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# ARMY FLYER

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

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FORT RUCKER ★ ALABAMA

JANUARY 19, 2017

## KEEPING DREAM ALIVE

### Post honors Martin Luther King Jr.'s legacy

By Nathan Pfau  
Army Flier Staff Writer

Dr. Martin Luther King Jr.'s dream was one of equality for all, and Fort Rucker honored his service and sacrifice with hopes to keep that dream alive.

The Dr. Martin Luther King Jr. Commemorative Program was held at the post theater Jan. 12 where hundreds came together to honor and celebrate the life and legacy of King with the theme, "One Nation United: Keep the Dream Alive."

"Today, we are here in order to continue our efforts to see Dr. King's dream become a reality," said Col. Shannon T. Miller, Fort Rucker garrison commander, during the ceremony. "It's only through our unified efforts that we can better identify and challenge those barriers that inhibit the inclusion of all people from accessing the great opportunities that we have here in America."

"If you take a look around this theater, you will see a very diverse group, but what can't be seen amongst this crowd is that we all share a common desire for liberty and freedom — to pursue fulfillment and success not only for ourselves, but for our families and our communities," she con-

tinued. "This shared desire is far stronger than a focus on our differences, and can do more to bring us together and unify us as a people."

Throughout the program, scriptures were read and songs were sung in honor of King, and retired Command Sgt. Maj. James W. Harris Sr., former Fort Rucker Equal Employment Opportunity officer, was on hand to talk about what King's teachings meant to him.

Harris spoke about King's connection to God, his commitment to the cause and that the seeds were sown through his efforts that allowed future generations to "reap the harvest" of equality.

"Throughout his life, Dr. King was arrested some 30 times, and not because he was a bad person, but because he wanted to stand up and get the nation to live out the creed that all men are created equal. All he wanted to do was get the rights that had been promised to the citizens," he said.

"Dr. King remained committed to non-violence and he remained committed to what he believed in ... and he went to his grave living what he believe," Harris continued. "By the time Dr. King delivered his 'I've Been to the Mountaintop' speech the night before he was assassinated in April



PHOTO BY NATHAN PFAU

Retired Command Sgt. Maj. James W. Harris Sr., former Fort Rucker Equal Employment Opportunity officer, speaks during the Martin Luther King Jr. Commemorative Program at the post theater Jan. 12.

1968, it was obvious that he was ready and willing to die for the greater cause of humanity."

He spoke of the struggles that those before had to endure and the reason for

King's fight, a struggle that still goes on to this day, he said, but because of the seeds sown by King, things have changed over the years.

It's because of those years of commitment that King put into fighting for a cause that he believed by applying principles of love and nonviolence that the nation has become a better place to live, added Miller.

"This day represents a call to duty for all of us to join and continue the effort by making a positive impact on our community by standing up for the liberties for all," said the garrison commander. "Dr. King valued service to others and encouraged people to give back to people in service to their community. I encourage you during this new year to keep Dr. King's dream alive and join the effort to make us one nation united."

"Shame on all of us if we let this dream die," said Harris. "We must keep the dream alive by letting the dream live in us. We must be our best selves by helping others and by modeling the kind of behavior that we would like to see in others. If we will heed the theme of this celebration and live out the dream of Dr. King, this will be a wonderful world with beautiful people."



TELL ME A STORY



PHOTO BY NATHAN PFAU

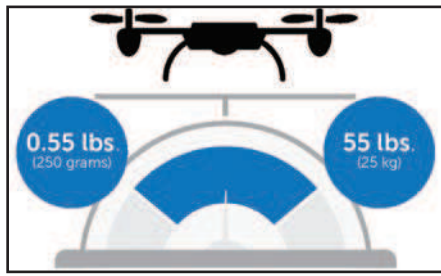
LEFT: Victoria Van Vechten, military family member, rushes to catch a parachute that was dropped after the Tell Me A Story event at the U.S. Army Aviation Museum Tuesday. ABOVE: Maj. Gen. William K. Gayler, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, reads the story "Mercedes and the Chocolate Pilot" to families.

## FAA requires UAS to be registered

By Nathan Pfau  
Army Flier Staff Writer

After the holiday season, many people received recreational unmanned aircraft systems as gifts, and although these devices are seen as toys to many, the Department of Transportation's Federal Aviation Administration sees them as potential hazards if not operated responsibly.

According to a regulation that went into effect last year, owners of small UAS weighing more than 0.55 pounds and less than 55 pounds, including payloads such as on-board cameras, are required to register their devices with the FAA as a means of safety, according to the FAA's



FAA GRAPHIC

website, [www.faa.gov/uas/](http://www.faa.gov/uas/).

"Make no mistake: unmanned aircraft enthusiasts are Aviators and with that title comes a great deal of responsibility," said U.S. Transportation Secretary Anthony Foxx in a press release

SEE UAS, PAGE A5

## Officials explain solicitation dos, don'ts

By Nathan Pfau  
Army Flier Staff Writer

Fort Rucker is a valuable resource for many local businesses, but those looking to solicit on post are reminded to go through the proper channels to do so.

Solicitation, as it pertains to Fort Rucker, is any business that is regularly coming on the installation for business transactions, which includes multi-level marketing companies, such as Mary Kay or Avon, according to Julia Gillhouse, Directorate of Family, Morale, Welfare and Recreation management analyst, and in order for people to solicit their business on post, the proper permits must be obtained.

"For people to be able to solicit on post, people need to fill out the solicitation application, in addition to several other things that may be required," she said. "It varies depending on each applicant."



COURTESY GRAPHIC

"For example, those who live on the installation need to apply through their resident neighborhood office for written approval from Corvias Military Housing before getting approval through us," said the management analyst. "If you're

SEE SOLICITATION, PAGE A5



# PERSPECTIVE

## TAKE A BREATH

*Shift into slow gear to lose extra weight this year*

By **Claudia Drum**  
Army Public Health Center  
Registered Dietitian

**ABERDEEN PROVING GROUND, Md.** — Thanks to our jam-packed schedules and laptop lunches, more and more of us are gulping down our meals in record time.

According to an article in the “Journal of the American Dietetic Association,” the “Road Runner” eating style can disrupt chemical signals of fullness, which may lead to overeating and obesity.

If you shovel in bite-after-bite in rapid succession, you can pack in a lot of extra calories during the 15-20 minutes that it takes for your stomach to tell your brain that you are full. On the other hand, when you eat slowly and stay focused on your food (how it looks, tastes, smells and feels in your mouth), you are more likely to listen to your body and stop eating when you feel satisfied rather than overeating to the point that you feel uncomfortably full.

This year, resolve to downshift during mealtime to help you eat less and shed those extra pounds. Consider these techniques to help you slow down and enjoy your food more, but eat less.

- Start your meal hungry, but not starving. Starting a meal when you’re ravenous increases the likelihood that you’ll wolf down your food. Have a small, high-protein/high-fiber snack, e.g., a fresh apple and a piece of string cheese or a handful of veggie sticks with 1-2 tablespoons of hummus, between your meals to avoid being overly hungry at mealtime.
- Use smaller dinnerware. We eat 92 percent of what is on our plates. Use a nine-inch plate and smaller bowls and glasses to help you effortlessly



PHOTO BY CHRISTINA GRABER

Soldiers run during the winter months.

- serve yourself less and take in fewer calories.
- Turn off the screen. Tune in to your meal. Sit in a location away from digital distractions like phones, computer tablets, TV, etc. When your attention is diverted by other activities, you may not notice how fast – or how much – you are eating.
- Go green. Load up half your plate with fruits and veggies. Fruits and veggies, especially fresh, take longer to eat, and they are loaded with vitamins, minerals, water and fiber, which will help you fill up without weighing you down.
- Follow these steps and take a breather.

1. Take a small bite of food.
2. Place your utensil on the table or plate and release it from your hand. If you’re eating hand-held food such as pizza, sandwiches, bagels or cookies, take one bite and then put the rest of your food down while you chew.

3. Chew your food thoroughly and pay attention to its taste and texture.
4. Swallow what is in your mouth before preparing the next bite.
5. Sip your beverage and take a deep breath. Use this moment to check-in with yourself and note your feelings of fullness.

Repeat steps 1-5 with each bite of food.

- Aim for a 6 on a scale of 1-10, where 1 is starving and 10 is stuffed, aim for a 6 – just satisfied or just starting to feel full. When you’re at a 6, stop eating and immediately ask for a “to-go box” if you’re dining out, or push yourself away from the table if you’re at home. Gauge your fullness by how you feel, not by how much food is left on your plate.
- Dim the lights and listen to some jazz at meal time. Researchers from Cornell University discovered that diners who ate in a more relaxing atmosphere (softer music and mood lighting) not only ate less, but also rated their food as more enjoyable.
- Be mindful and less mindless. Time your meals with a watch or kitchen timer until you get used to the slower pace, and consider meditating on a routine basis. Meditation can help you eat less by helping you feel more calm and centered. It may also help relieve anxiety, depression and stress, as well as improve your memory.

Use the new year to find the right balance during your meals and to enjoy your meals (and maybe even shed some extra pounds). Learn more about how to control your weight through healthy sleep, activity and nutrition.

## Rotor Wash

“The Fort Rucker Tax Center opens its doors Jan. 30 and offers free, professional tax help for Soldiers and families. Do you prefer to do your taxes yourself or have them professionally done and why?”



**Mimosa Whiting,**  
military spouse

“I have a professional do them and that’s because we own multiple properties. It’s just easier and it’s worth the payment to not have to worry about (everything).”



**Allen Probert,**  
retired military

“My wife has always done our taxes. She’s done them for the last 22 years. She’s probably smarter than most people I know, so she’s very, very capable.”



**W01 Christopher**  
**Harvey, B Co.,**  
**1st Bn., 145th**  
**Avn. Regt.**

“I like to do them myself online. It saves money and I prefer to do it myself.”



**W02 Martin Tucker,**  
**B Co., 1st Bn.,**  
**145th Avn. Regt.**

“I prefer to do them myself through a help service because I have more visibility on all the details and I know what’s going on with my money.”



**Lenae Falcone,**  
military spouse

“We have really complicated taxes, so we (use a tax service), so if they screw something up it’s on them.”

### COMMAND

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FORT RUCKER COMMANDING GENERAL

**Col. Shannon T. Miller**  
FORT RUCKER GARRISON COMMANDER

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# YUCK IT UP

## Comedians set to bring the laughter at Comedy Live

By Nathan Pfau  
Army Flier Staff Writer

Many people consider laughter as the best medicine, and people can start their new year off by tickling their funny bone at an upcoming Fort Rucker event.

The Directorate of Family, Morale, Welfare and Recreation's ever-popular Comedy Live show returns to The Landing Jan. 27 at 8 p.m. where people can yuck it up with a night of fun and laughter, according to Aida Stallings, Fort Rucker special events coordinator.

The show will feature an opening act by Caleb Garrett, followed by headliner Mike Paramore. Both comedians have the comedy chops to keep people in stitches throughout the night, said Stallings.

Garrett began his comedic career two years ago at open mic nights in Tuscaloosa and has performed at numerous venues throughout the southeast, said Stallings. He's helped support and grow Tuscaloosa's



LEFT: Caleb Garrett, opening act. RIGHT: Mike Paramore, headliner.

official comedy scene, and has opened for Southern Mama at the Bama Theater in Tuscaloosa.



COURTESY PHOTOS

Paramore's comedic style comes from his natural ability to infuse everyday situations with energetic, uplifting humor, according

to his website, [www.mikeparamore.com](http://www.mikeparamore.com). He's opened for comedians such as Damon Wayans, Jon Lovitz and Jay Pharoah. He was also a finalist in the 2014 World Series of Comedy in Las Vegas, winner of the 2015 Cleveland Comedy Festival, winner of the 2016 Laughing Devil Festival in New York City and was also a featured comedian on Fox's hit show, "Laughs."

Stallings said people can come out and enjoy a night of clean, funny comedy, and with nearly 20 comedy shows under DFM-WR's belt, people won't be disappointed.

Advanced tickets can be purchased at the discounted price of \$12 until Jan. 26 at The Landing, MWR Central, and Coffee Zones in Bldg. 5700 and Lyster Army Health Clinic. After Jan. 26, the price for tickets will increase to \$16. People also have the option to purchase a VIP table near the stage for \$150, which can seat a group of 10. The show is open to the public and is intended for audiences ages 18 and older.

For more information, call 255-9810.

## Bonuses, incentives to retain Soldiers amid push for million-strong force

By Sean Kimmons  
Army News Service

FORT GEORGE G. MEADE, Md. — With the total Army tasked to expand by 28,000 troops this year, the service hopes to retain quality Soldiers with incentives, such as cash bonuses up to \$10,000 for extensions, the Army's top enlisted member said Jan. 12.

"We need Soldiers to stay in the Army," Sgt. Maj. of the Army Daniel A. Dailey said during a town hall meeting at the Defense Information School. "If you're on the fence [and you plan to get out this year], go see your career counselor. I guarantee you that they have some good news."

The National Defense Authorization Act for fiscal year 2017 recently raised the Army's end strength to just over 1 million Soldiers for all components. Initial proposals had the entire Army slated to draw down to 980,000 by the end of this year. The NDAA increased the active force by 16,000 to an end strength of 476,000 and also bumped the reserve component by 12,000.

The troop surge would represent the Army's largest yearly increase without using a draft or stop-loss involuntary extension and will double its annual retention mission, according to Dailey.

"We're not in a drawdown anymore — we're in an increase situ-

ation," he said. "The Army is going to get bigger."

Soldiers who decide to extend their service for 12 months may receive the cash bonus, up to \$10,000, depending on their military occupational specialty, time in service and re-enlistment eligibility, he added.

Choice of duty location, stabilization at duty stations, chances to extend service rather than re-enlist, and incentives such as schools are other ways the Army hopes to retain its own. Assignment and training options vary by MOS.

