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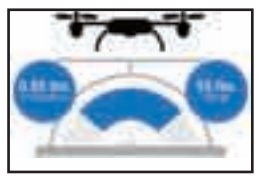

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ARMY FLIER

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

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BEST OF ABOVE THE BEST

Fort Rucker honors instructors of year

By Nathan Pfau
Army Flier Staff Writer

Five Soldiers and two civilian instructors were honored as truly "Above the Best" as they were recognized as Academic Instructors and Instructor Pilots of the Year during a ceremony at the U.S. Army Aviation Museum Dec. 15.

Each quarter, academic instructors, instructor pilots and NCO flight instructors from around the U.S. Army Aviation Center of Excellence community, including the Warrant Officer Career College, U.S. Army School of Medicine, NCO Academy and U.S. Army Combat Readiness Center, are nominated by their supervisors for the honor of competing for instructor of the year, according to the narrator during the ceremony. The instructors are evaluated on quality of instruction, quality of materials developed and used, and quality of their presentation.

After all evaluations are completed, scores are compiled, and winners of the quarterly competitions are selected and the instructors of the year are determined from these quarterly winners.

Each instructor of the year was presented with a certificate of achievement by Maj. Gen. Michael D. Lundy, USAACE and Fort Rucker commanding general, which reads, "For excellence in training while serving as an instructor at the United States Army Aviation Center of Excellence. Your professionalism, dedication to duty, and technical expertise contributed to the success of the 1st Aviation Brigade and the U.S. Army Aviation Center of Excellence. Your actions reflect great credit upon you, this command, and the United States Army."

The Officer Academic Instructor of the Year was awarded Capt. Cara Coleman, U.S. Army School of Aviation Medicine. Coleman is an academic instructor who teaches aeromedical adaptability; behavioral health in Aviation; ethical considerations; stress and fatigue; aeromedical policy letters; Survival, Evasion, Resistance and Escape psychology; psychological disorders in Aviation; and traumatic event management for the aeromedical psychology training course, flight surgeon course, flight medic course and pre-command course.

PHOTO BY NATHAN PFAU

Academic Instructors and Instructor Pilots of the Year line up during the 2015 Instructor of the Year ceremony at the U.S. Army Aviation Museum Dec. 15.

The Warrant Officer Academic Instructor of the Year went to CW4 Victor Negron, Warrant Officer Career College. Negron is an academic instructor teaching Army leadership; building teams; code of conduct; creative and critical thinking; equal opportunity; mitigating risk of suicide; professional military ethics; Sexual Harrassment/Assault Response and Prevention; values and professional obligations; negotiation; and institutional resilience training for the Warrant Officer Candidate Course and the Warrant Officer Intermediate Level Education Course.

The award for Officer Instructor Pilot of the Year went to CW3 David Litteken, D Company, 1st Battalion, 14th Aviation Regiment, 110th Aviation Brigade. Litteken is a flight instructor teaching instructor fundamentals; aircraft operation systems; limitations; emergency procedures aerodynamics; aeromedical; night missions and night vision goggle operation and deployment; tactical operations; mission and weapon systems operation; and employment for the instructor pilot course.

The NCO Academic Instructor of the Year was awarded to Staff Sgt. Jason Perry, D Co., 2nd Bn., 13th Avn. Regt., 1st Avn.

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MOTIVATING

PHOTO BY NATHAN PFAU

Soldiers of the NCO Academy motivate Reserve Officer Training Corps students from Carroll High School in Ozark as they participate in some morning physical training before taking on the NCOA obstacle course Dec. 9.

110th Avn. Bde. welcomes new CSM

By Nathan Pfau
Army Flier Staff Writer

As the world prepared for a new year, the 110th Aviation Brigade welcomed a new command sergeant major.

Command Sgt. Maj. Lloyd S. Ankrum, 110th Avn. Bde. command sergeant major, assumed responsibility from Command Sgt. Maj. Stanley D. Singell during a change of responsibility ceremony at Howze Field Dec. 16.

Col. Kelly E. Hines, 110th Avn. Bde commander, presided over the ceremony and took the opportunity to thank and bid farewell to the outgoing CSM while welcoming the new command team.

"Today marks the end of one chapter and the beginning of the next as we say farewell to Singell and welcome Ankrum," said Hines during the ceremony. "The CSM of the 110th must be a competent leader with impeccable character and unyielding commitment, and (Singell) is a shining example of the warrior class of the United States and the NCO that all Soldiers should strive to be.

"But as is the Army way, the departure of one leadership team marks the arrival of a new one, and I could not have asked for a better than Command Sergeant Major Ankrum and his wife, Allison," he continued.

"I can't tell you how excited we are to be back in the southeast," said Ankrum. "If you'd asked me 23 years and three months ago what I'd be doing today, I assure you that assuming responsibility of an Aviation training brigade would not be one of my answers. I'm humbled and honored to have been selected to continue serving as a command sergeant major at the world's premiere Army Aviation training center."

Ankrum began his military career when he enlisted in the Army in 1992, attending Basic Combat Training at Fort Jackson, South Carolina, followed by Aviation Logistics Course Advanced Individual Training at Fort Rucker.

SEE 110TH, PAGE A5

PHOTO BY NATHAN PFAU

Command Sgt. Maj. Lloyd S. Ankrum, 110th Aviation Brigade command sergeant major, assumes responsibility from Command Sgt. Maj. Stanley D. Singell, as he accepts the NCO sword from Col. Kelly E. Hines, 110th Avn. Bde. commander, during a change of responsibility ceremony at Howze Field Dec. 16.

Event honors Martin Luther King Jr. legacy

By Jeremy Henderson
Army Flier Staff Writer

Honor, integrity, selfless service and personal courage rest in the Army's core, and Fort Rucker will honor Dr. Martin Luther King Jr.'s efforts to spirit those values during an observance beginning at 10 a.m. Jan. 14 at the post theater.

"Dr. Martin Luther King Jr.'s contributions were vital to the Civil Rights Movement," Angela Jones, Fort Rucker Equal Employment Opportunity Office complaint manager, said. "He inspired people from all walks of life, all across the nation and world, to act on behalf of their fellow citizens, to stand up for the equal rights of all people and to be a steward of volunteerism for the community. These same principles are as important in the present and to our future as they were to our past."

The theme for each year's observance is "Remember! Celebrate! Act! A Day On, Not a Day Off!" This year's guest speaker is Sgt. Maj. William S. Hayes from United States Army Aviation Center of Excellence Headquarters.

Jones said the observance provides an excellent opportunity to reflect on King's accomplishments and apply them to future endeavors.

"Honoring the courage displayed by Dr. King and remembering his accomplishment reminds us all of the work we can all continue to do to encourage our community to strive to be more inclusive of all people, embrace diversity, and recognize how each of our unique attributes can enhance the quality of our mission, not hinder it," she said. "By holding observances, this demonstrates to the community the importance Fort Rucker places on these initiatives and the command support behind them.

FILE PHOTO

Chapter 7 performed two musical selections during last year's Fort Rucker Dr. Martin Luther King Jr. Commemorative Program. This year's program is Jan. 14 at 10 a.m. at the post theater.

"When people can see and feel the influence they can have, the hope is they are more apt to take on some of these initiatives in a more personal and tangible way," she added.

According to Jones, reflecting on our nation's history is invaluable.

"It is well noted that if we forget our past, we are likely to repeat it," she said. "This is why it is extremely important we remain mindful of the struggles and challenges of the past, so our future generations are able to recognize injustices and do not perpetuate past wrongs."

Jones said community members can also honor King's legacy through volunteerism.

"Dr. King was not only known for his passion for equality but also for his passion for volunteering in the community," she said. "As the celebration states, this is a day on, not a day off. On this upcoming day of commemoration, Dr. King would want to be memorialized by the people of this nation giving back to the people of the community – specifically those less fortunate. This was his primary focus in the last days of his life. Find a project in your community or register your own project, so that volunteers can find it."

"All labor that uplifts humanity has dignity and importance, and should be undertaken with painstaking excellence," King repeatedly stated during his sermons in the 1950s, including the introduction of a street sweeper at the 50th anniversary of Alpha Phi Alpha in Buffalo in 1957.

For more information about volunteering for local service projects or creating a service project, visit www.serve.gov.

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PERSPECTIVE

FAITHFUL SERVICE

Chaplain assistants: 106 years of promoting readiness

By Sgt. Maj. Pamela A. Wilson
U.S. Army Installation Management Command
Chaplain Sergeant Major

I have researched a long lineage of proud chaplain assistants who have helped to shape who we are as a small military occupational specialty.

IMCOM integrates and delivers base support to enable readiness for a self-reliant and globally-responsive All Volunteer Army. Similarly, chaplain assistants promote readiness on our installations by providing religious support to the senior commander on the post.

The chaplain assistants are invaluable contributors to the success of the command mission and the morale, resilience and strength of each unit in our Army.

The most inspiring former chaplain's assistant is songwriter and record producer Berry Gordy, who served overseas as a chaplain assistant during the Korean War from 1950 to 1953. He played the organ and drove the chaplain to the front lines of battle. Eventually he founded Motown Records in Detroit, Michigan, in 1959.

Gordy inspired me because he used his incredible musical talent to assist the chaplain just as chaplain assistants today leverage their talents outside of the scope of their responsibilities to increase the capabilities of the team. He established a billion-dollar empire by promoting and developing promising singers. Today, chaplain assistants use their team-building skills to help develop Soldiers for commanders and command sergeants major.

Another inspiring chaplain assistant is J. Timothy Caldwell. He wrote "The Chaplain's Assistant: God, Country and Vietnam," which is a novel about a fictional Army chaplain assistant and his experiences in Vietnam. Caldwell conceived of the book idea during the Gulf War (1990-1991) and relied on his personal journal, which he wrote while he served in Southeast Asia during the Vietnam conflict.

Caldwell inspires me because, through his writing, he is able to clearly demonstrate the chaplain assistant's ability to serve as training developers and combat integration development writers that results in writing the tasks, conditions and standards used to train our warriors.

As I thought about the theme for this year's celebration, I reflected on the vision our chief of chaplains, Maj. Gen. General Paul Hurley, articulated during his senior leader training forum. He encouraged his leaders to keep the

ARMY PHOTO

Wilson

focus by "providing religious support to Soldiers and families."

We have proudly accepted this focus as our theme in 2015 as we remember the many ways that chaplain assistants do this every day. Our chaplain assistants, past and present, continue to serve with honor and distinction around the globe.

In the Religious Support Operations office at Headquarters, U.S. Army Installation Management Command, Michael Swingler serves proudly as chief of religious support. Swingler is a retired chaplain assistant sergeant major. Glenn Coe serves as the chief of operations. Coe is a retired chaplain assistant sergeant first class. Judith Pukansky is a retired chaplain assistant master sergeant. Budget analyst Melissa Reid served the Army as a chaplain assistant as a staff sergeant. Serving on active duty are Sgts. 1st Class Ledezma Norberto Diaz and Anderson Joseph, who both continue to raise the bar in providing excellence throughout Installation Management Command.

On Dec. 28, 1909, the Army officially created the position of chaplain assistant, authorizing Soldiers to provide full-time religious support. The War Department's General Order No. 253 simply read, "One enlisted man will be detailed on special duty, by the commanding officer of any organization to which a chaplain is assigned for duty, for the purpose of assisting the chaplain in the performance of his official duties."

