACKED
SPARTA	ARMOUR	LALANNE
VICIOUS	RUMORS	AWAREOF
PERONS	EARN	ALLO
INTL	UNITED	STATESFLAG
TEHEE	RITZ	PIE
STRANGE	BIRD	LOGSTP
ASE	DANUBE	NOSUCHCOR
EASTERN	DAYLIGHT	TIME
RONDOS	REATAS	ONME
APIAN	RABBIT	FURCATIN
MINN	EELERS	ALLIES
MAJOR	LEAGUE	BASEBALL
ETA	HOLIST	OPINES
LAP	DES	OIS
PATROL	PLANE	
EDS	ICEES	SOTTO
FALSE	ACCUSATIONS	BEEN
EDIT	HUAC	NAIADS
EMBARGO	THINGS	THATFLY
DIRTY	TIER	RENNET
IDEATE	BARBRA	

Weekly SUDOKU

Answer

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

TRIVIA

Answers

- Abundance of iron oxide
- Swift foot
- Okefenokee
- Medicines that dilate blood vessels
- 1867
- Benny Goodman
- Papyrus
- Bullwhip
- The Ides of March
- A clutch

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2.5 S!
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