"There are some very creative things we're going to do to stimulate all of that," he said. "The important thing Soldiers need to know is to ensure they talk to their career counselors. They are the experts at the unit level who can tailor options based on a Soldier's specific situation and MOS."

Dailey also highlighted readiness, as the Army transitions from an emphasis on counter-insurgency to full-spectrum operations, which will require an adaptable, well-trained, and ready force. Currently, more than 180,000 Soldiers are serving in no fewer than 140 nations around the globe.

Education benefits for enlisted Soldiers are also improving, he said, with "huge systematic changes" to the NCO professional development system, ongoing



PHOTO BY SGT. JOSE A. TORRES JR.

Sgt. Maj. of the Army Daniel A. Dailey listens to questions asked by public affairs NCOs during a town hall meeting at the Defense Information School at Fort George G. Meade, Md., Jan. 12.

reviews of common core for all career fields, and possible expansion of tuition assistance.

"We need to change the dynamic in how we train and educate our Soldiers," Dailey said.

Military training, he said, can help Soldiers obtain college degrees through the Army University's credentialing program.

Under the NDAA, Congress has authorized the Army to pay for credentials that translate to a civilian occupation as long as it relates to an MOS, a Soldier's regular duties, and during a Soldier's transition out of the Army.

"We have permission to pay for

your credentials for the job you do in the Army," he said. "That's not a bad deal."

The Credentialing Opportunities On-Line program also informs Soldiers how to use their military training toward certificates and licenses required for civilian professions, such as electrician, plumber, welder, and many other jobs.

In addition, the Army is working toward letting Soldiers use tuition assistance to pay for these certificates and licenses, Dailey said.

These efforts, he said, will allow Soldiers to thrive in the civilian

sector once they leave the service.

"We have a responsibility to prepare you for that, just like we prepare you for war," he said. "Simultaneously, by doing that we're making you a better Soldier."

These changes may also convince many Soldiers to keep serving or even persuade potential recruits to sign up.

"It sends a perception across America that we value people," Dailey said. "We want to stay at a competitive level and make sure that we get the right people to join."

"It's a reinvestment in the all-volunteer force of the future."

## News Briefs

### Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Friday 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.

### AER scholarships

Army Emergency Relief is accepting applications for its 2017-2018 scholarship program at [www.aerhq.org](http://www.aerhq.org). Scholarship opportunities are available for spouses and children registered in the Defense Eligibility Enrollment System who are pursuing their first undergraduate degree or certificate at an accredited college or university. Additional eligibility criteria can be found on the above website. Within a 50 mile radius of Fort Rucker, 71 recipients received scholarships for the 2016-2017 school year. Seventeen spouses received a total of \$27,500.00 — average of \$1617.65 — and 54 children received a total of \$120,600 — average of \$2233.33.

For more information, call 255-2341.

### CID career opps

People interested in becoming a Criminal Investigation Command special agent should visit [www.cid.army.mil](http://www.cid.army.mil) or call the Fort Rucker CID office at 255-3108.

### 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.

### Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend. Retirees are also encouraged to apply for one of the open positions on the council.

For more information, call 255-9124.

### 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.

### Alcoholics Anonymous meets

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

### Thrift shop

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

tax deductible.

For more information, call 255-9595.

### Military pay briefing

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

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

### 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 @Lyster-AHC.

### Chapel's Wednesday Night Alive

The Fort Rucker Religious Support Of-

fice 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.

### 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.



# Soldiers dress rehearse for 58th presidential inauguration

By David Vergun  
Army News Service

WASHINGTON — About 5,000 service members participated in the 58th Presidential Inauguration dress rehearsal Jan. 15. The route stretched along Pennsylvania Avenue from the Capitol to the White House and beyond.

Personnel in musical units, marching bands, color guards, salute batteries and honor cordons practiced rendering appropriate ceremonial honors to the upcoming commander in chief. The actual inauguration takes place Friday.

“Everything went great!” said Air Force Tech. Sgt. Chris Bevins, a spokesman for Joint Task Force-National Capital Region. “It’s amazing to see a joint team of more than 5,000 military members come together to execute ceremonial support to the incoming president.

“We have these rehearsals to exercise movements, logistics, timing and cues so everything is seamless for Inauguration Day,” he added. “This is a great tradition that goes back over 225 years. As with any of the mili-

tary’s great traditions, we want everything to be perfect, and that’s why we practice.”

## ROLE OF JTF-NCR

The JTF-NCR’s role in the inauguration is primarily ceremonial.

Because the Presidential Inaugural Committee was not formed until after the November election, JTF-NCR provided invaluable assistance to the PIC by collecting applications from prospective parade participants. It provides planning and logistical support to the parade, and coordinated ceremonial participation by military units months before the election took place.

Civilian law enforcement officers are responsible for the safety and security of all personnel during the inaugural events. The primary agency for security for the inauguration is the U.S. Secret Service.

The U.S. military has participated in this important American tradition since April 30, 1789, when members of the U.S. Army, local militia units and Revolutionary War veterans escorted George Washington to his first inauguration ceremony at



PHOTO BY DAVID VERGUN

**Soldiers march down Pennsylvania Avenue in Washington Sunday in a dress rehearsal for the presidential inauguration.**

Federal Hall in New York City.

The first organized parade occurred in 1809, at the inauguration of President James Madison. A troop of cavalry from Washington escorted him to the Capitol and he sat in review of nine companies of militia. Future inaugurations saw these military escorts become increasingly elaborate.

The Department of Defense, in the early 1950s, established what was then called the Armed Forces Inaugural Committee. The first inaugural parade supported by AFIC – President Dwight Eisenhower’s in 1953 – lasted four hours, thirty-two minutes and remains the longest inaugural parade to date.

It was also the largest parade,

with 73 bands, 59 floats, horses, elephants, and civilian and military vehicles.

The only parade known to be canceled as a result of bad weather was President Ronald Reagan’s second in 1985, when frigid temperatures made the situation dangerous. His first parade holds the record for the warmest inauguration day.

# MEET YOUR ARMY

## Major moving mountains in preparation for inauguration

By Don Wagner  
Army News Service

FORT MEADE, Md. — While the Oath of Office, the Inaugural Parade and an array of dinners, balls and receptions have America’s attention, a military task force will be working behind the scenes to sustain the flow of inaugural events.

Army Reserve Maj. Beatriz Florez is the supply and services chief for the Joint Task Force-National Capital Region, which is supporting the 58th Presidential Inauguration. During the event, she will be on hand, overseeing food service, fleet management transportation, property management, and supply and services.

Since August, when Florez left her home unit, the 4th Sustainment Command (Expeditionary), San Antonio, Texas, she has been busy developing plans, policies, and procedures to support the inauguration.

“My job is to ensure that all 5,000 members of the [task force] are supported logistically to accomplish their mission,” she said, and that mission is the ceremonial aspect of the inauguration.

After many months of planning, Flores will supervise the collection and distribution of 13,000 meals, 26,000 bottles of water, and 5,000 comfort items such as hand and foot warmers for the military personnel taking part the inaugural activities.

She also will manage the 98 vehicles that will be used and coordinate with USO Metro, which will provide two mobile units for the screening areas, as well as 600 cots, 500 cones, 500 sandbags and various other supplies and equipment.

“She continues to impress as she spearheads the inaugural food service planning effort, filling the food service officer shortfall, ensuring a seamless transition,” said Cdr. Lillian A. Abuan, deputy J/G4, U.S. Northern Command, JFHQ-NCR/MDW at Fort McNair, Virginia. “Major Florez is clearly setting a new standard for excellence within the J4.”

## PASSION FOR SERVICE

Despite her busy schedule, Florez has also found time to serve the veteran community in Washington, D.C., specifically the Women Veterans United Committee, an organization that ensures the needs of women veterans are met.

“I have a passion for service,” Florez said. “I believe in serving others and being involved in the community.”

Recently, Florez was invited to serve as one of the special guest speakers at the Housing and Urban Development Annual Veterans Ceremony, Abuan said. The organization is dedicated to providing shelter for homeless veterans and homeownership support to military veterans.

In October, Florez also provided opening remarks at the Fort Belvoir Hispanic Heritage Observance and was the special guest speaker at the Women Veterans United Committee luncheon in Bowie, Maryland.



PHOTO BY SGT JOSE A. TORRES JR.

**Maj. Beatriz Florez is a member of the Joint Task Force-National Capital Region in support of the 58th Presidential Inauguration, which will take place Friday.**

## ANSWERING THE CALL

Florez said she decided to join the military when she was just a junior in high school.

“I was in my first-period English class when I saw the news reports of the attacks on 9/11,” she remembered. “It was in that moment that I resolved that I wanted to serve in the United States military. I had a calling to serve.”

She contracted with the ROTC program in 2004 out of the University of Texas-Pan American and enlisted in the Simultaneous Membership Program, which made her a member of the Army Reserve. She commissioned in 2006 as a second lieutenant in the Army Reserve as a quartermaster officer.

Her first job in the Army was as a platoon leader for the 961st Quartermaster Company in McAllen, Texas, a water purification and distribution unit. As a first lieutenant, she was a petroleum officer for the 143rd Sustainment Command (Expeditionary) and deployed to Afghanistan as the theater petroleum officer.

She went on to complete the Quartermaster Basic Officer Leadership Course and Multilogistics Captain’s Career Course, Petroleum and Water Officer Course in 2008 at Fort Lee, Virginia, where she was the honor graduate. She completed the Inspector General Course in 2014 at Fort Belvoir, Virginia.

## PERSONAL VALUES

“I believe the keys to good leadership are having the right combination of attributes, abilities and skills,” Florez said. “A good leader ... should have the ability to inspire others, build leaders, communicate effectively, make decisions, and manage resources.”

Florez believes all the Army Values are important, but she considers Army value of honor to be essential. “By definition, honor is living up to all the Army values,”

she said.

Her most significant achievement during her service, she said, is the success of the Soldiers whom she has led and mentored. But Florez admitted the Army is not for everyone.

“It takes a special person to serve,” Florez said. “It is my experience that the sacrifices you make as a member of the Army are worth it.”

Florez wants someday to become a brigade commander for a sustainment brigade. Her short-term goals are to become a battalion executive officer, brigade S3, and battalion commander.

“My old battalion command sergeant major used to have a quote about the keys to being a successful leader,” she said.

“And I have adopted and modified that quote to say, ‘Attack issues – not people. Be value added, create solutions, and develop future leaders.’”

Joining the military, she said, was one of the smartest decisions she ever made.

“The values and ethos that I live by and the knowledge, skills, and abilities that I have developed because of the military are a large part of who I am and the success I have had,” Florez said.

## HOMETOWN

Florez was born in McAllen, Texas, a small but developed city in the Rio Grande Valley. She still considers McAllen her home. (She currently resides in Weslaco, Texas.) Florez is the youngest of five and the only one in her extended family serving in the military.

“I came from very humble beginnings and grew up in a single-parent household in a neighborhood that had gang activity,” Florez said. “Despite the challenges, we all grew up to be successful, happy individuals and maintain very close relationships.”

In her spare time, she plays the violin and enjoys working out, dancing Latin-style dances, and reading books. The person she admires the most is her mother, a Mexican immigrant who arrived in the United States at 11 years old with a third-grade education.

“She faced many challenges and obstacles, but was able to overcome them and raise five well-rounded children,” Florez said. “Her sacrifice, resilience, hard work, loyalty, integrity, and dedication are an inspiration to me. She has modeled what it takes to be a strong, independent woman.”

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III PATRIOTS DAY - R	Mon-Fri: 7:00 & 9:30 Sat & Sun: 1:45, 4:15, 7:00 & 9:30





DOD GRAPHIC

# DOD opens online AAFES shopping to veterans

**Defense Media Activity**  
Staff Report

WASHINGTON – The Defense Department announced Friday that veterans will soon be able to shop online at military exchanges.

The policy change will extend limited online military exchange shopping privileges to all honorably discharged veterans of the military, DOD officials said in a news release.

The shopping benefit will be effective this Veterans Day, Nov. 11.

While shopping privileges exclude the purchase of uniforms, alcohol and tobacco products, it includes the Exchange Services' dynamic online retail environment known so well to service members and their families, the release said. The change follows careful analysis, coordination and strong public support, officials said in the release.

"We are excited to provide these benefits to honorably discharged veterans to recognize their service and welcome them home

to their military family," said Peter Levine, performing the duties for the undersecretary of defense for personnel and readiness.

"In addition, this initiative represents a low-risk, low-cost opportunity to help fund morale, welfare and recreation programs in support of service members' and their families' quality of life. And it's just the right thing to do," Levine added.

The online benefit will also strengthen the exchanges' online businesses to better serve current patrons. Inclusion of honorably discharged veterans would conservatively double the exchanges' online presence, according to DOD officials, thereby improving the experience for all patrons through improved vendor terms, more competitive merchandise assortments and improved efficiencies.

"As a nation, we are grateful for the contributions of our service members," Levine said. "Offering this lifetime online benefit is one small, tangible way the nation can say, 'Thank you' to those who served with honor."

## UAS

*Continued from Page A1*

last year. "Registration gives us an opportunity to work with these users to operate their unmanned aircraft safely. I'm excited to welcome these new Aviators into the culture of safety and responsibility that defines American innovation."

Under the rule, any owner of a small UAS who has previously operated an unmanned aircraft exclusively as a model aircraft prior must be registered, according to the release, and all owners must register their device before their first flight outdoors.

People can register their devices at [www.faa.gov/uas/registration](http://www.faa.gov/uas/registration).

In addition to the registration requirements, the FAA issued new small UAS rules (Part 107), including all pilot and operating rules, which went into effect Aug. 29 of last year. These rules include operational limitations, remote pilot-in-command certification and responsibilities, aircraft requirements and model aircrafts.