Throughout the Army, there are many successful chaplain assistants still serving faithfully every day. Proudly and together, we are celebrating 106 years since the Army officially introduced the occupational specialty. We are helping Soldiers exercise their constitutional right to practice their faith, whatever it is, wherever they may be.

For this year, I want to acknowledge and thank chaplain assistants for promoting readiness in IMCOM's Atlantic Region, serving at: Aberdeen Proving Ground; Picatinny and Redstone Arsenals; The United States Military Academy at West Point; Forts Belvoir, Benning, Bragg, Campbell, Detrick, Drum, Gordon, Hamilton, Jackson, Knox, Lee, Meade, Rucker and Stewart; Joint Bases Langley-Eustis and Myer-Henderson Hall; and Joint Expeditionary Base Little Creek-Fort Story. They serve in Central Region at: Dugway Proving Ground; U.S. Army Garrison Fort Hunter Liggett; U.S. Southern Command; The Presidio of Monterey; White Sands Missile Range; Yuma Proving Ground; Forts Bliss, Carson, Hood, Huachuca, Irwin, Leavenworth, Leonard Wood, McCoy, Polk, Riley, and Sill; and Joint Bases Lewis-McChord and San Antonio. In the Pacific Region, they serve at: Joint Base Elmendorf-Richardson; U.S. Army Garrisons Hawaii and Japan; Forts Greeley and Wainwright; U.S. Army Garrisons Daegu, Humphreys, Red Cloud, and Yongsan; and Army Support Activity Sato Cano Air Base. In the Europe Region they serve in: U.S. Army Garrisons Ansbach, Benelux (Schinnen and Brussels), Bavaria (Grafenwoehr, Hohenfels, Garmisch, and Rheinland-Pfalz at Baumholder) Stuttgart, Italy (Vicenza and Livorno) and Wiesbaden.

Take a moment to thank chaplain assistants in your area for a job well done.

Rotor Wash

"Every New Year people make resolutions and often find them hard to stick to. What tips would you give someone wishing to stick to their resolutions for the new year?"

Jamie Devlin, military spouse

"Try to take it a day at a time."

Cody James, civilian

"Don't overload yourself. Lots of people try to take on too much at once and end up just setting themselves up for failure."

Pfc. David Ross, 10th CAB, 2-10th Aviation Regiment, Fort Drum, New York

"Start with small goals and set steps to reach them along the way."

Pfc. Willis Diaz, 10th CAB, 2-10th Aviation Regiment, Fort Drum, New York

"Tell people about your resolutions so that you're accountable for what you do. If people know about it, you're more likely to go through with it if you have people to answer to."

Dustin Yates, military family member

"Make sure whatever your resolution is isn't out of your reach. Be realistic."

COMMAND

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FORT RUCKER COMMANDING GENERAL

Col. Shannon T. Miller
FORT RUCKER GARRISON COMMANDER

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FORT RUCKER PUBLIC AFFAIRS OFFICER

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

LICENSE TO FLY

FAA requires UAS owners to register devices

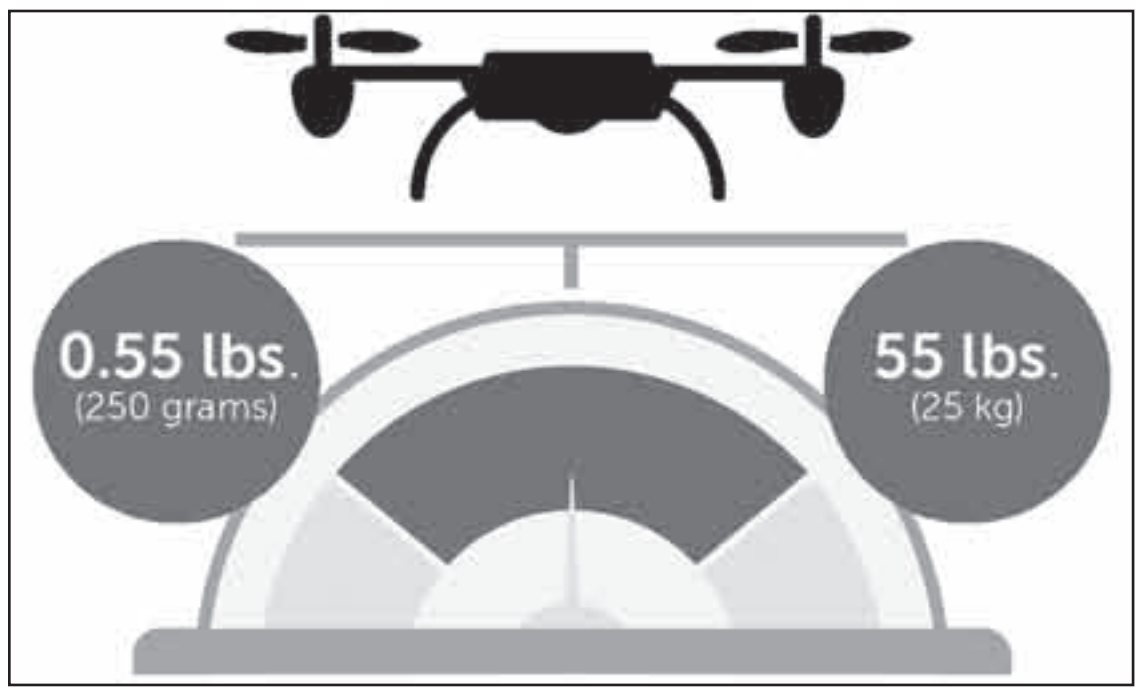
By Nathan Pfau
Army Flier Staff Writer

With more and more unmanned aircraft systems taking to the skies in the civilian world, the U.S. Department of Transportation's Federal Aviation Administration is looking to regulate these remote-control Aviators.

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 a mid-December press release by the FAA.

"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 the release. "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 to Dec. 21 must register no later than Feb. 19, according to the release.



FAA GRAPHIC

Owners who purchased their UAS device after Dec. 21 must register their device before their first flight outdoors.

People can register their devices at www.faa.gov/uas/registration.

Registrants must provide their name, home address and e-mail 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.

The cost to register is $5, but if people register by Jan. 20, the FAA will waive the fee.

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.

When flying UAS devices, safety is always a main concern, according to Jack Holmes, USAACE G3 Air, Airfield and Airspace Branch chief, who offers up tips to make sure people are operation their RC aircraft safely.

People should always fly below 400 feet and always fly within visual line of sight, he said. Never fly over groups of people or over stadiums and sports events. People should also never fly within 5 miles of an airport without first contacting air traffic control and airport authorities.

Holmes added that 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, insisting that people who fly RC aircraft familiarize themselves with FAA airspace requirements, which can be found at www.faa.gov/go/uastfr.

Post hosts mediation certification course

By Jeremy Henderson
Army Flier Staff Writer

The Fort Rucker Equal Employment Opportunity Office recently held a mediation certification course to train individuals to provide an alternative method for handling workplace complaints.

"The mediation certification course serves as a venue for employees to use when there are disputes within the organization," Samuel Cruz, Fort Rucker Equal Employment Opportunity education deputy director, said. "We believe that using this process reduces the timeline it takes to settle the dispute when compared to other methods employees have available."

According to Cruz, the reduced resolution timeline allows employees to return to work more quickly and cut the overall loss-of-labor cost for organizations. However, the mediation process also provides benefits for the employees involved.

"It allows the parties to come up with their own decisions in regards to how the issue is settled," he said. "I think that is the big piece of mediation. No one makes the decision for them — not a judge, not an investigator, simply the parties. That is a big selling piece of this course."

Angela Jones, Fort Rucker EEO complaint manager, said participants in the recent mediation certification course were asked to volunteer but had to be nominated by their supervisor.

"The supervisor's concurrence was important because these employees will become collateral duty EEO staff mediators who will be mediating cases during their duty hours," she said.

"In general, mediation is a venue parties can use to discuss conflicting viewpoints with a third-party neutral present to help the discussion move along in a positive direction resulting in a mutually beneficial resolve," she added. "Mediation is private, informal and confidential. This encourages open and uninhibited communication and empowers the parties to concentrate on solutions, which avoids lengthy complaints processing while improving future working relationships."

Jones said the important mediation certification course is rigorous and strenuous.

"It's not your typical Army training where you sit in a class for a week, take a test, get a certificate and go home," she said. "The students are truly put through the paces with reading assignments. They participate in role-playing practice mediations and ultimately a role playing practicum examination. The students will tell you it is amongst the most difficult but best training they have ever attended. Most importantly, during the training the students needed to take a self-assessment of their ability to be comfortable observing conflict while maintaining their neutrality.

"Many people are not comfortable with conflict and it is human nature to gravitate to one point of view over another," she added. "It is imperative the mediator understands there are two sides to every story and the truth lies somewhere in the middle. The mediator is not there to flush out the truth of the matter, but rather get the parties involved communicating and moving towards resolution. This is a skill that does not come (naturally) to the majority of people, but is taught during this course."

According to Jones, having an alternative dispute resolution program is required by Army Regulation 690-600, regarding EEO.

"Mediation is the Army's preferred method of alternative dispute resolution," she said. "The goal is for EEO complaints to be resolved at the lowest level possible and to get people back to work. The vast majority of EEO complaints filed are a result of poor communication or a lack of communication.

"When people do not communicate effectively, this leads to misperceptions of how and why things are done the way they are," Jones added. "Through mediation, these lines of communication (are) opened. People can freely express their thoughts and ideas without fear of retribution because what happens in mediation should stay in mediation. More often than not, once the parties use mediation to resolve their conflict, their ability to communicate effectively in the future is more successful."

News Briefs

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Jan. 22 at 2 p.m. in the U.S. Army Aviation Museum. All are welcome to attend and honor the latest Fort Rucker retirees for their service.

Clinic closures

Lyster Army Health Clinic will be closed Jan. 18 in observance of Martin Luther King Day and Jan. 20, beginning at noon, for training.

Tuesday Tracks

Lyster Army Health Clinic's Physical Therapy Service hosts a Tuesday Tracks walk every Tuesday at noon for anyone on Fort Rucker interested in walking a mile during lunch. Those interested should meet in the Lyster Lifespace Center at 11:45 a.m.

Diabetes basics

Lyster Army Health Clinic offers beneficiaries a four-part Diabetes Basics Program where they will learn about prevention and controlling diabetes. Classes are held Thursdays from 9 a.m. to noon at Lyster. The next class begins Feb. 4.

For more information, call 255-7986.

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.

Surveys make a difference

People who receive Army Provider Level Satisfaction Surveys in the mail after an appointment at Lyster Army Health Clinic should not throw them out – they should fill them out. The surveys help provide feedback on people's clinic experience, and help bring money back to the facility to help provide beneficiaries excellent care and service.

Lyster update

Check out Lyster Army Health Clinic's Facebook page for the healthy tip of the day and clinic information, such as class dates and times. Lyster's Twitter feed is at @LysterAHC.

Scholarships, grants

Corvias Foundation recently announced that applications for the 2016 scholarships and educational grants are now available. Applications for the 2016 scholarships must be submitted by Feb. 11 and will be awarded to high school seniors with plans of attending a four-year university or college. The scholarships are in the amount of up to $50,000 per person. The scholarship is available to children of active-duty service members stationed at Fort Rucker and a number of other Army and Air Force installations. All scholarship applicants will be notified of their award status by the end of April.

Applications for the 2016 educational grants must be submitted by May 5. Grants are given in the amount of up to $5,000 to spouses of active-duty service members stationed at Fort Rucker and the other installation. Corvias Foundation will select 20 recipients and applicants may be in any stage of the educational process. All applicants will be notified of their award status by the end of July.

Applications and all necessary paperwork for both the scholarship and educational grant must be submitted by the due date in order to be considered. Selected recipients may begin using their scholarship or educational grant in the fall of 2016. Families do not have to reside in on-post housing in order to qualify for scholarships or grants.

Applications are available now at http://corviasfoundation.org. For more information, send an email to info@corviasfoundation.org or call 401-228-2836.

Siren test

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

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.

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.

HATCH ACT

Law restricts government personnel's political activities

By Keith D. Wilbur
Fort Rucker Voting Assistance Officer

Since 1939, military members and federal employees have been subject to restricted election season activities.

When questions arise about what is permissible and prohibited with regard to a specific political activity, the Hatch Act is the sole source of information. Ignorance of the law does not excuse an employee's violation of the Hatch Act.

The political activity of government employees has been a concern of government officials since the earliest days of the Republic. Thomas Jefferson, the nation's third president, was among the first to express concern about this issue.

In response to his concern, the heads of the executive departments issued an order which stated that while it is "the right of any officer (federal employee) to give his vote at elections as a qualified citizen … it is expected that he will not attempt to influence the votes of others nor take part in the business of electioneering, that being deemed inconsistent with the spirit of the Constitution …."

However, despite the concerns of Jefferson and other American statesmen, almost a century and a half elapsed before Congress enacted a comprehensive law regarding the political activities of government employees.

The Hatch Act, a federal law passed in 1939, limits certain political activities of federal employees, as well as some state, D.C., and local government employees who work in connection with federally funded programs. The law's purposes are to ensure that federal programs are administered in a nonpartisan fashion, to protect federal employees from political coercion in the workplace, and to ensure that federal employees are advanced based on merit and not based on political affiliation. The law was named for Senator Carl Hatch of New Mexico. It was most recently amended in 2012, limiting the activities of certain state and local government employees.

Military member guidance

U.S. military service members are limited when it comes to political activities. Some restrictions are based in federal law, others in military regulations. The main purpose for these restrictions is to avoid the implication or inference that military members represent some official point of view.

The major military prohibition is against any type of partisan activities. A partisan activity is defined as "activity directed toward the success or failure of a [particular] political party or candidate for a partisan political office or partisan political group."

With the road to the 2016 midterm elections already making some interesting twists and turns, service members will benefit from reviewing this information to make sure they don't run afoul of the regulations while supporting their favorite causes or candidates.

A military member may:

- Register, vote and express personal opinions;
- Encourage other military members to exercise voting rights;
- Join a political club, and attend political meetings and rallies as a spectator when not in uniform;
- Make monetary contributions to a political organization;
- Sign petitions for specific legislative action or place candidate's name on the ballot;
- Write letters to the editor expressing personal views (so long as not part of organized letter writing campaign);
- Place bumper stickers on private vehicles; and
- Personal participation in local nonpartisan political activities is allowed, so long as not in uniform and no use of government property or resources, no interference with duty, and no implied government position or involvement.

A military member may not:

- Use official authority to influence or interfere;
- Be a candidate for, hold or exercise functions of a civil office;
- Participate in partisan political campaigns, speeches, articles, TV or radio discussions;
- Serve in official capacity or sponsor a partisan political club;
- Conduct political opinion survey;
- Use contemptuous words against certain civilian leaders (10 U.S.C. 888) – applies to commissioned officers only;
- March or ride in partisan parades;
- Participate in organized effort to transport voters to polls;
- Promote political dinners or fundraising events;
- Attend partisan events as official representative of armed forces;
- Display large signs, banners or posters on private vehicles;
- Display a partisan political sign, poster, banner, or similar device visible to the public at one's residence on a military installation, even if that residence is part of a privatized housing development; and
- Sell tickets for or otherwise actively promote partisan political dinners and similar fundraising events.

Federal employee guidance

Permitted activities for federal employees include:

- May be candidates for public office in nonpartisan elections;
- May register and vote as they choose;
- May assist in voter registration drives;
- May express opinions about candidates and issues;
- May contribute money to political organizations;
- May attend political fundraising functions;
- May attend and be active at political rallies and meetings;
- May join and be an active member of a political party or club;
- May sign nominating petitions;
- May campaign for or against referendum questions, constitutional amendments and municipal ordinances;
- May campaign for or against candidates in partisan elections;
- May make campaign speeches for candidates in partisan elections;
- May distribute campaign literature in partisan elections; and
- May hold office in political clubs or parties including serving as a delegate to a convention.

Prohibited activities for federal employees include:

- May not use their official authority or influence to interfere with an election;
- May not solicit, accept or receive political contributions unless both individuals are members of the same federal labor organization or employee organization and the one solicited is not a subordinate employee;
- May not knowingly solicit or discourage the political activity of any person who has business before the agency;
- May not engage in political activity while on duty;
- May not engage in political activity in any government office;
- May not engage in political activity while wearing an official uniform;
- May not engage in political activity while using a government vehicle;
- May not be candidates for public office in partisan elections; and
- May not wear political buttons on duty.

Penalties for Violation

So what is the penalty for violating the Hatch Act? For covered federal employees, the most severe penalty of violation is removal. The minimum penalty is suspension without pay for 30 days.

To find out more about the Hatch Act, visit these sites:

- http://www.oge.gov/Topics/Outside-Employment-and-Activities/Political-Activities/;
- https://osc.gov/Pages/HatchAct.aspx;
- http://www.washingtonpost.com/blogs/the-fix/wp/2014/07/17/do-you-work-in-government-have-you-violated-the-hatch-act-lets-investigate/;
- https://osc.gov/resources/ha_fed.pdf; or consult
- DODD 1344.10 Feb 2008 Political Activities by Members of the Armed Forces.

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Updated NCOER rating forms available online

By David Ruderman
U.S. Army Human Resources Command Public Affairs

FORT KNOX, Kentucky — U.S. Army Human Resources Command announced in December the availability of the DA Form 2166-9 series, the revised NCO Evaluation Report and its activation in the Web-based Evaluation Entry System.

As detailed in Military Personnel Message 15-395, the effective policy date for use of the 2166-9 series was Friday. Activation of the revised NCOER forms now allows Soldiers and raters to immediately begin to prepare NCOERs with a through date of Jan. 1 and later.

The 2166-9 series consists of three revised NCO rating forms based on grade plate that mandate distinct rater and senior rater roles, and incorporate a senior rater profile and rater tendency assessment, said Sgt. Maj. Stephen McDermid of HRC's Evaluation Branch.

Training modules for proper use of the revised NCOER forms and an EES test site have been and remain available on the HRC website for Soldiers and raters to practice with.

Detailed training modules have been posted to HRC Evaluations Branch website as well as S1NET and are available for download on DVIDS at https://www.dvidshub.net/tags/video/ncoer. The training modules lead NCOs and raters through the process, section by section, in an easy-to-understand manner, McDermid said.

PHOTO BY PASCAL DEMEULDRE

Maj. Gen. Thomas C. Seamands, U.S. Army Human Resources Command commanding general, answers questions about the revised NCOER while addressing Soldiers at Supreme Headquarters Allied Powers Europe in Mons, Belgium, Aug. 31.

In addition to the activation of the NCOER forms, MILPER 15-395 also announced an update to the Officer Evaluation Report forms that incorporate the use of Department of Defense ID number in place of Social Security numbers.

The new NCOER forms will also use DODID numbers in place of Social Security numbers. The DODID, which appears on Soldiers' Common Access Cards, is being phased in as part of the federal government's effort to remove Social Security numbers from as many documents as possible.

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Mon-Fri: 7:00 & 9:00
IV SISTERS - R
Sat-Sun: 1:50, 4:10, 7:00 & 9:20
Mon-Fri: 7:00 & 9:20
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I STAR WARS: THE FORCE AWAKENS - PG13
Sat-Sun: 1:00, 4:00, 7:00 & 9:40
Mon-Fri: 7:00 & 9:40
II THE REVENANT - R
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Mon-Fri: 7:30 (156 min.)
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NOT SHAKEN

Russia naming U.S. a threat does not change JCS chairman's perspective

By Jim Garamone
Department of Defense News

STUTTGART, Germany — The chairman of the Joint Chiefs of Staff told reporters traveling with him Monday that a new Russian national security strategy document naming the United States as a threat does not change his perception of the threat posed by Russia.

Marine Corps Gen. Joseph F. Dunford Jr. said the U.S. military "has always been focused on Russian capability development." The chairman spoke following meetings with the commanders of U.S. European Command and U.S. Africa Command.

Russia is a challenge to the United States and its allies, Dunford said, adding, "based on their behavior, based on their capabilities – nuclear, cyber, conventional – based on the threat to our allies."

The Russian strategy document, "About the Strategy of National Security of Russian Federation," was signed by President Vladimir Putin on New Year's Eve and names the United States and the expansion of the NATO alliance as threats to the country. The previous document – signed in 2009 – does not mention the United States or NATO.

Dunford said he believes Russia is viewing strategy from a perspective of what nation poses a threat to them.

Still, he said, he has only read open-source reporting about the Russian document and wants a chance to read it before discussing its meaning.

Russia's behavior in Ukraine, Crimea and Georgia requires the United States to take Russian capabilities seriously, the chairman said.

In some areas, Dunford said, he is comfortable with the U.S. military presence in Europe. In other areas, "the (EUCOM) commander has asked for additional rotational forces and, frankly, long before this announcement was made, has taken a broad look to see how to best advance our interests in Europe in the context of security challenges in Europe, which is clearly Russia," he said.

Since taking office, the chairman has already spoken twice with his counterpart in Moscow, Gen. Valery Gerasimov, the chief of the general staff of the Russian Armed Forces. "I've spoken with him a couple of times and plan to do that routinely," Dunford said. "We talk about a wide range of issues."

Dunford would like to have a face-to-face meeting with Gerasimov in the context of military-to-military relations. "No matter what the relationships are between states, it's important to keep the lines of communication open," he said. "We did that during the Cold War – we had a hotline that we could use in times of crisis.

"My experience tells me that when you are in a period of difficulty, having a military-to-military, professional relationship can, one, help you better understand what you are dealing with, and, two, mitigate the risk of miscalculation," the chairman said.

Instructors: Awardees receive certificates, gifts

Continued from Page A1

Bde. Perry is an academic instructor who teaches enabling skills branch; basic electrical theory; shadow unmanned aircraft systems ground systems maintenance; shadow UAS maintenance and inspections; flight operations; and fault isolation for the UAS repairer course.

The NCO Flight Instructor of the Year is Staff Sgt. Richard Hasenpflug, F Co., 1st Bn., 212th Avn. Regt., 110th Avn. Bde. Hasenpflug is a flight instructor teaching the T-700 engine; hydraulics and flight controls; fuel and refueling; auxiliary power unit; aircrew training program; instructional presentations; instructional fundamentals; aircrew coordination training enhanced; and flight instruction for the UH-60 aircraft crewmember standard instruction course.