A full list of the rules as they pertain to each segment can be found at [www.faa.gov/uas/media/Part\\_107\\_Summary.pdf](http://www.faa.gov/uas/media/Part_107_Summary.pdf).

Registrants must provide their name, home address

and email address, and upon completion will be provided with a Certificate of Aircraft Registration/Proof of Ownership that will include an identification number for the UAS owner, which must be marked on the aircraft. Owners only have to register once and can use the same ID number for all of the UAS devices, and each registration is valid for three years.

In addition to having their aircraft registered, Fort Rucker hobbyist UAS Aviators must also go through additional processes in order to fly their model aircraft on the installation or any of the outlying stagefields.

Anyone wishing to fly their model aircraft or other UAS on Fort Rucker must be a member of a Fort Rucker-approved RC model aircraft flying club that has primary responsibility for RC operations at the subject stagefield or locations, according to U.S. Army Aviation Center of Excellence Regulation 95-2.

The RC model aircraft flying clubs responsible for the various stagefields are the Wiregrass Radio Control Club for Hunt Stagefield and Brown Stagefield as a backup site; and the Southern Radio Control Flyers Club for Toth Stagefield.

Also, membership in the Academy of Model Aeronautics, the national organization for the operation of RC model aircraft, is required by both RC clubs, as well as the Directorate of Morale, Welfare and Recreation.

According to the regulation, no RC model aircraft operations are allowed when the stagefield towers are in operation or while any full-scale aircraft are present, whether temporarily or permanently parked.

For more information, call 255-9331.

As a means of safety, people should always fly below 400 feet and always fly within visual line of sight, according to the FAA. Never fly over groups of people or over stadiums and sports events, and people should also never fly within 5 miles of an airport without first contacting air traffic control and airport authorities.

When operating their UAS, people should also remember to stay clear of emergency response efforts, such as fires or accidents, and never fly their UAS devices near other aircraft. Those piloting these devices should familiarize themselves with FAA airspace requirements, which can be found at [www.faa.gov/go/uastfr](http://www.faa.gov/go/uastfr).

## Solicitation

*Continued from Page A1*

Department of the Army civilian or active-duty military, you must acquire an outside employment memo through your chain of command, in addition to other permissions."

Although solicitation is allowed on post if the proper permits are obtained, door-to-door solicitation is strictly prohibited.

All solicitation must be by appointment only and must not be during duty hours, said Gillhouse, adding that if a person who has a solicitation permit is found violating the rules and policies, it's possible that their permit can be revoked.

Additionally, solicitation may not be conducted en masse – group or captive audiences – and any literature pertaining to a business may not be distributed throughout the installation, which includes flyers and business cards, except to the person approved solicitors have a scheduled appointment with.

For a full list of rules regarding solicitation and contact information, visit [www.rucker.armymwr.com/us/rucker/programs/post-solicitation](http://www.rucker.armymwr.com/us/rucker/programs/post-solicitation).

[rucker.armymwr.com/us/rucker/programs/post-solicitation](http://www.rucker.armymwr.com/us/rucker/programs/post-solicitation).

"If someone files a complaint against (a solicitor), I'd reach out to the individual and let them know that a complaint was filed against them and issue them a warning," said the management analyst.

"If a person has gone through the process and are approved, but don't follow the process, they can have their permit revoked," said Donna Clancy, DFMWR operations officer, adding that the rules are in place to help protect residents on the installation.

"This is in place to protect our Soldiers and families as far who is permitted to conduct business on the installation," she said. "This helps ensure that people can't just come onto the installation and solicit without going through the proper approvals and process."

Gillhouse said since the issuing of permits varies with each individual, people with questions pertaining to what they are able to do should just ask. For more information, call 255-9331 or 255-3711.

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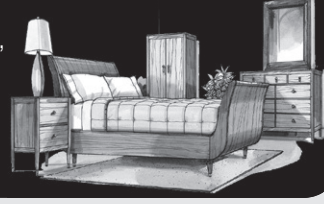
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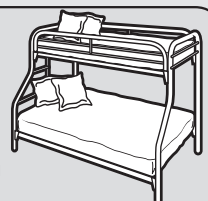


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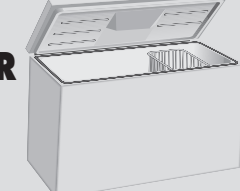
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**1765 COUNTY ROAD 505, ELBA ~ \$50,000:** A little bit country, but this 2BR/2BA home is hand-capped accessible. Situated on approx. 1/2 an acre, there is some fencing, a couple of outside buildings with storage on the sides. Central heat & air, but there are also wall space heaters in almost all rooms. Family room with a bay window, inside laundry & back door out to the yard. Screened porch to enjoy those warmer days. **EVELYN HITCH 334-406-3436.** **MLS# 20162282**

**new LISTING**

**200 DEER RUN ~ \$210,000:** Beautifully updated home in popular Gateway Estates. Split bedrooms, fresh paint, all new flooring, new appliances & granite countertops. New mirrors in bathrooms & some new light fixtures. Totally move-in ready with a lovely view of the lake from the sunroom. Great family or retirement home. Just drive through the neighborhood & you'll want to call it home. Don't let this one slip away! **JAN SAWYER 334-406-2393.** **MLS# 20162314**

**new LISTING**

**106 BLACKHAWK ~ \$107,900:** NEW ROOF JUST INSTALLED! This is a really well maintained & cozy 3BR/2BA with a wood burning fireplace, galley kitchen & bay window in the dining area. The 3 bedrooms 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. Gutters. Move-in ready. Seller is a licensed AL REALTOR. **JAN SAWYER 334-406-2393.** **MLS# 20170002**

**RUCKER BLVD ~ \$480,000:** Prime 60+ acres with road frontage on Rucker Blvd. Level & gently rolling land ideal for development. Home & Butler building located at 4221 Rucker Blvd. available separately. **JAN SAWYER 334-406-2393 & SAM HELMS 334-798-3357.** **MLS# 20162324**

**new LISTING**

**205 JASMINE CIRCLE ~ \$157,250 UNDER CONSTRUCTION:** Tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft. Rucker. Security system, carpet & tile floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, sprinkler system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom & fence across back property line. (Poplar Place Plan) Owner is licensed residential home builder & REALTOR in the State of Alabama. **BILLY COTTER CONSTRUCTION, INC. 334-347-2600.** **MLS# 20170019**

**new LISTING**

**125 GRAYTON ~ \$370,000:** 3,260+ SF, 5BR/4.5BA in the highly sought after Cotton Creek neighborhood. Perfect Family Home! Split floor plan with large, open living room, 4BR/2BA on main floor, 1BR/1BA suite with bonus room upstairs for teenagers or in-laws. Huge chef's kitchen with large island, granite countertops, eat-in area & separate dining room. Large fenced-in yard boasts a beautiful saltwater pool, surround sound inside & out, separate pool storage room AND bathroom with shower. Detached 2-story garage/workshop. **CHERYL PICCININI 334-390-9612.** **MLS# 20170013**

**new LISTING**

**98 SOUTHERN ~ \$259,500:** Plan for summer now so you can enjoy this great saltwater pool. Pergola covered patio for extra outdoor living space. Freshly painted interior walls & cabinets & exterior. Orange peel ceilings. Bamboo flooring in sitting area of master bedroom area. Master bath area has door leading to pool area for ease. Close to Ft. Rucker & just minutes to Dothan or Downtown Enterprise. Polaris pool pump, motor for pool pump, pool salt cell system all replaced in 2015. Pergola & garage door in 2013. Double sided fence. **SHAWN REEVES 334-475-6405.** **MLS# 20170017**

**new LISTING**

**118 LEIGH, DALEVILLE ~ \$154,900:** Great location. Enjoy all the modern conveniences in this updated home. Backyard has natural views. There is an extra storage area in the rear of the garage & a detached workshop with electricity. 4th bedroom is huge & could be a den if buyer only needs 3 bedrooms. **ROBIN FOY 334-388-4410.** **MLS# 20170018**

**new LISTING**

**114 PALM ~ \$79,900:** Not the typical Enterprise town home floor plan. Owner has taken really good care of this one & it's totally move-in ready. Vinyl siding & new HVAC with 10-yr warranty installed in 2013. New roof in 2015. New garage door & opener in 2016. Transferable Terminix termite bond. Washer & dryer convey. 2 walk-in closets in the master & 1 in the guest room. Large storage closet in the garage. Location is convenient to Ft. Rucker as well as US 84 & a straight shot to Dothan. No HOA. **JAN SAWYER 334-406-2393.** **MLS# 20170031**

**new LISTING**

**3719 HIGHWAY 27 ~ \$125,000:** Immaculate 3BR/2BA located minutes from downtown Enterprise. The functional galley kitchen & dining area are located right off the family room allowing nice flow out to the patio & huge backyard for outdoor entertaining. There is plenty of room for a pool, garden or whatever you may want. 3BR/2BA are located at the other end which has worked really well for this young family. Extra parking pad & a turn-around pad, too! You won't find another home in this price range in such good condition. **JAN SAWYER 334-406-2393.** **MLS# 20170021**

**new LISTING**

**610 WEST LEE ~ \$124,900:** Beautifully maintained home in the heart of Historic Enterprise. This 3BR/2BA home boasts 2,343+ SF, 2-car attached carport, laundry room, formal dining room, dining area with deck access, deck overlooks large, 39+ acre yard with mature landscaping. Home also has a large, finished basement with AC/heating, above grade windows & outside access. Property is in great shape, just needs some cosmetic updating. This home oozes Southern Charm right down to the iconic porch. Home Warranty Offered. **CHERYL PICCININI 334-390-9612 & THERESA HERNANDEZ 334-379-5537.** **MLS# 20170022**

**new LISTING**

**79 CLAYBANK, ARIFTON ~ \$15,000:** Great location & absolutely beautiful setting on .91+ acres, convenient to recreation park, wooded setting. Lot is plug & play, asphalt driveway, city water & sewer, septic tank on property, security light & electric. There is a dwelling/manufactured home on the property & the infrastructure for such. No value is placed on this dwelling. Buyer assumes responsibility for removal or rehab of dwelling. Perfect setup & home site for a manufactured home; everything you need is already there. **CHERYL PICCININI 334-390-9612.** **MLS# 20170029**

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**114 PALM ~ \$79,900:** Not the typical Enterprise town home floor plan. Owner has taken really good care of this one & it's totally move-in ready. Vinyl siding & new HVAC with 10-yr warranty installed in 2013. New roof in 2015. New garage door & opener in 2016. Transferable Terminix termite bond. Washer & dryer convey. 2 walk-in closets in the master & 1 in the guest room. Large storage closet in the garage. Location is convenient to Ft. Rucker as well as US 84 & a straight shot to Dothan. No HOA. **JAN SAWYER 334-406-2393.** **MLS# 20170031**

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**156 WOODMERE:** Great starter home priced right & in good condition. New siding, new paint, new French doors to privacy fenced backyard. One oversized bedroom upstairs with double vanity, walk-in closet & separate tub & commode. Hall bath for 2nd bedroom & 1/2 bath downstairs in laundry room. All appliances remain with this unit to include washer & dryer, microwave hood, stove, refrigerator, dishwasher & garbage disposal. **EVELYN HITCH 406-3436**

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**209 SAVANNAH:** Build your dream home. Each lot in Southern Winds has at least one Magnolia tree on lot. Sidewalks throughout community. Charming street lights add character. HOA Fees currently at \$300/year. Owner is related to listing agent. Other lots available. Size & topography varies. Motivated Seller. **SHAWN REEVES 475-6405**

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**300 BROKEN ARROW:** Remodeled 3BR/2BA home is truly move-in ready! Granite counters in kitchen & all stainless appliances. Vaulted, beamed ceilings in living room with floor to ceiling windows & a fireplace. Lots of natural light! Huge laundry room. Separate dining room plus eat-in kitchen, this is a fantastic family home. Fully fenced, private backyard. Big 2-car garage. Great location very convenient to Ft. Rucker & all amenities in Enterprise. Seller will pay closing costs with acceptable offer! **BOB KUYKENDALL 369-8534**

**LISTED JANUARY 11 ~ \$153,000**

**Just Listed**

**366 COUNTY ROAD 15 ~ OZARK:** Beautiful ranch sitting on a big 2+ acre lot with a stocked pond. This nice house features an open floor plan with tray ceilings, nice flooring, over sized garage & more. Enjoy country living but very convenient to the city. This is a VA foreclosure to be sold as is. Alabama Right of Redemption will apply. **NANCY CAFIERO 389-1758**

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**904 ALBERTA:** What a find! Newer home in established neighborhood with extra-large lot...right at 1/2 acre in size. Fenced rear yard with double gates. House has open floor plan so you don't miss a thing. Formal dining room & dine-in kitchen. Tile in kitchen & wet areas for easy cleaning. Gas stove for the gourmet cook. Split floor plan for privacy. Master bath has double vanities & large closet. Extra-large covered patio with swing to enjoy the outdoors. Conveniently located to Publix & downtown. This is a jewel! **SHAWN REEVES 475-6405**

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**1097 COUNTY ROAD 723:** Don't miss this piece of Paradise. This 1985 3BR/2BA has been very well maintained & has everything you could want. The home has a wood burning fireplace in the living room. The eat-in kitchen opens to the family room with a stand-alone wood burning heater. A 40x40 butler building, in-ground pool, pool house, gazebo & a storage building are all located on a secluded 48 acres. Rental income from 20+ cotton & hay fields. There is a small pond, too. New roof in 2015 & new HVAC in 2016. Absolutely lovely. **JAN SAWYER 406-2393**

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**COUNTY ROAD 529 ~ NEW BROCKTON:** 49± beautiful acres ready for your cows, horses, livestock. Cleared, fenced & cross fenced. Large barn, pond & creek in rear. **PAT LEGGETT 406-7653**

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**502 VICTORIA:** 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 1/2 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 406-3436**

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JANUARY 19, 2017

# ARMY CHIEF:

## Larger force must come with training dollars

By C. Todd Lopez  
Army News Service

WASHINGTON — The Army's chief of staff has made it clear he thinks the Army needs to be bigger — that is, more Soldiers in the force.