The Civilian Flight Instructor of the Year went to Robert Schuler, D Co., 1st Bn., 14th Avn. Regt., 110th Avn. Bde. Schuler is a flight instructor who teaches flight simulations; flight performance; infrared; radar; weapon systems; precision control flight maneuvering; and combined arms doctrine development for the AH-64D Apache attack helicopter instructor pilot course.

The Civilian Academic Instructor of the Year was awarded to Daniel Rawlings, C Co., 1st Bn., 223rd Avn. Regt., 110th Avn. Bde. Rawlings is an academic instructor who teaches MI-17 orientation; publications; servicing; structure and airframe; landing gear; flight control; rotors; hydraulics; electrical; fuel; powerplant; drivetrain; logbook and passports; special tools; inspections; avionics; instruments; and autopilot for the MI-17 systems maintenance course, aircraft qualification course, flight engineer course and instructor pilot course.

In addition to the certificates of achievement, each instructor of the year was presented gifts from various organizations, including clay eagles, bronze eagles, and engraved pen and pencil sets from the Aviation Chapter of the Army Aviation Association of America, the Wiregrass Chapter of the Association of the U.S. Army and the Above the Best Chapter of the U.S. Army Warrant Officers Association.

110th: Leadership praises battalion-wide hard work, efforts

Continued from Page A1

In his 23-year career, he has served in various positions in numerous assignments across the world, including with C Company, 1st Battalion, 1st Aviation Regiment in Fort Riley, Kansas, and Katterbach, Germany; and with D Co., 1st Bn., 3rd Avn. Regt., in Katterbach, and Hunter Army Airfield, Savannah, Georgia.

Upon graduation from the Sergeants Major Academy, he's held multiple leadership positions, including battalion command sergeant major for 4-2 Attack Reconnaissance Battalion, Camp Humphreys, South Korea, and battalion command sergeant major for the 2-1 General Support Aviation Battalion, Fort Riley, Kansas.

With his wealth of experience, both Hines and Singell are confident that Ankrum is up to the job. Singell added that the assignment will not be without its surprises and that any achievements of the brigade are the result of a team effort.

"Any position we achieve is really a culmination of where we started from and what we have done up to that point – such is the case here today," he said. "I couldn't have been prouder to have served and ended my career with (all of the officers, NCOs, Soldiers and civilians of this brigade).

"Everything that we achieved in this brigade is a direct result of your hard work and efforts. I'm truly grateful to all of you," he continued. "(Ankrum), you'll soon discover that there are no greater people and no greater friends to any post than those of the Wiregrass that surrounds Fort Rucker. I know you will fit in fine, and wish you and Allison the best as you assume your duties here today."

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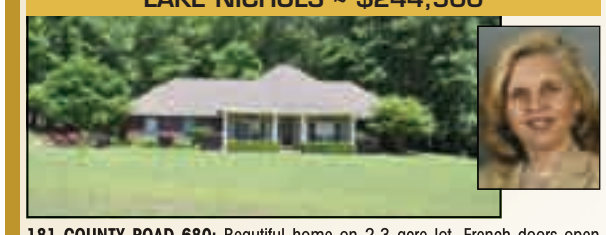

181 COUNTY ROAD 680: Beautiful home on 2.3 acre lot. French doors open onto a huge & gorgeous screened patio that looks out onto a large wooded backyard. Current owners have created a nice walking trail through the woods. If peaceful country living & privacy are what you seek, then this house is perfect! The floor plan is great for everyday living & entertaining. There's plenty of room for a large family or lots of guests. With acceptable offer, owners will install a closet in the 4TH bedroom which they use as a den. **ROBIN FOY 389-4410**

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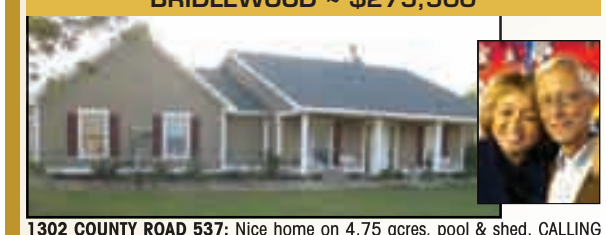

1302 COUNTY ROAD 537: Nice home on 4.75 acres, pool & shed. CALLING ALL HORSE LOVERS!!! **FRAN & DON KALTENBAUGH 790-5973**

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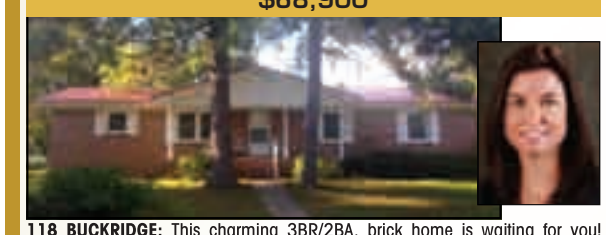

118 BUCKRIDGE: This charming 3BR/2BA, brick home is waiting for you! Located on a great corner lot, this large yard features a deck perfect for entertaining & already has a fence. Windows & new metal roof were installed in 2013. Sellers are offering an allowance of up to $3000 for the master bathroom floor. Come see today! **SOMMER RAKES 406-1286**

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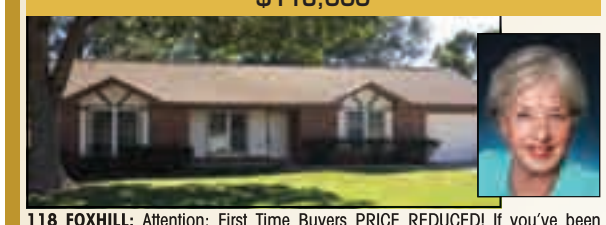

118 FOXHILL: Attention: First Time Buyers PRICE REDUCED! If you've been dreaming of a home of your own, come see this immaculate 3BR ranch in Foxhill subdivision. This home is priced to sell & move-in ready with new neutral paint inside & out and recent updates including windows with lifetime warranty, HVAC, roof & appliances. Convenient to Ft Rucker & shopping with the added benefit of a fire station around the corner. **JUDY DUNN 301-5656**

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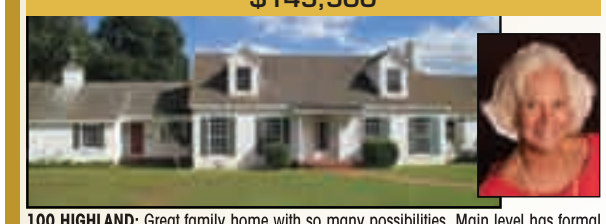

100 HIGHLAND: Great family home with so many possibilities. Main level has formal living & dining rooms, master suite with bath, laundry room, family room, kitchen with bar area & a sun room. Upstairs has 2BR/1BA with an extra office area off the 1BR. Large corner lot with partial privacy fence & there is an extra covered area for your RV or extra car off the driveway. Partial basement with walk-out & area for workshop. A DIAMOND IN THE ROUGH!! Call for your personal showing. **EVELYN HITCH 406-3436**

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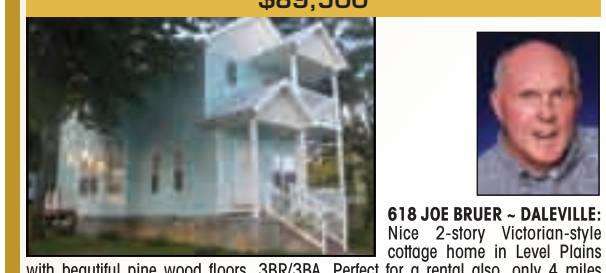

618 JOE BRUER ~ DALEVILLE: Nice 2-story Victorian-style cottage home in Level Plains with beautiful pine wood floors, 3BR/3BA. Perfect for a rental also, only 4 miles from Ft Rucker gate. Also features a balcony off master bedroom, metal roof, crown molding, pantry, wide stairwell, cabinets in laundry room. *VA foreclosure to be sold as is. Alabama right of redemption will apply.* **BOB KUYKENDALL 369-8534**

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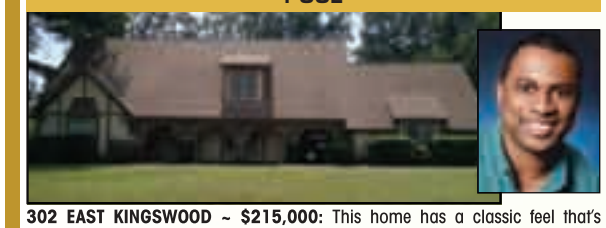
101 OLIVE SPRINGS: So much space in this 4BR/3BA you just won't believe it. New roof in 2007, new flooring in family room, double ovens, an eat-in kitchen, 2 water heaters & a screened porch are some of the nice features of this home. It even has an extra room for office/crafts/hobbies. One bedroom & bath are split from the others & would make a great teenager or mother-in-law space. Located on a level, corner lot in an established neighborhood convenient to Hillcrest Elementary & Dauphin Jr. High, churches & shopping. **JAN SAWYER 406-2393**

POOL



302 EAST KINGSWOOD ~ $215,000: This home has a classic feel that's like paradise in beautiful Valley Stream. A beautiful sparkling pool is just the beginning of this over 2,400 SF masterpiece. Gas fireplace, laundry room & great entertaining space around the pool. **CHRIS ROGERS 406-0726**

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221 JASMINE CIRCLE ~ $155,000
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(Poplar Plan)

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JANUARY 7, 2016

PHOTO BY CAPT. JAYMON BELL

More than 70 Soldiers and four U.S. Army AH-64 Apaches supported the Royal Danish Army during Operation White Sword in Denmark Dec. 4-10.

12th CAB participates in Denmark exercise

By Sgt. Thomas Mort
12th Combat Aviation Brigade Public Affairs

OKSBOEL, Denmark — More than 70 Soldiers and four U.S. Army AH-64 Apaches from 1st Battalion, 3rd Aviation Regiment, 12th Combat Aviation Brigade supported units from the 1st and 2nd Brigades of the Royal Danish Army during Operation White Sword at the Oksbøl Training Area on the western coast of Denmark Dec. 4-10.

Operation White Sword is a force-on-force exercise with more than 1,000 participants from Denmark and the United Kingdom aimed at building interoperability between NATO combat arms maneuver elements. The exercise culminates in a combined-arms, live-fire event that synchronizes armor, field artillery and rotary wing aviation assets in a unified land operations scenario.

"We laid out our training objectives and the Danish really ran with the idea of using us as a maneuver element on the battlefield," said 1st Lt. Kyle M. Amonson, a flight platoon leader with 12th Combat Aviation Brigade, 1-3rd Attack Reconnaissance Battalion. "We essentially became the third tank platoon."

B Company, 1-3rd ARB "Warlords" executed three days of deliberate live-fire operations against a simulated beach landing. The Apaches also conducted route reconnaissance ahead of the armored columns and practiced bounding alongside the Danish Leopard 2 tanks.

"This is the first time we have used the (AH-64) as a maneuver element on a brigade level exercise," said Capt. Morten Gregersen, the Royal Danish Army 2nd Brigade's joint fires officer. "It's an entirely new thing for us."

Members of B Co. divided into mission planning cells and fully integrated into the Danish operations order process. They conducted a full air mission brief to the ground force commander before each mission.

"This exercise was a culmination of our training and a proof of concept for us," said CW3 Christopher Moore, an instructor pilot from B Co., 1-3rd ARB. "It worked seamlessly with a company commander controlling us from the ground."

The 12th CAB trains and conducts Aviation operations throughout the range of military operation in support of U.S. Army Europe, U.S. European Command, NATO, and in support of U.S. Central Command and U.S. African Command and other contingency locations around the globe.

ARMY PHOTO

A CH-47 Chinook with the 82nd Combat Aviation Brigade ascends into the sky carrying paratroopers from the 82nd Airborne Division from Latham Loading Zone on Fort Bragg, N.C., Dec 15. The Chinooks enabled paratroopers to conduct an airborne jump onto Sicily Drop Zone.

Soldiers bid farewell to Hunter UAS

By Dave Conrad
Fort Hood Public Affairs

WEST FORT HOOD, Texas — The Army's oldest unmanned aircraft system had its final flight at West Fort Hood as part of a ceremony that marked transitions for both the aircraft and its operators Dec. 16.

Fort Hood Soldiers and guests said goodbye to the Hunter UAS during the ceremony at Robert Gray Army Airfield.

"Thundercats, congratulations on your part of history that you're making today," Lt. Col Gregory Hardy, commander of the 15th Military Intelligence Battalion, said during the ceremony commemorating the flight. "I am absolutely confident that you're going to excel, as you have in the past, as we transform into a Grey Eagle company."

The Hunter provided a valuable surveillance and reconnaissance role for troops and commanders.

"We're like the 'Eyes in the Sky' for the ground troops," said Staff Sgt. Zachary Norris, a Hunter operator. "We'll lead them into contact, or a raid, and make sure they're safe."

The Hunter's imagery system allowed data to be processed in a matter of seconds, providing virtual, real-time information about battlefield conditions and targets, according to an Army fact sheet. Hunter's enhanced imaging system enabled commanders to detect, identify and track hostile activity and targets, allowing commanders to target them with other units or weapon systems. The Hunter also enhanced the commander's ability to locate and identify friendly forces to avoid unnecessary loss of life and to locate enemy targets.

The Hunter was the first UAS to be actively employed by the U.S. Army, according to an Army press release. The Hunter was fielded in 1995 to both the Joint UAS training base on Fort Huachuca, Arizona, and to Fort Hood with A Company, 15th Military Intelligence Battalion, III Corps' Aerial Exploitation unit. Subsequently, the Hunter was fielded to the Joint Readiness Training Center on Fort Polk, Louisiana, in 1999 and to the Initial Brigade Combat Team on Fort Lewis, Washington, in 2000, and to V Corps at Hohenfels, Germany, in 2003.

Initially, the Hunter was used to support operations at the Joint Readiness Training Center and the National Training Center, according to an Army press release. Eventually, the Hunter has successfully deployed to the Balkans four times between 1999 and 2002 to support NATO warfighting and peacekeeping missions in Kosovo. In addition, the Hunter deployed in 2003 supporting Operation Iraqi Freedom at the start of the war.

According to a press statement from the Army Center for Lessons Learned, "Although the Hunter UAS had performed extremely well during rotation exercises, it proved itself for the first time in contingency operations as an invaluable and reliable intelligence asset to commanders at all levels. The Hunter flew more flight hours than any other NATO reconnaissance platform."

With rotations and reorganizations, by 2003, there were three aerial exploitation battalions equipped with the Hunter. It was the first Army UAS to cross the border into Iraq 2003, in support of Operation Iraqi Freedom. The Hunter UASs conducted multiple simultaneous

SEE UAS, PAGE B4

Aviators take off using 1st Aviation maintenance technology course

PHOTO BY CPL. DANIEL CHUNG IL KIM

Soldiers conduct practical applications of Aviation maintenance as part of a six-week course at the South Seattle College, Wash., Oct. 30.

By Staff Sgt. Bryan Lewis
16th Combat Aviation Brigade Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. — The Army has come to a point where deployments and major operations overseas are winding down and, as a result, the force as a whole is shrinking with Soldiers transitioning back into the civilian workforce.

Joint Base Lewis-McChord's education center, 16th Combat Aviation Brigade and the South Seattle College have come together, and developed a two-month program to help train and certify military Aviators before their service has ended.

South Seattle College's Aviation Maintenance Technology

SEE COURSE, PAGE B4

JTF-Bravo wraps up 2015 with Honduran mission

By Capt. Christopher Mesnard
JTF-Bravo Public Affairs

GRACIAS A DIOS DEPARTMENT, Honduras — Members from Joint Task Force-Bravo completed a two-day troop movement of Honduran soldiers Dec. 17 in the Gracias a Dios Department (state) of Honduras, as a part of a greater endeavor to assist the Central American nation's efforts to combat the trafficking of illicit materials throughout the region.

The troop-movement mission is part of a greater Honduran operation, named CARAVANA, and this iteration was the final one of this calendar year, continuing to develop and build on the effects of the operation from the initial vision and request for support from the Honduran president in October 2014.

PHOTO BY CAPT. CHRISTOPHER MESNARD

A U.S. Army UH-60 Black Hawk completes its final leg of the first day of a two-day troop movement Dec. 16 in the Gracias a Dios Department (state) of Honduras.

Originally, the request for aid to move troops came from the Honduran president's office to Gen. John F. Kelly, U.S. Southern Command commander.

"Our president has recognized the importance of supporting our Central American partners, making the region one of his top foreign policy priorities," Kelly said in

SEE MISSION, PAGE B4

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UAS: Program's end also signals new beginnings

Continued from Page B1

rotational deployments to Iraq to provide continuous support to the Multi-National Corps peacekeeping mission for the duration of Operation Iraqi Freedom and Operation New Dawn. Throughout both campaigns, Hunter systems were rotated out of service and upgraded with improved sensors and systems to provide state-of-the-art support to the U.S. allied forces.

The upgraded Hunter MQ-5B featured a robust, fixed-wing, twin tail-boom design with redundant control systems powered by two heavy fuel engines, one to push, one to pull the air vehicle. The Hunter provided more than 20 hours total flight time with an electro-optical and infra-red sensor payload and operated from a range of more than 200 kilometers at altitudes more than 18,000 feet. A unique Hunter capability was its relay mode that allows one Hunter to control another Hunter at extended ranges or over terrain obstacles typical of those found in the Balkans and Afghanistan.

By the end of Operation New Dawn in 2011, Hunter had racked up more than 110,000 flight hours, in addition to the more than 6,400 flight hours flown by Hunter UAS in support of Balkan operations. As a direct result, Hunter's battlefield proven success had clearly shown the value of UAS in combat operations, according to an Army press release.

After two decades on Fort Hood, the Hunter is being transferred to government-owned, contractor-operated units supporting operations overseas.

The final flight on Fort Hood marked the end of the program here, but also signals new beginnings.

In 2016, the 15th Military Intelligence Battalion will receive the Grey Eagle UAS, according to flight operators in the unit. Gray Eagle can fly for 25 hours, achieve speeds up to 167 knots and reach altitudes up to 29,000 feet, according to a fact sheet from General Atomics, manufacturer of the aircraft.

Additionally, the Gray Eagle has improved EO/IR systems and Synthetic Aperture Radar. The system can be employed to conduct "wide-area intelligence surveillance and reconnaissance, convoy protection, improvised explosive device detection and defeat, close air support, communications relay and weapons delivery missions."

Course: Program provides career development opportunities

Continued from Page B1

department presented the first graduation class, 13 people, with certificates of completion during a ceremony Dec. 10 at a 16th CAB hangar on Gray Army Airfield.

"The positive intersection of teamwork between our military community, business community and transitioning service members is a win-win for everyone and a module for moving forward," said Col. William A. Ryan III, the 16th CAB commander and guest speaker. "With the commitment of the AMT seminar, we recognize an unmatched example of how we translate the military service and technical skills our service members have to the civilian sector."

The graduating class, which was comprised of Active Duty, Reserves, National Guard and Air Force personnel, spent six weeks both strengthening skills they acquired through military training and learning about certain aviation areas normally given to a different military occupation specialty.

"In the unit, we pull an engine off the helicopter and give it to the back shops to fix it. In this course, we have to pull an engine off of an airplane and fix it ourselves," said Sgt. Christopher Kell, a Black Hawk helicopter mechanic with 16th CAB.

Getting the program off the ground took the combination of CW4 Earl Joy, the 16th CAB quality control chief, and William Nolan, the JBLM community service program manager.

"(We) came together and said let's figure out a whole-meal deal. We get a school to provide the training and instructor, and we'll find an entity to fund it, which was Camo2Commerce," Nolan said.

Camo2Commerce provides opportunities for career development and jobs to service members transitioning out of Joint Base Lewis-McChord into civilian life in western Washington.

"Normally I would have to pay out of pocket, even just to test out. Having the opportunity to go through a two-month course for free with other support with travel is great," Kell said. "It's just helping the Soldiers transition to get out so much more seamless, so they don't end up in a bad spot later on in life."

The six-week curriculum was developed between Joy and key personnel from South Seattle College, including the course lead instructor, Eric Klevstad.

"One of the benefits of this program is everyone has a different background and we can help train each other," said Sgt. Robert Hellin, a helicopter mechanic with 16th CAB. "I'm mainly an avionics guy and have just a little experience in airframe. We have an airframe guy in our group and he can use his specialties to help train us. In return, I can help him with avionics."

Mission: Operation helps move nearly 5,000 troops

Continued from Page B1

his March 12 Posture Statement to Congress. "We are now seeing real progress being made by the three Northern Triangle countries. While there are many good examples, the situation is especially encouraging in Honduras, where the government is working hard to combat the drug trade, re-establish governance in remote areas, and take meaningful action to protect human rights."

Since its initiation, Operation CARAVANA has facilitated the movement of nearly 5,000 troops and more than 210,000 pounds of cargo between remote locations in the eastern part of Honduras, giving the country the ability to quickly focus and adjust their forces against the ever changing tactics traffickers use in the region.

As Operation CARAVANA continues to evolve in its execution, JTF-Bravo continues to work in support of the Honduran forces to ensure it facilitates efforts to gain significant effects against the trafficking organizations working within Honduras.

"The execution of this operation on a consistent basis has not only achieved the right effects within Gracias a Dios, but also effects throughout the region – impacting the overall trafficking network," said Col. Robert Harman, JTF-Bravo commander. "In addition, it has increased our interaction with the Honduran staff in developing detailed and integrated plans, and also integrated command and control throughout the Honduran 30-day rotations of Operation CARAVANA. This operation is not only impacting the environment but providing the time and space for further development of our partnered forces."