But Gen. Mark A. Milley has also said it's imperative that growth in the end strength be paired with funding to ensure those additional Soldiers are trained and equipped.

"We do want to be bigger," Milley said Jan. 12 at a breakfast hosted by the Association of the U.S. Army. "We the Army think that our capacity needs to increase. We think our capability, the technical capability of our systems and formations needs to increase, and we think our readiness needs to increase. And we fully understand that's

an expensive proposition for the U.S. Army."

The recent National Defense Authorization Act of 2017 puts the Army at an end strength of 476,000 Soldiers by Sept. 30. Milley said it's imperative that money also be provided to ensure those Soldiers are trained and equipped.

"It's important we get the money with the people. If we just get additional people or additional end strength, but we don't have the money, then that leads you down the road to a hollow force," Milley said. "If you increase the end strength, you have to increase the money to go with the end strength to pay for the readiness."

More people would likely be put into operational units, he said, if the Army could obtain the money to keep them ready

to fight. Some, he said can go to the institutional Army, but right now combat units are undermanned.

"Units going to training sometimes are down around 80 percent or, in some cases, even lower," Milley said. "Which is not good."

He has a list of priorities for the next presidential budget. While he declined to say exactly what's on that list, he offered hints.

Air defense and ground mobility, for instance, are top priorities for the Army, he said.

And Aviation, he added, is "very vulnerable" against a near-peer threat.

"It's one thing to fight guerrillas and terrorists where you have almost exclusive freedom of the air, freedom of action of the air, but it's another thing to



PHOTO BY C. TODD LOPEZ

Milley

fight some near-peer ... threats. So, protection of our Aviation is a big deal."

There are a variety of initiatives under way to protect ro-

tary wing Aviation and extend their range, he said.

Also a priority is electronic warfare and non-traditional kinetic weapons, like rail guns and lasers, he said, though he admitted that's "years from now."

Extending the range for a variety of our firing platforms, "specifically artillery, both rocket and tube artillery" is also under consideration.

Milley has in the past publicly discussed what he sees as the inevitable future character of warfare that the Army must be prepared to fight. That includes degraded communications environments where units may be out of contact with their leadership for days or weeks at a time, and must be able to op-

SEE CHIEF, PAGE B4



BEACHED BUOY

PHOTO BY COAST GUARD PETTY OFFICER 1ST CLASS LEVI READ

A CH-47 Chinook from Joint Base Lewis-McChord, Wash., flies up the northern Oregon coast carrying a 14,000-pound buoy toward the Coast Guard base at Tongue Point in Astoria, Ore., in December. The Aviators assisted the crew of the Coast Guard Cutter Fir in recovering the beached buoy from just south of the entrance to Tillamook Bay. The buoy weighs about 14,000 pounds and was too heavy for a Coast Guard helicopter to transport.

# SNOWBIRDS

## 10th CAB preps for Atlantic Resolve mission

By Sgt. 1st Class Nathan Hutchison  
10th Mountain Division Public Affairs

FORT DRUM, N.Y. — Nearly 2,000 10th Combat Aviation Brigade Soldiers and their commander will be among the next units to bolster the U.S. presence in Europe.

"We're going to be all over Europe, joining the strong Europe team and integrating into their training plan for the next nine months," said Col. Clair A. Gill, 10th CAB commander.

"While an armor brigade is a very lethal force, and they're going to do some fantastic training with our partners on the ground, Aviation really is what I like to call that three-dimensional problem solver for the Army, the joint force and our coalitions," he added. "We move faster than they do on the ground and we shoot farther, in some cases, than some systems from the ground."

Those capabilities will be demonstrated through several different training missions scheduled throughout Europe, Gill said.

"There's a tremendous amount of training opportunities over there, with multiple nations that don't get a chance to work with Aviation," he said. "There are some countries over there that have less than a handful of aircraft, so we will have that decisive impact for them to learn how to do air-ground operations."

The other asset that Aviation brings is



PHOTOS BY SPC. THOMAS SCAGGS

A UH-60 Black Hawk pilot crosses the snowy airfield.



A crew chief prepares a CH-47 Chinook.

SEE SNOWBIRDS, PAGE B4

# UAS ON DEMAND

Army engineers demonstrate new system for 3-D printed drones

By David McNally  
Army Research Laboratory  
Public Affairs

ABERDEEN PROVING GROUND, Md. — In December, engineers from the Army Research Laboratory flight tested 3-D-printed unmanned aircraft systems created with a new on-demand system.

The demonstration, which was part of the Army Expeditionary Warrior Experiments at Fort Benning, Georgia, showcased new technology designed to provide Soldiers in the field with rapid UAS support.

"We've created a process for converting Soldier mission needs into a 3-D printed on-demand small unmanned aircraft system, or ODSUAS, as we've been calling it," explained Eric Spero, team leader and project manager.

The system allows Soldiers requiring UAS support to input their requirements into mission planning software and then receive a 3-D-printed aerial vehicle within 24 hours.

"We thought, they're not going to think that's fast enough," Spero added. "[but] the timeline ... fits right in line with the way they plan and execute their missions."

The engineers said they felt the combination of 3-D printing and UAS made for a natural technology solution.

"Everybody knows all the great things that can be done with 3-D printers," said John Gerdes, an engineer on the project. "So we figured let's assemble these two new technologies and provide a solution to Soldiers that need something right now."

In the days leading up to the demonstration, the team spent many hours flight testing and verifying the designs to ensure everything would work the way they expected.

"It was good that we didn't have any mistakes on game day," observed fellow engineer Nathan Beals. "The day before we did some test flights and worked out some kinks. I think we had the quad up to 55 miles per hour."

Based on the feedback engineers received from Army leaders, Spero said, his team plans to work on improving noise reduction, standoff distance and agility, as well as increasing the 3-D-printed drone's payload capacity.

"I'm very optimistic that most of those are achievable," Spero said. "I think the

SEE UAS, PAGE B4



PHOTO BY ANGIE DEPUYDT

The 3-D printed ODSUAS flies at speeds of up to 55 mph.



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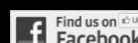
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# Chief

Continued from Page B1

erate on their own – trusted to know what the mission is, what the goals are and how to achieve them.

He said development of command and control systems are also a priority.

“The probability of us having the freedom of action in the electromagnetic spectrum that we have enjoyed for the last 15 years of war, for example, against terror-

ists, the probability of that happening against a near-peer is zero. You’re just not going to have that kind of freedom of action,” he said.

Included in systems that might be under threat as a result of near-peer competition in the electromagnetic spectrum are radios, GPS and other position, navigation and timing systems.

“All that stuff is dependent on the electromagnetic spectrum, and the electromagnetic spectrum will come

under significant stress,” he said.

The Army, he said, is moving out on ways to protect PNT systems and developing mission-command systems that are mobile, Milley said.

“We’re not going to be static against a near-peer competitor like we’ve been for the last 15 years,” he said. The Army is looking for “systems that can move, that are hardened and protected and are resilient and reliable in high-paced, fast maneuver combat operations.”



John Gerdes, an engineer with the U.S. Army Research Laboratory, explains the capabilities of the On-Demand Small Unmanned Aircraft System to Soldiers at the Army Expeditionary Warrior Experiments at Fort Benning, Ga., Dec. 1.

PHOTO BY ANGIE DEPUYDT

# UAS

Continued from Page B1

hardest one is the heavy payload.”

At the event, the engineers discovered that the Soldiers were fascinated by the 3-D printing technology, Spero said.

“Before we even started the briefing, we set up the 3-D printer in the conference room and started a print job,” Spero said.

The researchers printed a Picatinny rail, which is a bracket used to mount accessories on a small arms weapon, such as an M4 carbine. In about two and a half hours, they had a rail that fit the Soldiers’ weapons perfectly.

They asked the group of Soldiers what other kinds of 3-D printed items they could use. In a matter of hours, the team presented a variety of functional printed parts that impressed the Soldiers.

“This isn’t just about [UAS],” Spero said. “It’s about forward-deployed, 3-D printing to help the Soldier.”

The Army engineers said they will continue to collaborate with partners at the Georgia Tech’s Aerospace Systems Design Lab as they refine technologies for future Soldiers.

# Snowbirds

Continued from Page B1

essential medical evacuation for the extensive training exercises that NATO forces will conduct, he continued.

“We provide a blanket of security for Soldiers on the ground who are training, or even in a combat environ-

ment,” Gill said. “They know we’re going to get them to care.”

Members of 12th CAB are already stationed in Germany. The commander said his brigade will provide the numbers and equipment to make Aviation a true force multiplier.

“We’re really excited about getting there,” Gill said, “working with the 12th Combat Aviation Brigade, and all of the alliances and partnerships they’ve already stood up, but they just don’t have the capacity to maintain due to the number of aircraft and Soldiers currently there.”



UH-60 Black Hawks from the 2-10th Assault Helicopter Battalion, 10th CAB, prepare to depart from Fort Drum, N.Y., Jan. 9.

PHOTO BY SPC. THOMAS SCAGGS

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JANUARY 19, 2017

# PROTECTING FUTURE

## Center Library opens new youth rooms

By Nathan Pfau  
Army Flier Staff Writer

Since the advent of the Internet, libraries have struggled to remain relevant in the daily lives of avid readers, but the Center Library is doing what it can to get readers hooked on good old-fashioned books at an early age.

The Center Library hosted its grand reopening for its children's room and teen lounge areas Jan. 11 where nearly \$100,000 went into renovating the spaces to provide a place for children and teens to learn and play, according to Joseph Podles, Fort Rucker Directorate of Family, Morale, Welfare and Recreation director.

"What we defend in the Army, amongst other things, is the future of this nation," he said during the opening ceremony. "Providing for the educational wellbeing of our children is an important part of protecting that future."

The new children's room features the library's Picture Book and Early Reader collection, and also houses areas that cater to creative learning and interaction between parents and their children. The renovated room also features an original mural with well-known fairy tale, folk tale and nursery rhyme characters.

Podles said the grant was made possible as part of a "Million Dollar Makeover" program from Installation Management Command and the Army Library Program, of which the Center Library was one of only two libraries in the Atlantic Region to receive a grant.

Alicia Caverson, military spouse, brought her children out to the grand opening because she said she hopes to foster a love of reading in her children, so that they might enjoy it as much as she does.

"I think this is a great area I can bring my children to show them how great it is to read," she said. "I think books are so important for children's development and I'm glad that the library here is doing what they can to keep kids interested."

"This is also a great way to keep parents involved in their kids' lives when it comes to paying attention to the type of content they are absorbing," she continued. "It's great to be able to come out here and pick out a



PHOTOS BY NATHAN PFAU

Mayra Gonzalez, military spouse, plays with her daughter, Sofia Torres, in the Imagination Station during the grand opening of the Center Library's new children's room and teen lounge Jan. 11

I just think this whole project was money well spent."

— ALICIA CAVERSON,  
MILITARY SPOUSE

book with my child and just even spend some time up here reading with her. I just think this whole project was money well spent."

The money spent and work put into the project is all part of what DFMWR does to better the lives of Soldiers and families in the military, said Podles.

"MWR is a really tough job, but it's worth it because of days like this where we can do something new and exciting, which offers a great service to the community," said the DFMWR director. "Stuff like this doesn't just happen."

"I'd like to thank the Center Library staff members, the Directorate of Public Works, and the Army Library Program for



Samantha and Jacob Baguley, military family members, enjoy sharing stories in the newly renovated children's room during the Center Library's grand reopening Jan. 11.

making this transformation possible. Hard work and dedication bring great results, and this is a perfect example," he said.

"From the words of Laura Bush, our former first lady, 'Libraries allow children to ask questions about the world and find the an-

swers, and the wonderful thing is that once a child learns to use a library, the doors to learning are always open.'"

# TRIVIA TUESDAY

## Mother Rucker's launches weekly competition

By Jeremy Henderson  
Army Flier Staff Writer

Mother Rucker's hosts a special Trivia Tuesday Jan. 31 from 6:30-8:30 p.m.

"In addition to launching our weekly Trivia Tuesday Program, we are celebrating Mother Rucker's birthday," Kaylee Mikuteit, Mother Rucker's marketing and promotions coordinator, said. "Mother Rucker's will be giving away a free appetizer for every entrée purchased. Further, First Command Financial Services will be giving away a variety of door prizes throughout the evening."

According to Mikuteit, Trivia Night will consist of five rounds. Each round will have 10 questions. After every question is asked, the whole team can come together and discuss the answer.

Once an answer is agreed upon, the team can write it down on their answer sheet. At the end of the round, everyone's answer sheets will be graded and each team will be given a score.

The team with the highest score at the end



ARMY GRAPHIC

of each individual round will earn a Mother Rucker's gift card. Additionally, at the end of the five rounds, the team with the highest accumulated score will win a \$25 Mother Rucker's gift card. Categories will be based off general knowledge, sports, current

events, history, pop culture, movies, music, science and more, she said.

"We look forward to bringing new and exciting categories and questions to trivia night participants each week," Mikuteit said. "Further, we are always open to sug-

gestions from our participants."

Trivia Night will be held Tuesdays at Mother Rucker's from 6:30-8:30 p.m.

"We fully encourage participants to use Trivia Night as a way to enjoy company, as well as meet new people, while competing," Mikuteit said. "Play alone, ask to join a team, play with a buddy or play with up to eight people on a team."

"Trivia Night is the perfect way to get together for a couple of hours, enjoy great food and lighthearted competition while winning awesome prizes," she added. "Whether you can stay for one round, two rounds, or all five rounds, you have the ability to join the fun and compete for a prize."

According to Mikuteit, the best way to prepare for victory at Trivia Night is to build a diverse team.