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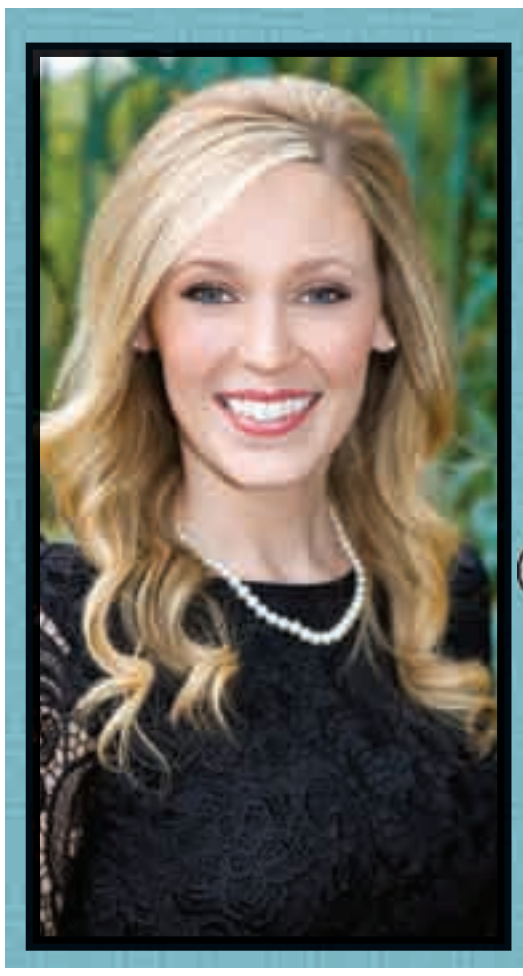

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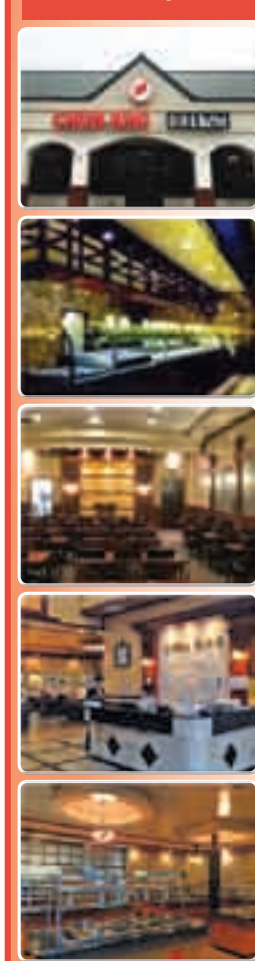

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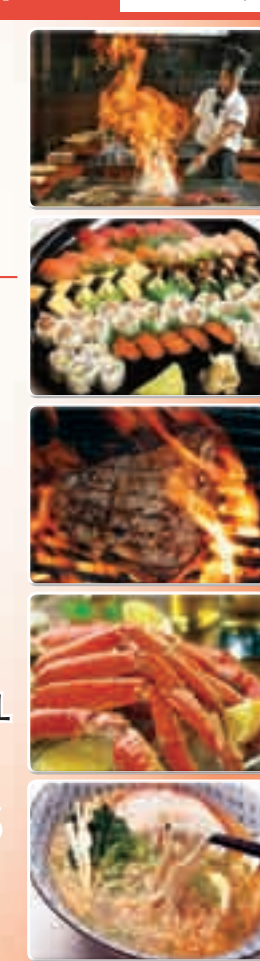

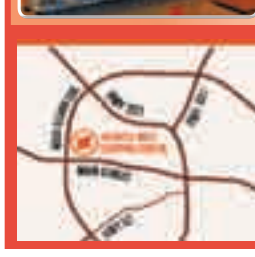

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FUTURISTIC
Some 'Star Wars' tech inspired by Army experiments
Story on Page C3

JANUARY 7, 2016

SGT. TED E. BEAR

More than 50 years of boosting morale

PHOTOS BY NATHAN PFAU

Sgt. Ted E. Bear occassionally changes attire to celebrate a variety of current events or to support Army programs.

Army Flier
Staff Report

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

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

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

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

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

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

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

Bear overshadows all of his fellow sergeants, if not by age then by dimensions. At 15 feet high, Bear weighs 2,000 pounds (mostly made of solid concrete), with his weight steadily growing with each outfit he dons.

Sgt. Ted E. Bear makes a permanent change of station from his home outside the 46th Engineer Battalion building to a new place of residence near the U.S. Army Aviation Museum in 2008.

Sgt. Ted E. Bear entereted the digital age last year.

Eventually, responsibilities passed to 1st Battalion, 210th Aviation Regiment in 1994 when the bulk of the engineer battalion relocated to Fort Polk, La., and he was then reassigned to the Warrant Officer Career College in 1997.

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

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

In 2008, Bear was moved from his original home on Ruf Avenue to his new home near the U.S. Army Aviation Museum where he bravely and quietly watches over passing traffic.

"People would notice if he was moved or removed in a heartbeat," said the historian. "It was somewhat controversial when they moved him to his new post. Can you imagine what would happen if he was taken down permanently?

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

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

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

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

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

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

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

SPIRIT OF GIVING

Primary school students help stock local food banks

PHOTO BY NATHAN PFAU

Fausto Torres, Fort Rucker Primary School first grader, hands Tom Nixon, Dale County Rescue Mission, a bag of canned food to help benefit those in the surrounding communities during a share assembly at the school Dec. 16.

By Nathan Pfau
Army Flier Staff Writer

Although Christmas has come and gone, students of the Fort Rucker Primary School can feel good about giving a gift that keeps on giving.

Before heading home for the holidays, FRPS students held their annual Share Assembly Dec. 16 to present bags of food to local charity organizations after a food drive to benefit the surrounding communities, according to Dr. Debbie Deas, FRPS principal.

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

Students collected a total of 1,100 cans and boxes of food to be distributed to food banks in Daleville, Dothan, Ozark and Enterprise, and representatives from each attended the assembly to receive the bags, and show their appreciation to the students and school for the gift of food they're providing to families in need.

"Thank you so much," said John McCullough, First United Methodist Church Daleville Food Bank, during the assembly. "It's always such a blessing to get the food because we help people all year long.

"We have families who come every month, and we help them have food and this month we'll be able to help them have extra food because of what (the children) have gathered," he continued. "All of the families that come for help are good people who have just fallen on hard times, and because of (the children and school's) generosity, they're able to have a good Christmas."

Tom Nixon, Dale County Rescue Mission, was also on hand to provide his thanks.

"Thank you folks for what you're doing for people in need in this community," he said. "Just this morning, the Dale County Rescue Mission handed out 375 bags to families in need, so these bags of food that you've given out today will replenish some of what we've given out this morning. You're all a blessing to more people than you know."

Harolyn Benjamin, Enterprise Christian Mission, told the children how their donations were able to help families have a happy holiday season, and maybe allow parents to buy their children presents for the season.

"I want you all to know that there are little children whose moms and dads are going to be able to feed them because of the food that you've provided, and they can now give them a toy or two for the holidays," she said to the students. "I just became a grandma and I hope that when (my grandchild) grows up that he's able to give like all of you do."

On Post

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

International Spouses Get Together

Army Community Service Relocation Readiness Program will host an International Spouses Get Together Friday at 9 a.m. at the Allen Heights Community Center. Spouses are welcome to attend and meet spouses from other countries, along with gaining the support and knowledge in finding the resources for obtaining U.S. citizenship, education, getting a drivers license and more. Multilingual volunteers will be available.

For more information, call 255-3735.

Winter craft

The Center Library will host a winter craft activity Tuesday from 3:30-4:30 p.m. for children ages 3-11. Light refreshments will be served. Space is limited to the first 65 children to register. The event is open to authorized patrons and exceptional family member friendly.

For more information or to register, stop by the library or call 255-3885.

Newcomers welcome

Army Community Service will host a newcomers welcome Jan. 15 from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register 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.

English as a Second Language

English as a Second Language will be offered to spouses on the installation Wednesdays in January from 9-11a.m. at the Allen Heights Community Center. Participants will practice their communication and written skills, and hopefully have some fun, as well, according to Army Community Service officials.

For more information, call 255-3161.

Mother Rucker's anniversary

Mother Rucker's will host its anniversary party Jan. 15 from 5-7 p.m. The event will be open to the public for ages 18 and older. The event will include a complimentary gift and complimentary coupon for a free appetizer at the next visit, while supplies last, and discounts on select menu items. For more information, call 503-0396.

Home Buying Seminar

Army Community Service will host a home buying seminar Jan. 19 from 6:30-8:30 p.m. at the Commons. The deadline to register is Jan. 15.

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Jan. 21. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Right Arm Night

The Landing Zone will host Right Arm Night Jan. 21 from 4-6 p.m., hosted by garrison command, Defense Commissary Agency, and Army and Air Force Exchange Service. 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 598-8025.

EFMP information, support group

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

For more information and to register, call 255-9277.

Quarterly sponsor training

Army Community Service will host quarterly sponsor refresher training Jan. 22. Sponsor training is also provided on an as-needed basis. To reserve a slot, or get more information, such as time and location of the training, call 255-3161 or 255-2887

Youth biking activity

The Fort Rucker School Age Center invites youth, ages 8-10, to join its SAC'S Young Bikers bike riding activities Jan. 23. The bikers head outdoors to explore their environment from 2-3:30 p.m. Parents and guardians are welcome to join in the fun. SAC will conduct a safety briefing, provide the bikes, safety gear and a map of routes. Children must know how to ride a bike. The number of bikers is limited, so people are encouraged to sign up early at the SAC. To sign up, youth must be a child, youth and school services registered member.

For more information, call 255-9108.

Family member resilience training

Army Community Service will host family member resilience training Jan. 25 from 9-11:30 a.m. The training gives family members the tools they need to become more resilient when facing the challenges life throws at them, according to ACS officials.

For more information, including location, call 255-9647 or 255-3359.

Mom & Me: Dad too!

Army Community Service hosts its Mom & Me: Dad too! playgroup Mondays from 9:30–11 a.m. at The Commons. The playgroup is for families with children ages birth to 3 years old.

For more information, call 255-9647 or 255-3359.

ARMY GRAPHIC

Army Family Team Building app

People can complete Army Family Team Building training through AFTB's app. Visit http://www.ftruckermwr.com/acs/army-family-team-building/ to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

DFMWR Spotlight

FORT RUCKER Movie Schedule for January 7-10

Thursday, January 7

The Hunger Games: Mockingjay Part 2 (PG-13) .....*7 p.m.*

Friday, January 8

Krampus (PG-13) .....*7 p.m.*

Saturday, January 9

Brooklyn (PG-13) .....*4 p.m.*

The Hunger Games: Mockingjay Part 2 (PG-13) .....*7 p.m.*

Sunday, January 10

The Good Dinosaur (PG) .....*1 p.m.*

Spectre (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.

FUTURISTIC

Some 'Star Wars' tech inspired by Army experiments

By Jacqueline M. Hames
"Soldiers" Magazine

FORT MEADE, Md. — The Army has a flying saucer – a real, honest-to-goodness flying saucer.

It also has a jetpack, a hover car and an all-terrain walking vehicle.

If that sounds like something out of a "Star Wars" movie, that's because Hollywood is influenced by the Army's experimental technologies.

Those technologies, developed in the 1950s through the 1970s, were public knowledge, and concept artists and directors could take inspiration from them. Army veteran and artist Ralph McQuarrie, known as "the godfather of the Star Wars aesthetic," created stunning concept art of hovercraft, androids and cybernetic walkers for George Lucas' films.

A combat veteran of the Korean War who survived a bullet wound to the head, McQuarrie would have known about the Army's experiments, said Command Sgt. Major Dennis J. Woods, the command sergeant major for initial military training and senior enlisted adviser on Fort Eustis, Virginia.

And some of those technologies that inspired McQuarrie can now be seen at the U.S. Army Transportation Museum on Fort Eustis.

"(The museum) represents the Army's attempt at problem solving over time," Woods said. "And then how many of these objects have led to other developments."

The museum itself, a single-story brick building just inside the main gate of Fort Eustis, appears small. Off to the right, visitors can see older Jeeps and a few dry-docked marine vehicles on the grass. Parking is sparse, but don't let any of that fool you.