"While one team mate might be a whiz in science or sports, another might be a history buff," she said. "A diverse team highlights people's different strengths, knowledge and interests."

"One of the best features of Trivia Night is that it brings people together in a fun environment," she added. "Finding common ground in a team setting is a great way to meet new people. Our vision is always to bring our customers events and programs that interest them and that they enjoy."

For more information, visit <https://rucker.armymwr.com/us/rucker>.



# ON POST

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

**Resilience training**

Army Community Service’s resilience training is designed to provide family members and civilians with the tools to better cope with and overcome adversity and challenges, as well as perform better in stressful situations. ACS officials said their goal is for students to thrive when facing life challenges – not just bounce back.

For more information on how to attend a resilience training workshop or two-day training, or to schedule resilience training for a family readiness group or staff members, call 255-3161 or 255-3735.

**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.

**Newcomers welcome**

A newcomers welcome is scheduled for Friday 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.

**Blended Retirement System Seminar**

Army Community Service’s Financial Readiness Program will present its Blended Retirement System Seminar Wednesday from 6-7 p.m. in the Soldier Service Center, Bldg. 5700, in Rm. 282. The seminar will discuss the significant changes to the current military retirement system, including how retirement pay will be calculated, continuation pay and the Thrift Savings Plan with matching government contributions. The discussion will be facilitated by ACS accredited financial counselors. Pre-registration is required by Tuesday. Free childcare is available with registration.

For more information and to register, call 255-3949 or 255-9631.

**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 “Job-seeker’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.

**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.

**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 Paramore. The event will be open to the public, 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



PHOTO BY NATHAN PFAU

## Girls Night Out

The Landing will host Girls Night Out Friday 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 2016 Girls Night Out.

for \$150 per table, with 10 seats per table.

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

**Trivia Tuesdays at Mother Rucker’s**

Mother Rucker’s will kick off a special Trivia Tuesday Jan. 31. Trivia Tuesday at Mother Rucker’s will be held Tuesdays from 6:30-8:30 p.m. The event includes food and drinks while people compete for prizes. People can play as teams or play solo. Teams can have up to eight players – winners will be announced after each round. A \$25 Mother Rucker’s Gift Card will be given out each round, along with other door prizes throughout the evening. The event is free and open to the public for ages 18 and older.

For more information, call 503-0396

**Care Team Training**

Army Community Service will hold its care team training Feb. 1 from 8:30-11:30 a.m. in Bldg. 5700, Rm. 284. As part of the care team, volunteers perform a very valuable role to both families of the fallen and injured Soldiers. This training is given to those interested in being a care team volunteer. It is designed to give an understanding of care team volunteers’ responsibilities and offers guidance on how to handle issues they are likely to face, according to ACS officials.

For more information, call 255-9578.

**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 Feb. 2. 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.

**Get Smart with Center Library**

Get Smart with Center Library’s brown bag sessions are scheduled for Thursdays in February at 11 a.m. Each session will feature a special guest who will talk about ways for people to improve their life. Topics will include ways to stay active, manage stress and practice Internet safety, according to organizers.

Schedule: stress management, Feb. 2; nutrition basics and disease prevention with Aimee McDonough, Feb. 9; getting active and enjoying it, Feb. 16; and computer safety and tips with Dr. Greg Price, Feb. 23.

For more information and to register, stop by the Center Library or call 255-3885.

**Mother Rucker’s Super Bowl Party**

Mother Rucker’s will host its Super Bowl party Feb. 5. Doors open at 4 p.m. The event

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Free Admission, Open to Public, Ages 18+

Enjoy great food, drinks, and company while competing for awesome prizes! Get your teams together or play solo if you think you've got the brain. Teams can be up to 8 players, and winners will be announced after each round.

Mother Rucker’s, Bldg. 319, Ruf Ave., (334)503-0396

rucker.armymwr.com

will feature food, drinks and door prizes. For more information, call 503-0396.

**Valentine’s Day Craft**

Center Library will host a Valentine’s craft session Feb. 7 from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is 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, stop by the Center Library or call 255-3885.

**Unromantic Poetry Night**

In honor of Valentine’s Day, Center Library will host its Unromantic Poetry Night reading contest Feb. 9 from 5:30-6:30 p.m. Winners will be decided by the audience.

All ages are welcome to bring their most unromantic poetry and participate. The event will be open to authorized patrons and be Exceptional Family Member Program friendly.

For more information, stop by the Center Library or call 255-3885.

## FORT RUCKER MOVIE SCHEDULE FOR JANUARY 19-22

**Thursday, January 19**

Monster Trucks (PG) .....7 p.m.

**Friday, January 20**

Monster Trucks (PG) .....7 p.m.

**Saturday, January 21**

Fantastic Beasts (PG-13) .....4 p.m.  
Rogue One (PG-13) .....7 p.m.

**Sunday, January 22**

Moana (PG) .....1 p.m.  
Collateral Beauty (PG-13) .....4 p.m.

TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

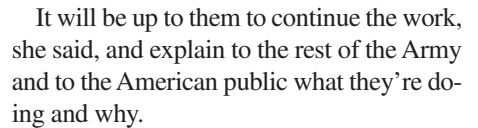


**By David Vergun**  
*Army News Service*

Fort Drum, New York, is particularly prone to wintry events that could take down the grid, she said. That installation has begun producing energy on site using biomass, an OEI initiative. The installation has put into place grid disconnect controls and has demonstrated disconnecting from the grid during a simulated ice storm. It has enough biomass fuel on site to power its internal grid for three months in the event of an outage.



Hammack feels confident that the new administration will continue her energy-resilience efforts. She cannot comprehend



**Call 347-9533 to advertise your church on this page.**



# Georgia State Parks offer winter deals

## Georgia State Parks Public Affairs Press Release

ATLANTA — Fans of Georgia’s State Parks can save on getaways and gift cards this winter season. By day, enjoy peaceful hiking trails and open vistas, and by night kick back with cozy campfires and starry skies.

### Gift Card Deals

From Friday through December 24, patrons get a \$5 gift certificate for every \$50 purchase of Georgia State Park gift cards.

Gift cards can be tucked into a stocking for later use on cabins, campsites, historic site admission, retail items, picnic shelters, boat rentals, golf fees and many other outdoor activities.

Give the card to a loved one or keep the gift certificate for yourself. The \$5 certificates are valid January 1-31, 2017; \$20 minimum must be spent. Not valid on ParkPass fees or Friends memberships.

Buy gift cards at park offices or online at GeorgiaStateParks.org/gift-card with promo code \$5GIFTCERTPROMO16. Learn more at GeorgiaStateParks.org/specials.

### Winter Yurt, Camping Retreats

Enjoy a peaceful winter wonderland while saving on your wallet. This December and January, save 50 percent on campsites and 25 percent on “glamping” yurts, Sunday through Thursday nights. Yurts are like a cross between a cabin and a tent, with furniture in-

side, a cozy fire pit outside and hot showers nearby. Yurts usually rent for \$75 to \$100 per night. Georgia State Park campsites feature water and electric hookups (some sewage hookups) and a central bathhouse. Campsites usually rent for \$25 to \$40 per night. During holiday season, many families gather at state parks to enjoy parties and reunions in group shelters.

Use promo code WinterPromo16 when booking at GeorgiaStateParks.org/reservations or calling 1-800-864-7275. For a list of participating state parks, visit GeorgiaStateParks.org/map; not valid at Crooked River, Skidaway, Reed Bingham, Fort McAllister and Laura S. Walker state parks. Learn more at GeorgiaStateParks.org/specials.



COURTESY PHOTO ILLUSTRATION

# WIREGRASS COMMUNITY CALENDAR

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

## ANDALUSIA

**ONGOING** — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit [www.andalusialegionpost80.org](http://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](http://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** — Ballroom dancing lessons are offered Tuesdays at 6:30 p.m. at the Cultural Arts Center. Lessons will teach the Fox Trot, East Coast Swing, Rumba and Waltz. The cost will be \$2 per person per night. For more information, call 791-9407.

**ONGOING** — The Tri-States Coin Club meets the third Monday of each month at 7 p.m. in the back room of Interco Coins located at 2314 Ross Clark Circle. Described as designed for all ages, the event begins with a short meeting followed by a coin auction. For more information, call 393-2376.

## ENTERPRISE

**JAN. 26** — The National Active and Retired Federal Employees Wiregrass-Enterprise Chapter will hold its monthly lunch program at 11 a.m. at PoFolks Restaurant. All federal employees, active or retired, are invited to attend the lunch programs regularly scheduled at 11 a.m. every fourth Thursday at PoFolks. NARFE, the organization that supports the benefits of active and retired federal employees, schedules speakers to present these benefits and to discuss other information important to federal employees at the NARFE monthly lunch programs. For more information, contact Lee O’Berry, 334-393-0492.

**ONGOING** — Classes in the Taoist Tai Chi Society™ Internal Arts and Methods are currently held at the YMCA Fitness Center and the Episcopal Church of the Epiphany Parish Hall. At the Y, classes are offered Thursdays at 1 p.m. and Saturdays at 10 a.m. At the church, classes are offered Mondays at 9 a.m. and Thursdays at 5:30 p.m. Anyone interested in joining a class is welcome to join any time. Tai Chi is an ancient Chinese exercise that promotes health and relaxation. It is suitable for all ages and physical conditions. Comfortable, loose clothing and

flat-soled shoes are recommended attire for these classes. All classes are taught by accredited volunteer instructors. For more information, call 334-588-0512. For more information about Taoist Tai Chi, visit <http://www.taoist.org/usa/locations/montgomery/>.

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

## GENEVA

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

## MIDLAND CITY

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

## NEW BROCKTON

**JAN. 26** — Disabled American Veterans Chapter 99 will meet at 6 p.m. in the senior center located one block behind the police station. Food and drinks will be served, followed by regular chapter business. Veterans throughout the Wiregrass are welcome to join as new members as both DAV and DAV Auxiliary. For more information, please call 334-718-5707.

**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.

## OZARK

**JAN. 22** — The Kempters, a family vintage band, will perform at Ozark Baptist Church at 6 p.m. For more information, call 334-774-9381 or visit [www.thekempters.com](http://www.thekempters.com).

**FEB. 10** — St. Michael’s Episcopal Church will host a classical guitar concert at 7 p.m. The classical guitarist is Stephen Robinson, professor of music at Stetson University. Following the concert will be a meet-the-artist reception in the church parish hall. This is a free concert.

**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](mailto:wcholmes53@hotmail.com).

## PINCKARD

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

## SAMSON

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

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

## TROY

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

## WIREGRASS AREA

**JAN. 22** — The New Hope Freewill Baptist Church, 3819 County Road 31 in Abbeville, will celebrate annual usher’s anniversary beginning at 11:15 a.m. Refreshments will be served! All churches are invited to attend.

**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.

**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

### Space Junk

The W.A. Gayle Planetarium in Montgomery will host its presentation of “Space Junk” in January on Sundays at 2 p.m. and Mondays-Thursdays at 4 p.m. “Space Junk” looks at the orbital debris that has accumulated during the decades of space exploration, according to organizers. The in-depth imagery of a meteor crater and crowded orbits, and on-screen commentary by Don “Father of Space Junk” Kessler, the head of NASA’s Orbital Debris Office, help viewers learn that excessive space debris is not just fodder for science fiction tales, but a threat that could make low orbits of Earth impassable.

Admission is \$6.50 per person for ages 5 and above. Doors open 30 minutes before show time. There will be no admittance into the building after a show has begun. Show times and dates are subject to change. For more information, call 334-

625-4799 or visit [www.facebook.com/events/189611038178820/](https://www.facebook.com/events/189611038178820/).

### ‘They Live’

The Montgomery Film Festival Presents John Carpenter’s “They Live” Jan. 27 from 9:30-11:30 p.m. at the Capri Theatre on 1045 E. Fairview Avenue. Once considered an underrated entry in John Carpenter’s filmography, “They Live” has taken on a rising cult status in the past decade, according to festival officials. In a dystopian version of Los Angeles, where aliens control every aspect of human life, a special pair of sunglasses allow Nada (“Rowdy” Roddy Piper) to discover this shocking reality, as he fights to free humanity from its captors.

For more information, call 334-262-4858 or visit [www.capritheatre.org/calendar/](http://www.capritheatre.org/calendar/).

### ‘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](http://www.asf.net/Plays-and-Shows/2016-2017-Season/Because-of-Winn-Dixie.aspx) For more information, call 334-271-5353.

### Abandoned auto auction

Fort Benning, Georgia, will host an abandoned and used automobile auction Jan. 24 at 10 a.m. at the impound lot at the intersection of Kilgore and Marchant

streets on the main post. The event is open to the public and auto dealers are welcome. People may preview vehicles from 1-3 p.m. Jan. 20 and 23. Officials will accept cash, check, VISA, Mastercard, American Express or Discover. A bank letter to guarantee funds will be required for those paying by check. Vehicles must be picked up by Jan. 25.

For more information, call 706-545-7298.

### Southern Bridal Faire

The Montgomery Convention Center will host the 2017 Southern Bridal Faire Jan. 29 from 1-5 p.m. The event is designed to be a great tool to help people find photographers, caterers, DJs, wedding planners, venues, florists and much more, according to organizers. The event will also include a fashion show featuring a selection of the gowns of 2017. Admission is \$10 at the door. For more details, visit [www.southernbridalfaire.com](http://www.southernbridalfaire.com) or call 334-491-0425.



# Game studio keeps Army outreach, education high-tech

By Clifford Kyle Jones  
*Army News Service*

WASHINGTON — America’s Army is a high-tech organization. “America’s Army,” the video game, is testament to this fact.

The Army Game Studio at Redstone Arsenal continually works to develop and enhance its educational, outreach and training tools, including the popular combat simulator game for computer platforms that first launched in 2002. The studio may be best known for the free game, but it has developed a wide range of tools to help deliver the Army’s message and help Soldiers achieve their missions.

“America’s Army” is regularly updated with new missions and maps and has been wildly popular with gamers since its launch. During loading screens, it plays Army marketing videos, and the studio reports that 2 million views of those messages are seen each month.

“That’s more than we can find anywhere else” in the Army, said Marsha Berry, the Army Game Studio’s software manager. “‘America’s Army’ is really helping to share the Army’s message through those videos and through just playing the game and learning about Army values, rules of engagement, Army technology.”

AR\_MainIn the latest version, called “Proving Grounds,” players take on the role of an 11B infantryman in a long-range combined-arms reconnaissance unit that embarks on special operations missions behind enemy lines. Players can engage in small unit tactical maneuvers and training that echoes true-to-life Army scenarios.

Real-world simulations are a staple of many of the Army Game Studios products. In the center of the studio at Redstone Arsenal, a full-scale, fully “armed” HMMWV simulator sits on a moving platform in front of 180 degrees of large screens that allow visitors and programmers to “travel” through various scenarios and missions. The high-tech console is an outgrowth of “America’s Army,” and it shows off the studio’s programming skills and training capabilities.

“The point of this lab is to highlight our capabilities to show some of our products, so that when customers come through, they can see the technology, get hands-on with the technology,” Berry said. “And maybe it will help them come up with a solution for what they’re looking for.”

The Army Game Studio’s customers are representatives from the Army. Berry says the Army and Congress are very careful how they spend taxpayer money and want to ensure that any investment in technology provides a significant return on the investment. The Army has funded training projects to help keep Soldiers safe, such as several full-size MRAP simulators that give Soldiers experience maneuvering the top-heavy vehicles to avoid real-world crashes and rollovers.

The simulator, called the Transportable, Reconfigurable Integrated Crew Trainer “is a really good example of all of our different capabilities merged into one product,” said Frank Blackwell, director of the Army Game Studio.

Originally requested by Special Operations Command, the devices required work from both the hardware and the software development teams. The Army had training devices, “like a skeleton” of the vehicle, that helped train Soldiers how to get out of a vehicle after a rollover, Blackwell said.

“It’s valuable training, but it wasn’t exactly like the vehicles they were using,” he said. “SOCOM wanted a more accurate representation of the exact vehicle.”

The studio modeled two versions of the MRAP, the RG33 and the M-ATV, set them on a motion platform, and simulated several large environments using the gaming engine from “America’s Army,” including settings in Afghanistan and Iraq.

“Soldiers could actually drive around in those areas,” Blackwell said, “training virtually in a real place.”

The windows in the TRICTs are LCD screens, so Soldiers are completely immersed during the training.

“Through the windshield, you’re actually driving through the game,” he said. “Then all the bumps and going up hills and everything translates to the motion platform.”

The scenario is controlled at an instructor station, and the scenarios change each time.

“Instead of just a weapon trainer sitting by itself, a trainer that just teaches you egress, a trainer that only teaches you [Blue Force Tracking], it integrates



COURTESY OF ARMY GAME STUDIO

The “America’s Army” video game is one of the Army Game Studio’s most popular products.

all those trainings into one scenario,” Berry said. “It makes it more immersive. It makes it more realistic. It makes it more efficient.”

Building on previous successes and technology is a key component of the lab’s work.

“That’s one of the things that we do really well at Army Game Studio,” Berry said. “Everything we develop goes into a depository that we can reuse and repurpose, so it makes development quicker, easier and cheaper for the customer, because once we develop it once, it’s in our library and we can just grab it and use it in other applications.”

That iterative improvement and development is a thread that runs throughout the lab’s products. One of its first projects was the Javelin Basic Skills Trainer, which was developed almost 20 years ago. The software used in that product led to one of the studio’s latest applications, “Go Army Edge Football,” which helps coaches and players at all levels with training and play development.

“A component of the Javelin Basic Skills Trainer is you would create exercises – there may be 100 or more different exercises,” Blackwell said. “An exercise is a terrain, so a part of the world, and there would be target paths and different types of target paths. So part of that software that we built into it was an exercise editor. Not only would we field it with a set, but wherever it was deployed, they could even create their own exercises. You could have a pretty much unlimited set of exercises you could train against.”

That software, Blackwell realized, could be applied to sports training, allowing coaches to set up formations themselves to incorporate into their training. The Javelin training included enemies, which had parallels to on-the-field opponents.

The “Go Army Edge Football” application has only been in widespread use a relatively short time, but it has already had a large impact on outreach and recruiting and has generated related products involving soccer, and even marching bands.

Like many of the studio’s latest projects, it also has a virtual reality component, so formations and scenarios can be seen in 3-D through an Oculus Rift or other virtual reality device. The Army Game Studio is working on other ways to use virtual reality to enhance training and what’s known as augmented reality to boost outreach efforts.

Augmented reality uses technology to enhance or supplement information in the physical environment. For instance, a recruiting brochure aimed at science, technology, engineering and math (STEM) students includes a popup robot when viewed through a mobile phone.

“Right now we’re focused on video games and informational apps, but we’re starting to get a little more into the educational communities and STEM applications,” Berry said. “We’re always looking for ideas about how we can do that to benefit the Army.”

The Army Game Studio has the capacity, but Soldiers’ ideas are always welcome, she said. The studio can be contacted directly, or Soldiers can work through their commands to present ideas.

“Our customer is always looking for really great ideas,” Berry said. And it’s the Soldiers and the Army who benefit.



ARMY SCREEN CAPTURE

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# AFFORDABLE CARE

Act mandates reporting minimum essential health care coverage

By Amaani Lyle  
*Defense Media Activity*

WASHINGTON — As tax season approaches, Defense Department civilians, military members, nonappropriated funds employees and their families will need to validate their minimum essential health care coverage as reported to the Internal Revenue Service, according to the Pentagon’s top health official.

Dr. Karen S. Guice, the principal deputy assistant secretary of defense for health affairs, performing duties as assistant secretary for health affairs, said the Affordable Care Act, which became law in 2010, extends the availability of health care insurance to ensure people are covered through health insurance market places or employers.

The Supreme Court upheld the law after it was challenged in 2012, she added.

“The relevance to us is the requirement to report minimal essential coverage to the IRS,” Guice said. “It’s important for us to review all of the rules as we move into tax season.”

Guice explained that DOD members and employees will receive a Form 1095, designated B or C. Service members and DOD civilians will use the 1095-B or 1095-C to answer health coverage questions on their federal tax returns. These forms are used for TRICARE, the continued health care benefit program, and the federal employee health benefits plans.

“Any one of our DOD families, active duty military, retirees, civilians or contractors may see a mixture of these, depending on how the people in their household are covered by health insurance,” Guice said. “It’s a way for individuals in the household who are covered by insurance to validate the information and correct erroneous information through the entity that sends the 1095 form.”

Guice emphasized that the 1095



PHOTO BY JACOB SIPPEL

Navy Capt. Jesse Geibe, Naval Hospital Jacksonville director for public health, listens to a patient's heart rate.

form is not intended to be filed with taxes, but rather is used as a validation of information that the IRS already has received from DOD. “It’s really important for everyone to look at this information and validate it as correct, because that’s the information that the IRS will act on.”

DOD offers the 1095 form in various ways, Guice said. Those who receive the forms by mail from a uniformed services pay center, NAF employers and contractors should receive them by Jan. 31, she added. Defense Finance and Accounting Service and U.S. Coast Guard Pay and Personnel Center users can download their forms.

#### FAILURE TO REPORT

Lacking the minimal health care requirements or failure to report can bring a cost penalty, Guice said.

“The Affordable Care Act expectation is that every citizen will have health insurance or they will pay an

individual shared responsibility payment,” she said. “If you’ve elected not to have minimal essential coverage, you may face a payment requirement which is based on a percentage of your income or a fixed amount, depending on the individual’s or family’s circumstances.

“Each individual is going to have to double check and make sure their information is correct,” Guice said. “Otherwise, once you submit all your tax forms, it’s a little bit harder to pull some of those back from the IRS.”

For questions about how obtain the 1095 form or to inquire about the information it contains, contact servicing pay centers or visit <http://www.tricare.mil/about/MEC/ProofMEC>.

For questions about the Patient Protection and Affordable Care Act’s individual coverage mandate and potential tax penalty following a lack of health care coverage, visit <https://www.irs.gov/affordable-care-act> or the nearest IRS service center.

## Religious Services

#### WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

**Wings Chapel, Bldg. 6036**  
9:30 a.m. Protestant Sunday School  
10:45 a.m. Latter-Day Saints  
10:45 a.m.

Wings Crossroads (Contemporary Worship Protestant Service)  
11 p.m. Eckankar Study (4th Sunday)

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

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

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

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

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JANUARY 19, 2017

# MAKE TIME

## Virtual trainer allows customizable fitness

By Jeremy Henderson  
Army Flier Staff Writer

Hectic schedules often leave little time for fitness, but Fort Rucker's physical fitness centers now offer a new service to help make a healthier, active lifestyle more attainable.

Well Beats, a service billed as a virtual presentation and live experience, offers a wide range of formats customizable with various intensity levels and time lengths through video instruction.

"Not everyone can spend one or two hours in the gym," Lynn Avila, fitness programs coordinator, said. "We understand life can be busy, especially for military families. Well Beats allows patrons to find the format that works best for their fitness level and schedule.

"Participants can select the intensity level that works best for them," she added. "If you haven't been to the gym or worked out in a while, then Well Beats can help you get back into a routine. Maybe you are in good shape and simply want to push yourself to the next fitness level? This program can help you reach that goal."

Well Beats is accessible Tuesdays from 8:30-9:30 a.m., Wednesdays from 10:45-11:45 a.m. and Fridays from 11:15 a.m.



PHOTO BY JENNY STRIPLING

Patrons participate in a previous yoga class at Fortenberry-Colton Physical Fitness Center. Yoga will be among the numerous class offered through Well Beats.

to 12:15 p.m. at the Fortenberry-Colton PFC throughout April. However, the schedule is subject to change from month to month.

"We are simply attempting to introduce the program to the community," Avila said. "Each class will initially have a fitness instructor present in addition to the

Well Beats virtual instructor."

According to Avila, the format for each class will be chosen by the instructor and participants will have the opportunity to sample what the program offers.

"The fitness specialist leading each class will choose the format," Avila said. "This will allow participants to familiar-

ize themselves with the program and get answers to any question they might have about the program or fitness in general."

Avila said she hopes to expand the program's availability in the future to provide a more robust group fitness offering to the post community.

"There really is something here for everyone," she said. "The program offers formats for youth, young adults, older adults and pregnant women. It covers activities ranging from yoga and dance to weight training and cardio. If you are looking for a new fitness routine or a way to get back in shape, this program can help you find a method that works for you."

According to Avila, the program offers more than a dozen different fitness formats customizable to fit 20, 35 and 50-minute time frames. Formats will be updated quarterly.

"The ability to select different time lengths for the workout will allow everyone to find the time for fitness and to decide what works best for their individual goals," she said.

Group fitness schedules are available at the front desk of both PFCs or online at <http://http://rucker.armymwr.com/us/rucker/programs/fitness-centers>.

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

## Army implements new fitness standards

By David Vergun  
Army News Service

WASHINGTON — The Army began administering the Occupational Physical Assessment Test to all recruits to assess their fitness for military occupational specialties Jan. 3.

The OPAT is also used to assess some Soldiers who are reclassifying into a different MOS, said Jim Bragg, retention and reclassification branch chief for Army Human Resources Command.

Army Recruiting Command estimates that the OPAT will be administered to about 80,000 recruits and thousands of cadets annually. Soldiers moving into more physically demanding MOSs also will have to meet the OPAT standard, Bragg added.

Under the OPAT, there are four physical demand categories, he said.

- Heavy (black).
- Significant (gray).
- Moderate (gold).
- Unqualified (white).

When a Soldier wishes to reclassify to a new MOS, from the significant category to the heavy category, for example, the Soldier will

need to take the OPAT. However, a Soldier whose new MOS falls within the same or a lower level physical demand category will not need to take the OPAT.

The Soldier's commander will be responsible for ensuring the OPAT is administered prior to approval of a reclassification, Bragg said. As with any reclassification action, the battalion-level or brigade-level career counselor will administer the OPAT.

When it comes to recruiting, Brian Sutton, a spokesman for Army Recruiting Command, said the OPAT is not meant to turn away or weed people out.

"It is designed to put the right people in the right jobs and to ensure we keep our recruits safe while doing so," he said.

OPAT scoring is gender neutral, he added. All Soldiers, male and female, must pass the same physical standards for their desired career field.

The test will be administered to everyone coming into the Army: officer, enlisted, active, Reserve and Guard. It will be administered by any command responsible for Soldier accessions — including Recruiting Command and Army

Cadet Command — after the Soldier swears in, but before he or she begins training.

### 4 TESTS OF OPAT

OPAT measures muscular strength, muscular endurance, cardiorespiratory endurance, explosive power and speed. It consists of four individual tests.

- The standing long jump is designed to assess lower-body power. Participants stand behind a takeoff line with their feet parallel and shoulder-width apart. They jump as far as possible.
- The seated power throw is designed to assess upper-body power. Participants sit on the floor with their lower back against a yoga block and upper back against a wall. They hold a 4.4-pound (2-kilogram) medicine ball with both hands, bring the medicine ball to their chest and then push or throw the medicine ball upwards and outwards at an approximate 45-degree angle. The throw is scored from the wall to the nearest 10 centimeters from where the ball first contacts the ground.
- The strength deadlift is de-



ARMY FILE PHOTO

Soldiers administer the strength deadlift portion of the Occupational Physical Assessment Test to potential recruits during an OPAT pilot program.

signed to assess lower-body strength. Participants stand inside a hex-bar and perform practice lifts to ensure good technique. They then begin a sequence of lifts starting with 120 pounds, working up to 220 pounds.