"We have over 35,000 square feet of galleries and indoor exhibits, and then we have four outside, thematic exhibit areas that include the four major nodes of transportation: rail, Aviation, maritime and, of course, vehicles," said David S. Hanselman, director of the Transportation Museum.

The museum is one of more than 65 museums in the Army that share a central mission, Hanselman continued, to train and educate Soldiers on the history and heritage of the Army.

"As a branch museum, if you will, we also have the dual purpose of being a technological repository to document the things that the Army uses through the ages," he said. The museum has been around since the 1950s in one form or another, but the current facility was established in 1976.

The Transportation Museum is touted as having the most diverse collection of artifacts in the entire Army museum system, Hanselman added.

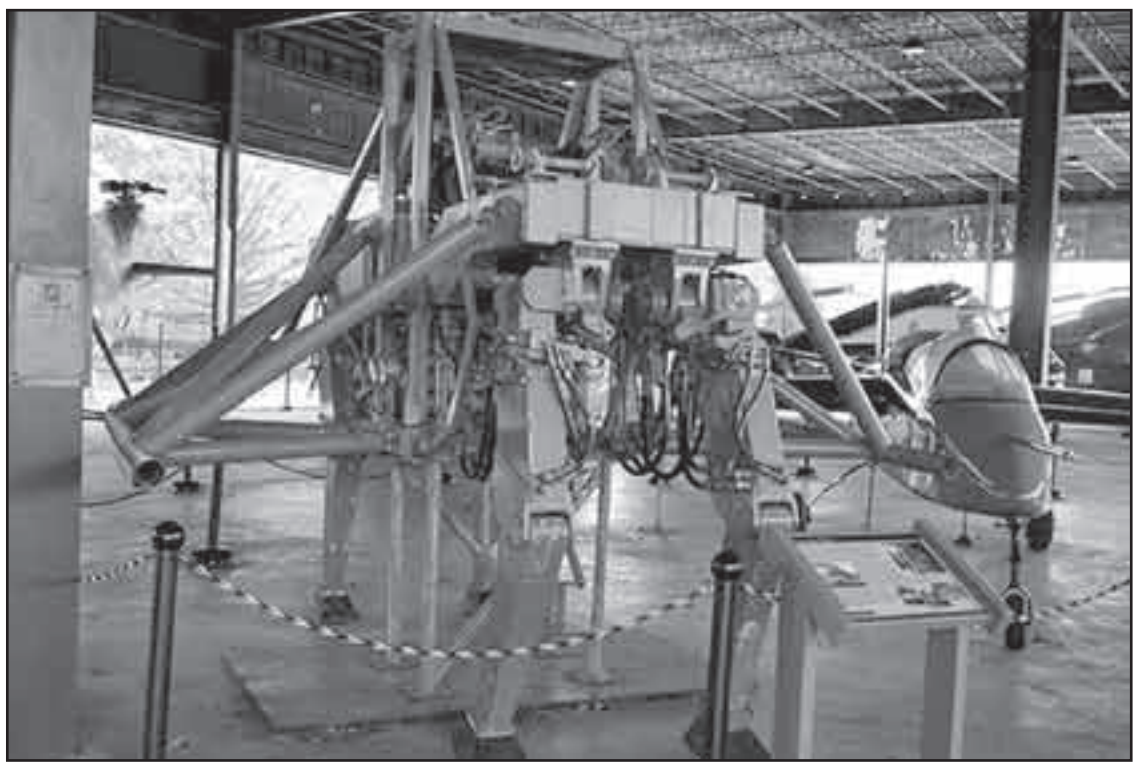

PHOTO BY SGT. JOSE A. TORRES JR.

The Cybernetic Walking Machine, which may have inspired the Imperial Walker, or AT-AT in 'Star Wars,' is an experimental craft developed by the Army. It was able to support 500 pounds of cargo over rough terrain, climb over large obstacles and walk at a speed of 5 mph. It could not be put into production, however, beause a design flaw had the walker using 50 gallons of hydraulic oil per minute, which required it to be attached to hydraulic power lines at all times, limiting its usefulness.

Extensively researched dioramas and text displays fill the indoor space of the museum. Visitors walk through the exhibits chronologically, from the beginning of the Army's transportation history all the way up through the Iraq and Afghanistan wars. From tiny models to glass-enclosed artifacts to life-sized dioramas, there is always something interesting to explore. Hanselman explained that the dioramas ensure that all visitors will learn something while at the museum, even if they aren't reading the text.

"It puts it into a contextual setting that allows folks to understand a little bit more about (an artifact), even if they don't read a single word of text," he said.

Experimental vehicles

Larger experimental machines are on display outside. The four open-air exhibits house an incredible variety of cars, aircraft and marine vehicles, with examples from World War II forward.

"What we have here in our experimental craft, we have a lot of one-of-a kind experimental craft and a couple of those are kind of direct descendants of the 'Star Wars' technologies that you see on the screen today," he said.

The Cybernetic Walker, which is quite similar to its fictional Imperial Walker counterpart, is kept with the Aviation artifacts. Two extra legs support the bright orange, elephant-sized walking machine for the display, Hanselman explained as he wove through rotor- and fixed-wing craft.

"Normally, it's just the four legs that it stands on," he said. "It does work, it did work, I mean, but it's a hydraulic nightmare. It actually had to be tethered to a hydraulic tank because it would blast through so much hydraulic oil in operation," Hanselman added. The operator would sit in the middle of the walker and use a series of levers to move the vehicle.

The walker was developed as a concept vehicle for lifting heavy loads over any kind of terrain, since helicopters were only just coming of age. The walker could carry 500 pounds of cargo, and was easy to maneuver, but being tethered to a hydraulic tank limited its usefulness.

"It did work, but the turbine engine was coming of age and as it developed, it vastly increased the capability of the helicopter, and this thing was proved obsolete, not needed, so it never went past the experimental stage," Hanselman said.

An improved version of that technology is being used by logging companies today to move timber over mountainous terrain, Woods said. He also pointed out AirGeep II VZ-8P, or "flying Jeep," could be developed in the future for civilian medical use, allowing emergency personnel to soar over traffic and arrive at the scene much faster.

The AirGeep itself just appears to be two giant turbines held together by a couple of jump seats, what Woods described as a "baby helicopter." It was developed in 1946 as a solution for getting Soldiers into destroyed urban areas in World War II, but the helicopter won out.

"This thing would do about 85 miles per hour, and could reach an altitude of 3,000 feet, so you could cruise that just over the ground level into these leveled cities, and it was originally going to be a machine gun vehicle," he said, tapping the metal frame. The two seats on the craft also had ejection capabilities.

Another hovercraft sat near the AirGeep. This one, shaped like a 1950s convertible, is known as the Ground Effects Machine and resembles the landspeeder that Luke tools around in during "Star Wars: A New Hope."

"Curtis Wright (corporation) made this thing – it's a hovercraft, pure and simple," Hanselman said. "But they made it to look like an automobile with the thought that the general public would accept this and want one in every driveway.

"Pardon the pun, but it didn't quite take off as an idea," he added. The Army purchased two of the GEMs to test the capabilities in concept. The hovercraft could cross water and smooth ground, but had trouble on rough terrain.

The GEM has two turbines, similar to the AirGeep, which are encased in the body of the craft. Rubber skirting along the bottom of the vehicle traps the air from the turbines and creates a cushion to move on. Allowing air to escape from vents on the front, rear and sides of the vehicle enabled directional control, Hanselman explained.

Past failures, future success

One of the most iconic pieces inside the museum is the Vietnam-era gun truck, "Eve of Destruction." As the only gun truck to return from combat in Vietnam, Eve is a popular exhibit. Hanselman and his staff built a mock guard tower as a viewing platform next to the truck so that visitors could see into the bed without climbing in the artifact. The truck is particularly special because it becomes a key point of study for the war in Iraq, Hanselman said.

"For the first time since Vietnam, our convoys become the main target of the enemy. They want to shut down our logistics chain, and so, our guys said, just like in Vietnam, we've got to start protecting ourselves, we've got to start developing gun trucks," he continued. Museum staff spent weeks with Army researchers discussing the design of the gun truck, which led to the development of today's convoy escort platforms. In fact, a descendant of Eve can be seen at the end of the museum's indoor display in the Iraq exhibit.

Around the corner from the gun truck are two experimental flying machines developed originally for the transportation of individual Soldiers: The De Lackner Aerocycle and the rocket belt.

The pilot shifting his weight maneuvers the aerocycle, which is an alarming combination of what appears to be a lawn mower engine, two helicopter blades and a platform with handlebars.

The counter-rotating, 15-foot blades gave the Soldier three-dimensional mobility, Hanselman said, but the device was hard to control.

"It was actually tested at Fort Eustis, out at Felker Army Airfield, by that guy," Hanselman added, pointing at the mannequin atop the aerocycle, "Capt. (Selmer) Sundby, who retired Col. Sundby – I say that so you know he lived through the program."

During one of Sundby's test flights, the blades on the Aerocycle flexed and collided with one another, which crashed the machine at 40 feet in the air. The then captain sustained a broken leg, but was otherwise unharmed, Hanselman explained. The Aerocycle was eventually abandoned in favor of the helicopter.

The rocket belt, on the other hand, was easy to control, but had several drawbacks of its own.

"The problem is it had a limited burn time, and if you're in combat, you have a 40-second burn time, well, it could be detrimental to your health, and oh, by the way, you have two highly volatile chemicals strapped to your back," Hanselman said."And it's a really big, bulky piece of equipment, so where do you put your rucksack and all of your other gear that you need in a combat environment?"

Military planners came to visit the museum and study the rocket belt during the Iraq war, to research possibilities for urban flight, Hanselman added.

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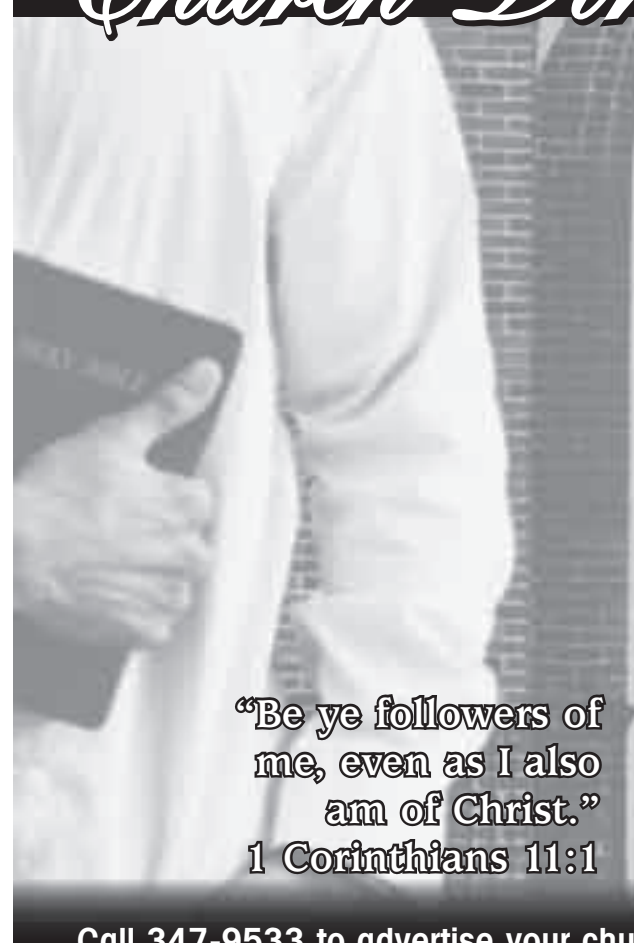

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Harlem trots into Montgomery

From Staff Reports
Army Flier

Members of the Harlem Globetrotters are preparing for their 90th world tour, with over 320 games in North America. The team will be in Montgomery at the Garrett Coliseum Jan. 14 at 7 p.m. A star-studded roster will have fans on the edge of their seats to witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages, according to a press release.