- The "interval aerobic run," always performed last, is designed to assess aerobic capacity. The evaluation involves running "shuttles," or laps, between two designated points that are spaced 20 meters apart. The running pace is synchro-

nized with "beeps," produced by a loudspeaker, at specific intervals. As the test progresses, the time between beeps gets shorter, requiring recruits to run faster in order to complete the shuttle. Participants are scored according to the level they reach and the number of shuttles they complete.

### 4 PHYSICAL DEMAND CATEGORIES

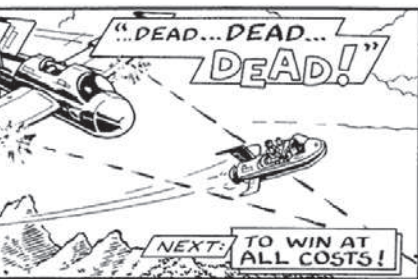
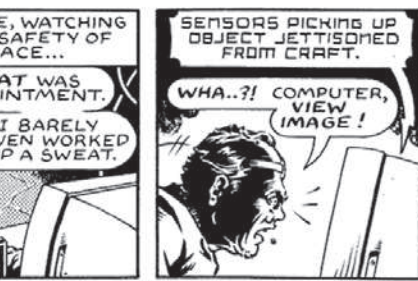
Here is a quick breakdown of

SEE STANDARDS, PAGE D3

PIGSKIN PICKS 	Green Bay vs. Atlanta	Pittsburgh vs. New England
 <b>David Agan</b> PAO (70-43)		
 <b>Col. Tom von Eschenbach</b> CDID Director (63-50)		
 <b>Jim Hughes</b> PAO (68-45)		
 <b>Capt. Jason Jordan</b> 6th MP (59-54)		
 <b>Capt. Mike Simmons</b> DPS (71-42)		



# DOWN TIME



## Just Like Cats & Dogs

by Dave T. Phipps



## Trivia test

by Fifi Rodriguez

# TRIVIA

1. MOVIES: What animated movie featured "The Siamese Cat Song"?
2. TELEVISION: In the 1960s sitcom "Family Affair," what was the name of Buffy's doll?
3. GEOGRAPHY: Ardennes Forest in Belgium was the site of what major World War II battle?
4. HISTORY: What leading figure in America's Revolutionary War took the pseudonym "Poor Richard" in his earlier writing?
5. GENERAL KNOWLEDGE: What is the more common name for the flower whose scientific name is papaver somniferum?
6. BUSINESS: How long did the New Coke formula last after it was introduced in 1985?
7. LITERATURE: What mystery writer created the character of Kay Scarpetta, medical examiner?
8. ASTRONOMY: Where is the Lowell Observatory located?
9. FOOD & DRINK: What grated cheese is named for the capital of Italy?
10. LANGUAGE: What is a more common name for an apiarist?

See Page D3 for this week's answers.

## Super Crossword

## FOR FANS OF GORE

### ACROSS

- 1 Ditzzy types  
9 Stains, as with blood  
16 Yearn (for)  
20 Hellish  
21 Powder from chili peppers  
22 Drive —  
23 Meat-curing company?  
25 Look as though  
26 "— Fideles" (Yule carol)  
27 Inning divisions  
29 Form of jazz  
30 R&B singer with the 1965 hit "Hold What You've Got"  
33 Last time you'll ever pull into a garage?  
39 Gerund ending  
40 Angry music genre  
43 Placed (down)  
44 Tasting rich and sweet  
45 Messenger bringing news to cows?  
50 See 13-Down

- 51 "It's the end of —!"  
52 Lance of the O.J. trial  
53 Real bargain  
55 Observe  
58 "Let's hear it!"  
60 Ger.'s home  
62 Stephen of "Citizen X"  
64 Croft of video games  
65 "The Catcher in the Rye" author's tune penner?  
71 Old crone  
74 Lav in a pub  
75 Build — (make one's home)  
76 Geller of psychic acts  
77 Lamb suckler  
78 Obsolete provider of stability?  
83 Slangy suffix with buck  
84 Vehicle-towing org.  
85 Cong. member  
86 Looked hard  
90 Turf again  
92 Division of Islam  
96 Trunk bone  
98 Very brief time  
99 Movable kayak fin

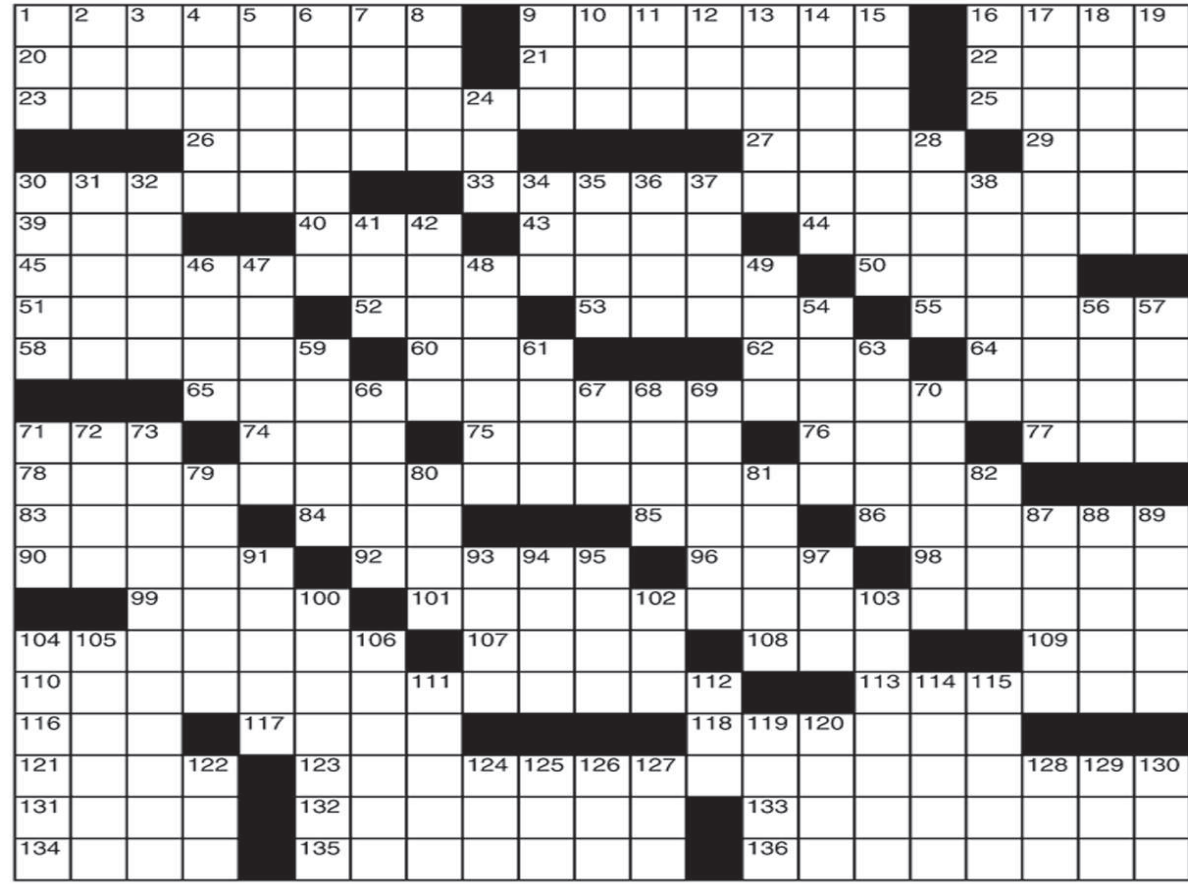
- 101 "You already know the answer is 'team spirit,' right?"  
104 Large arboreal snake  
107 Russian city  
108 Co. suit  
109 Paver's goo  
110 Shoes worn in the Sahara?  
113 In recent days  
116 "My life" book  
117 Eight, in German  
118 Practically  
121 Edison's middle name  
123 Piece from "The Domestic Oratorio"?  
131 NY Met, e.g.  
132 Came  
133 #1 Bruce Springsteen album of 1980  
134 Emmy winner  
135 Not unfeeling  
136 Blood vessel to the heart

### DOWN

- 1 Belittle, informally  
2 — fix (stuck)  
3 Eagles' org.  
4 Insinuate  
5 Groom's counterpart  
6 Added on  
7 Dogs' jinglers  
8 ATM feature  
9 Cold dessert  
10 Scratch, e.g.  
11 Off — mile  
12 On Social Sec., say  
13 With 50-Across, workers' advocates, for short  
14 Sufficient  
15 Summoned  
16 "— true!"  
17 Nickname of Boston's locale  
18 Louisiana cuisine style  
19 Like camels  
24 Liveliness  
28 Bone-to-muscle joiner  
30 Holy war  
31 Bridge bid, briefly  
32 White heron  
34 Styled after  
35 Some vermin  
36 Chanteuse  
37 Sit in neutral  
38 Language for a Sherpa  
41 Me, to Gigi

- 42 Many a time  
46 Warlike god  
47 Refrain  
48 Puma  
49 Be worthy of  
54 Boost  
56 Flight staff  
57 Tortoise rival  
59 Novelist  
61 Casino city  
63 "That's —!" (film-set cry)  
66 Greek I's  
67 Sleep cycle part  
68 Old fast fliers, briefly  
69 People who aren't you  
70 Meet, as the challenge  
71 I-beam relative  
72 River in Switzerland  
73 Gives short shrift to  
79 "Well, — here!"  
80 Man-goat god  
81 Computer of the 1940s  
82 N. Mex., before 1912  
87 Calf catcher  
88 Showiness  
89 Plow maker

- 91 "Smash" star  
93 A noble gas  
94 Egghead  
95 Brain gain  
97 "Farewell!"  
100 Entrapments in lies, e.g.  
102 In bad health  
103 Small aquatic rail  
104 Financial co. for which the Boston Celtics' arena is named  
105 Comic Charles Nelson —  
106 On dry land  
111 Done to — (well-cooked)  
112 NBC fixture since '75  
114 Plant life  
115 Tune's text  
119 1999 Ron Howard film  
120 Feel sore  
122 Noted coach  
124 Family gal  
125 A Gabor  
126 Riled, with "up"  
127 Keats poem  
128 A Gardner  
129 O.T. book  
130 Pitching stat

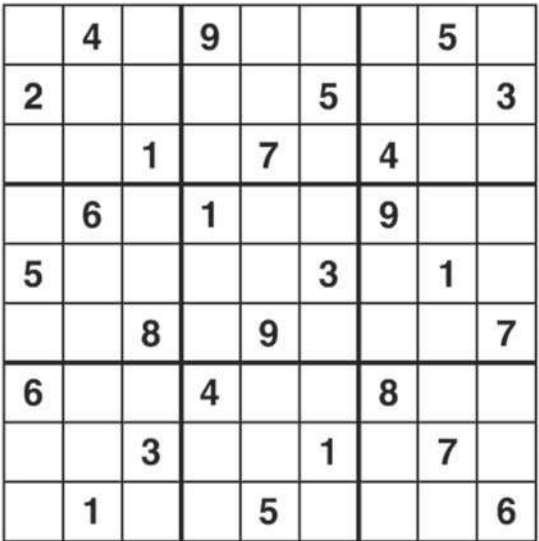


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See Page D3 for this week's answers.

## Weekly SUDOKU

by Linda Thistle



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

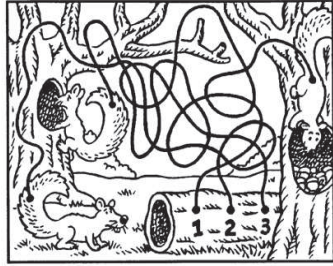
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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See Page D3 for this week's answers.

# KID's CORNER

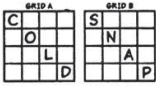


CAN YOU GUESS which one of these little squirrels remembered where he hid his food in the fall?  
Answer: It was squirrel number 3.

HANDS ACROSS THE SEA! A Londoner would have an easy time with this one. To complete the 11-letter word below, you must add the same three letters to the beginning and to the end. The letters, in both cases, are in the same order.  
--- ERGRO ---  
Answer: The letters are UNL, and the word is UNDERGROUND. (In America we call it a subway.)

"CHILL OUT" WITH THIS PROBLEM! Pictured below are two puzzle grids for you to fill in. Hints are given for each word. The words in grid A contain the same letters as the corresponding words in grid B.

1. Storage vessels.  
2. A seeded field.  
3. An absence of motion.  
4. Used to move animals.



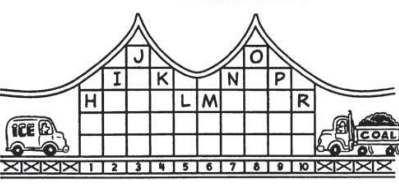
1. To look over quickly.  
2. Small ice crystals.  
3. A closed-mouthed person.  
4. Small quantity of liquid.

Answers: 1. Camp-seam, 2. South-snow, 3. Calm-clam, 4. Flood-drip.

## Junior Whirl

by Charles Barry Townsend

A WORD BRIDGE!



The bridge to the left contains 10 supporting words. We give you the first letter of each word, plus lots of hints.

1. Found on dresses.  
2. One who is blindly adorned.  
3. A children's game.  
4. Something you turn or pull.  
5. To rent or lease.  
6. An animal sound.  
7. Central part of a church.  
8. An oil or color.  
9. A famous bear.  
10. A fixed, boring routine.

Answers: 1. Hair, 2. Idol, 3. Jacks, 4. Rock, 5. Left, 6. Quack, 7. Nave, 8. Olive, 9. Papa, 10. Rut.

## Wishing Well®

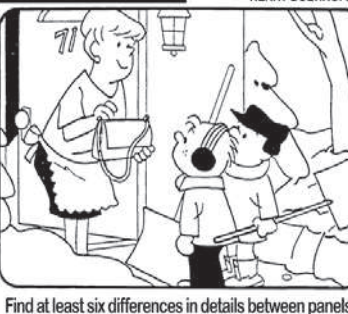
6	7	8	5	4	6	5	4	3	5	2	8	5
S	E	S	F	F	T	E	U	T	E	S	U	L
3	6	7	5	4	2	6	3	6	8	7	4	7
U	A	N	I	R	T	Y	R	N	R	D	T	L
3	7	3	6	2	5	2	8	4	8	5	6	5
N	E	O	E	A	N	Y	P	H	R	G	U	S
6	2	7	2	6	5	4	6	2	5	7	5	8
T	A	S	C	R	A	E	A	T	R	S	E	I
4	3	6	5	4	5	2	7	5	8	4	5	8
R	N	L	H	E	I	I	S	G	S	D	H	E
4	7	3	4	8	3	4	8	7	2	3	7	2
U	U	C	G	H	A	U	C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

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

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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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# Proper nutrition helps waistline, boosts metabolism

By Tereasa Wade  
Fort Lee Public Affairs Officer

FORT LEE, Va. — Your health is important to you, your family and the Army community. Understanding the importance of good nutrition will ensure success in leading a healthy lifestyle.

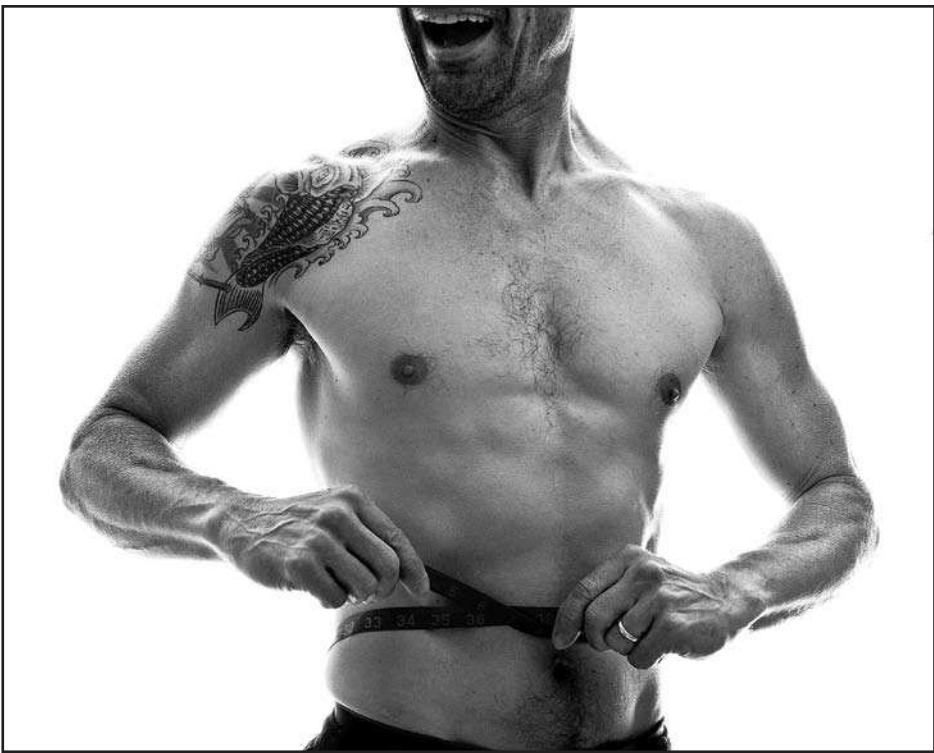
“Proper nutrition is vital to maintaining good health and mission readiness,” said Kathleen Viau, registered dietitian and nutritionist, Kenner Army Health Clinic.

Taking to heart tips on healthy food choices – and sharing with family members – will help boost the resilience of your loved ones. This is a great place to begin living a healthy lifestyle in 2017.

Metabolism is defined as the process of converting the calories we consume from all food and drinks into energy that powers all our bodily processes. Your metabolism is what determines the number of calories you can eat all day and not gain weight. Many of us blame our metabolism on not being able to lose weight, but gaining weight – or not losing weight – does not come from a slow or sluggish metabolism. Weight gain results from consuming too many calories than our body needs or uses.

Your metabolism is affected by three major things.

- Basal Metabolic Rate: gives you the number of calories your body needs at rest. That number is determined by gender, age, size, muscle mass, genetics and some health-related factors. Your BMR makes up about 60-70 percent of total calories you burn every day.
- Activity level: gives the number of calories used up during exercise. Your activity level makes up about 20-30 percent of the total calories you burn every day.
- Food thermogenesis: is the number of



ARMY PHOTO

calories you need to metabolize your food. It makes up about 10 percent of the total calories you burn every day.

A change in any of these three factors would change the amount of calories you need to maintain your weight. For example, if activity level decreases because of an injury or lifestyle change (new job, new baby, etc.) then calorie needs are less. Not making that adjustment of consuming fewer calories will result in weight gain.

Consuming a diet high in whole foods (fruits, vegetables, plant foods) increases the amount of work the body has to do to digest and absorb that food (food thermogenesis.)

Adding muscle mass increases your BMR. So, the lower the ratio of fat to muscle you have, the more calories your body needs. It takes more energy to main-

tain muscle compared to fat.

After age 25 your metabolic rate goes down by 2 percent or more per decade. So, in order to maintain your same weight, then calories need to be decreased as aging progresses.

“A common misconception about our metabolisms is that it cannot be changed, is simply not true,” said Viau. “A slower metabolism naturally comes with aging, but we are able to minimize its accompanying results of weight gain, less energy and muscle mass loss.”

These changes are not limited to older adults since changes in metabolism begin as early as age 25 – the age where we stop growing bone.

“The following tips are a great place to start making changes to keep your metabolism revved up and high

functioning,” she said.

## FIGHTING A SLOWING METABOLISM

Strength train. Adding muscle mass increases BMR, allowing you to burn more calories even when you are not exercising. Even if you do not care about your metabolism, maintaining and building muscle mass allows everyone to enjoy a better quality of life. Muscles are involved in every movement – from unloading groceries to playing with your children or grandchildren.

Intensify your workouts. Working out harder, not longer, burns more calories, even after exercising. For many, finding more time to exercise is harder than simply increasing the intensity of exercise that you are already doing.

Eat protein at every meal from high quality sources. Those sources include lean meats, egg whites, beans, dairy products – not protein-infused granola bars or cereals. High quality proteins provide the amino acids your muscles need for growth and repair, especially post-exercise.

Water, water, water. All chemical reactions in your body require water – including the ones that burn calories. Aim for about half your body weight in ounces per day. If you weigh 150 pounds, drink 75 ounces of liquids – about nine cups – a day.

Avoid starving yourself or skipping meals, especially breakfast, to lose weight. The body needs its natural form of energy (calories) to burn fat. Without enough calories, the body will make sure it gets what it needs to function. It will take from muscle – not fat – that which it is not getting from food. Less lean muscle mass is not your weight loss goal. Less body fat is. So eat to lose and spread those calories out throughout your day.

## Standards

Continued from Page D1

the four physical demand categories incorporated into the OPAT.

- Black is for MOSs with heavy physical demands, like those of the combat arms branches, that require lifting or moving 99 pounds or more. To attain black on the OPAT, the recruit or Soldier would need to achieve a minimum of 5 feet, 3 inches in the standing

long jump; 14 feet, 9 inches for the seated power throw; 160 pounds for the strength deadlift; and a 10:14 minute mile over the course of 43 shuttles.

- Gray is for MOSs with significant physical demands that require frequent or constant lifting of 41 to 99 pounds and occasional tasks involving moving up to 100 pounds. To attain gray on the OPAT, the

recruit or Soldier would need to achieve a minimum of 4 feet, 7 inches in the standing long jump; 13 feet, 1 inch for the seated power throw; 140 pounds for the strength deadlift; and a 10:20 minute mile over the course of 40 shuttles.

- Gold is for MOSs with moderate physical demands, such as cyber, that require frequent or constant lifting of weights up to 40 pounds or when all phys-

ical demands are occasional. To attain gold on the OPAT, the recruit or Soldier would need to achieve a minimum of 3 feet, 11 inches in the standing long jump; 11 feet, 6 inches for the seated power throw; 120 pounds for the strength deadlift; and a 10:27 minute mile over the course of 36 shuttles.

- White is unqualified. A recruit or Soldier who attains

white has failed to meet OPAT’s minimum standards.

Sutton noted that if a recruit fails the OPAT, he or she can request to retake the test. If the recruit cannot eventually pass the OPAT color designator for his or her MOS, it may be possible to renegotiate the contract to allow the recruit to enter a MOS with a lower physical demand OPAT category, the minimum being gold.

## FORT RUCKER SPORTS BRIEFS

### Resolution Execution

Fortenberry-Colton Physical Fitness Center will help people jump start their New Year’s resolutions today 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.

### Youth T-ball, baseball, softball registration

Registration for youth T-ball, baseball and softball runs now through Feb. 17. Registration can be done at parent central services or online using WebTrac. The teams will be broken down into age groups: T-ball, co-ed ages 5-6 years; coach/machine

pitch, co-ed ages 7-8 years; Dixie Minor, co-ed ages 9-10 years; Dixie Ozone, co-ed ages 11-12 years; Dixie Angels, girls ages 9-10 years; Dixie Ponytails, girls ages 11-12 years; and Dixie Belles, girls ages 13-15 years. T-ball fees are \$25, and the fees for baseball and softball are \$45. A current sports physical and valid child, youth and school services membership are required for registration and participation. The age control date is Jan. 1 for softball and May 1 for baseball. A parents meeting will take place Feb. 22 at 6 p.m. in the youth center, located on Seventh Avenue in Bldg. 2800. Coaches are needed.

For more information, call 255-0950.

### 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.

### Adult swimming lessons

Swimming lessons for people ages 18

and older will be conducted Tuesdays and Thursdays in February at the Fort Rucker Physical Fitness Center Indoor Pool, Bldg. 4605 on Andrews Avenue. Cost will be \$50 per participant. Each session will include eight classes. Beginners sessions will run from 5:15-6 p.m. and intermediate sessions from 6:15-7 p.m. People need to register at least three days prior to the start of the class at the Fort Rucker Physical Fitness Center.

For more information, call 255-2296 or 255-9162.

### Black History Month 5K

Feb. 4, the Fortenberry-Colton Physical Fitness Center will host the annual Black History 5K Run. Registration on the day of the event will begin at 7:30 a.m. and end at 8:40 a.m. at the Fortenberry-Colton PFC. The run will start at 9 a.m. Participants are encouraged to pre-register for the event at either PFC.

For costs and more information, call 255-3794.

### Winter Couples Scuffle

Silver Wings Golf Course will host its Winter Couples Scuffle Feb. 5, 12 and 19. This two-person scramble is available to all couples of all skill levels. Nine holes on the course cost \$5 per couple per week – does not include cart or green fees. Tee times are from 11 a.m. to 2 p.m.

and scores must be turned in by 4:30 p.m. Team handicap will be determined after two rounds. On the last Sunday of the month, couples are invited to attend a social where prizes and trophies are awarded, and snacks are provided. The event is open to the public.

For more information, call 255-0089.

### Lifeguard recertification course

A lifeguard recertification course will be held Feb. 4-5 from 8 a.m. to 5 p.m. at the Fort Rucker Physical Fitness Center. The course is open to patrons ages 15 and up, and costs \$75 for military ID card holders and \$75 for members of the general public. A prerequisite test must be passed on the first day to enter the course. People may 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												
D	I	N	G	B	A	T	S	I	M	B	R	U
I	N	F	E	R	N	A	L	C	A	Y	E	N
S	A	L	T	I	N	G	O	P	E	R	A	T
A	D	E	S	T	E	P	A	R	K	I	N	G
J	O	E	T	E	X	P	A	R	K	I	N	G
I	N	G	E	M	O	L	A	I	D	H	O	N
H	E	R	A	L	D	O	F	C	A	T	T	L
A	N	E	R	A	L	I	T	O	S	T	E	A
D	O	T	E	L	L	E	U	R	R	E	A	L
S	A	L	I	N	G	E	R	S	O	N	G	W
H	A	G	L	O	O	A	N	E	S	T	U	R
B	A	L	L	A	S	T	F	R	O	M	T	H
A	R	O	O	A	A	A	S	E	N	P	E	E
R	E	S	O	D	S	U	N	N	I	R	I	B
S	K	E	G	N	E	E	D	I	S	A	Y	M
T	R	E	E	B	O	A	O	R	E	L	G	E
D	E	S	E	R	T	S	A	N	D	A	L	S
B	I	O	A	C	H	T	N	E	A	R	L	I
A	L	V	A	H	O	U	S	E	H	O	L	D
N	L	E	R	A	R	R	I	V	E	D	T	H
K	Y	R	A	S	E	N	S	A	T	E	V	E

### Weekly SUDOKU

#### Answer

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

## TRIVIA

### Answers

1. “Lady and the Tramp”
2. Mrs. Beasley
3. Battle of the Bulge
4. Benjamin Franklin
5. The opium poppy
6. Less than three months
7. Patricia Cornwell
8. Flagstaff, Ariz.
9. Romano
10. Beekeeper



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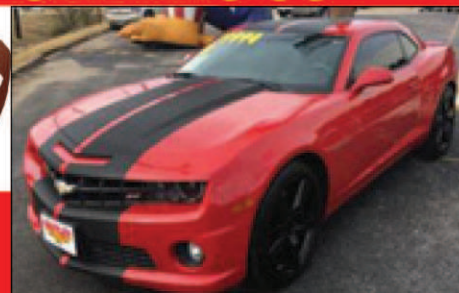
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Must See!  
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Leather, Sunroof!  
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Loaded!  
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Super Clean!  
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**\$27,995**

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Crew Cab, Low Miles!  
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Rear Ent., Leather, Loaded!  
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Crew Cab, 4WD!  
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