For more information, call 334-356-6866 or visit http://www.thegarrettcoliseum.com/category/events/general/.

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ANDALUSIA

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

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

DALEVILLE

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

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

DOTHAN

JAN. 23 — Temple Emanu-el Sisterhood will host a gala art exhibition and auction with a preview at 6 p.m. and the auction at 7 p.m. Admission is $10. A portion of the proceeds will benefit local charities. There will be a take a second look event Jan. 24 from 10 a.m. to 2 p.m. Bagels and coffee will be served. Temple Emanu-El is located at 188 N. Park. For more information, call 792-5001.

ONGOING — Disabled American Veterans Chapter 87 will host a dinner and meeting at 6 p.m. the third Thursday of each month at the Doug Tew Recreation Center. For more information, call 836-0217, Ext. 123, or send an email to davchapter87@gmail.com.

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

ENTERPRISE

JAN. 8 — Enterprise High School will host a military appreciation night at its basketball games against Prattville. All military and veterans with military ID will get into the game for $1. The girls team plays at 5:30 p.m. and the boys team plays at 7 p.m.

JAN. 21 — Chicago's legendary sketch and improv comedy theater performs at the Enterprise High School Performing Arts Center at 7 p.m. with "The Second City: Fully Loaded." For information, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com. Performances are made possible by support from corporate and individual memberships, by the Alabama State Council on the Arts and the National Endowment for the Arts.

ONGOING — Beginning classes in the Taoist Tai Chi Society™ Internal Arts and Methods are currently held at the Enterprise YMCA Fitness Center and the Episcopal Church of the Epiphany Parish Hall. At the Y, classes are offered on Thursdays at 1 p.m. and Saturdays at 10 a.m. At the Episcopal Church, classes are offered Mondays at 8:30 a.m. and Thursdays at 5 p.m. An ongoing health and recovery class is also held at the church on Mondays at 10:15 a.m. People can join a class at any time. For more information, call 348-9008 or 334-347-4663. For more information about Taoist Tai Chi, visit http://www.taoist.org/usa/locations/montgomery/.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

OZARK

JAN. 21 — The Ozark Chamber of Commerce will host a loan information workshop for small businesses from 11:30 a.m. to 2 p.m. The workshop is free for chamber members and costs non-members $20. Lunch is included. To attend, call 774-9321. The workshop will offer information on guaranteed loans for small businesses from the State of Alabama and from the U.S. Small Business Administration.

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

ONGOING — The Ann Rudd Art Center offers free art lessons for children ages 5 and older. The young student class is Saturdays from 10 a.m. to noon, and the adult-teen class is from 12:30-3 p.m. Slots are on a first come, first served basis. For more information, call 774-7922.

PINCKARD

O**NGOING —** 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

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 — The U.S. Army Officer Candidate School Alumni Association, Inc., located in Columbus, Georgia, and adjacent to Fort Benning, represents and supports all Army officers commissioned through an Army Officer Candidate School, regardless of location or branch. Meetings, activities and reunions are conducted throughout the year. The annual USAOCS Hall of Fame Induction Ceremony and USAOCS Alumni Association Reunion is scheduled for April 26-30 at Fort Benning. For more information, call 813-917-4309 or send an e-mail to ocsalumni.com.

Beyond Briefs

Americana Music at the Lodge

Camp Helen State Park in Panama City Beach, Florida, will host its free Americana Music at the Lodge Jan. 9 to March 5, recurring every two weeks on Saturdays, with doors opening at 6 p.m. and concerts starting at 6:30 p.m. The concert series will feature Americana musicians who are touring the country Jan. 9 and 23, Feb. 6 and 20, and March 5. Admission to the park and the concerts is free, but donations are requested and will go to benefit the park. Seating is limited to 150 inside the lodge.

For more information, call 850-233-5059. The park is located at 23937 Panama City Beach Parkway.

Beach Boomers

The Panama City Beach, Florida, public library will host its free Beach Boomers series of adventures in learning for adults Jan. 5 to March 8, recurring weekly on Tuesdays at 2 p.m. Topics include local history, art experience, mystery writers, genealogy, collectibles, Florida archaeology, digital photography, parks and recreation, and yoga.

For more information, call the library at 850-233-5055. The library is located at 12500 Hutchison Boulevard.

Martin Luther King Convocation

People are invited to join Huntingdon College for its annual Martin Luther King Convocation Jan. 20 at 7 p.m. at the college's Ligon Chapel, Flowers Hall at 1500 East Fairview Avenue in Montgomery. The event commemorates the life of civil rights leader and Montgomery preacher Dr. Martin Luther King Jr. through inspiring words and music. The event is free and open to the public.

For more information, call 334-833-4515 or visit www.huntingdon.edu/about/huntingdon-traditions/annual-events/mlk-jr-convocation/.

2016 Polar Bear Triathlon

The Montgomery YMCA will host its 2016 Polar Bear Triathlon, a free indoor triathlon, Jan. 23 from 7:30-10:30 a.m. Participants will swim, spin and run to complete the challenge. Registration is limited to the first 100 registrants. To register, visit ymcamontgomery.org/miscellaneous/2016-polar-bear-triathlon/.

For more information, call 334-271-4343 or visit the website.

'Star Wars' Day

The Science and Discovery Center of Northwest Florida, Panama City, Florida, will host its military appreciation event, "Star Wars" Day Jan. 23 from 10 a.m. to 3 p.m. The event will feature a day filled with science and activities – people are welcome to come in costume. Military families will be admitted for free while others will need to pay $5 for admission to the event.

For more information, call 505-660-0057 or visit www.sdcnwfl.org.

Mardi Gras at the Beach

Panama City Beach, Florida, will host its free Mardi Gras at the Beach event Feb. 5-6 at Pier Park. The event will feature parades, floats, Mardi Gras festivities, food, fun, music, fireworks and pirates in a family-friendly environment.

Chocolate! The Exhibition

The Gulf Coast Exploreum Science Center in Mobile will host Chocolate! The Exhibition now through Jan. 17. Chocolate! and its national tour were developed by the Field Museum of Chicago and supported, in part, by the National Science Foundation. Visitors will discover chocolate's impact on human cultures and tropical ecosystems through scenic elements, original video, interactive displays, rich imagery and graphics, and about 150 objects. This major exhibition includes replicated pre-Columbian ceramics and other decorative objects, European silver and porcelain servers, as well as examples of 19th- and 20th-century advertising and packaging, vintage chocolate molds and detailed botanical replications. The exhibition features the real story of chocolate beginning with the discovery of the cacao bean in the rainforests 1,500 years ago. The Mayans created a spicy drink and the Aztec civilization actually used the beans as currency.

Combination tickets are available for Chocolate! The Exhibition that also includes IMAX films: $18 for adults, $16 youth (13-17), $14 child (7-12) and $8 pre-kindergarten (4-6). Discounts are available for active and retired military.

For more information, visit http://www.exploreum.com.

Jasmine Hill Gardens

Jasmine Hill Gardens and Outdoor Museum features over 20 acres of year-round floral beauty and classical sculpture, including a new statuary honoring Olympic heroes. People are invited to take a stroll through the outdoor gardens and experience flowers blooming throughout each season. Tours are available for groups of 20 or more.

For more information, call 334-263-5713 or visit www.jasminehill.org/. Jasmine Hill Gardens and Outdoor Museum is located at 3001 Jasmine Hill Road, Wetumpka.

Montgomery cruise

Montgomery's parks and recreation department welcomes people to come down to the river and experience history while enjoying a relaxing cruise on the city's greatest downtown attraction, the Harriott II Riverboat. Docked beside the uniquely built Riverwalk Amphitheater, this elegant 19th century riverboat is center stage of Montgomery's entertainment district. The Harriott II offers dinner, dancing, and live entertainment.

To reserve the boat for an event, call 334-625-2100. For more information on cruises, visit www.funinmontgomery.com.

Soldier spreads joy through love for piano

By Kevin Walston
10th Mountain Division
Public Affairs

PHOTO BY KEVIN WALSTON

Spc. Anne Lee plays the piano during an event on Bagram Airfield, Afghanistan.

BAGRAM AIR FIELD, Afghanistan — Among this logistics specialist's earliest memories is being a young girl staring at the pianist during Sunday church services and wondering what it took to make that kind of music.

"I think I was about 5 years old or so, and I was fascinated by the music she played," Spc. Anne Lee said. "Every chance I'd get, I'd sneak over after service to sit with her and tap on the keys. Soon afterwards, I started taking piano lessons."

Today, she's not only an automated logistics specialist serving at Bagram as part of the 1st Armored Division's Resolute Support Sustainment Brigade, but she's also an accomplished classical pianist who's performed concerts around the world – including New York City's Carnegie Hall.

Cultivating talent

The daughter of Protestant missionaries, Lee was born Yi Pyung-An in Hwajung, South Korea, and immigrated to Los Angeles at about age 18. Soon, she was given the opportunity to play piano during her father's church service, and it was then she met Chung Chang-mi.

Chung was already an accomplished classical pianist when Lee met her. She'd come to Los Angeles from New York City to host some piano recitals. Chung had already trained countless pianists, and by chance, happened to attend Lee's church and heard the way she played, Lee said. Chung would later become her mentor and biggest inspiration for the talents she displays today on the keyboard.

"She was the first one who said she thought I had perfect pitch on the keyboard," Lee said. "At that time, I was playing piano during Sunday services at our church and after service one Sunday, she asked my parents if I could come to her studio and take lessons from her."

Chung invited Lee to come to New York with her and continue training, Lee said. "It was such a great opportunity, but at that time, my family couldn't afford for me to move away so I couldn't go with her."

Quick ascendance

Chung decided to remain in Los Angeles for several months to teach, and Lee continued taking lessons from her and learning as much as she could. Lee said she was like a sponge, clinging to Chung's every move as her fingers floated across the keys.

Lee said Chung's teaching intensified her love for an instrument that has become a huge part of who she is. And before Chung eventually left Los Angeles to return to New York, she gave Lee a baby grand piano so that she could continue to perfect her talents.

Lee continued to practice her craft and, at 19, enrolled in Pepperdine University. After becoming a member of the university choir, she was soon promoted to the position of lead classical pianist.

"When I first met the choir director, I remembered him asking me, 'Where have you been, because I've never heard anyone so young playing like that before!'" she said. "That opened yet another door for me because before I knew it, I was the music director – and then he hired me to be the lead accompanist for the university's master choir. He really believed in me and gave me so much confidence, even when I was second-guessing myself."

Soon, Lee was touring with the university choir across the United States and Europe. She said she remembers some special moments during mission trips to Turkey and Bulgaria that changed her life.

A greater cause

"I met so many children during those trips that were super-talented, yet because of economics, never had the chance to explore their talents," Lee said. "That's when I decided that I wanted a more meaningful career than just playing music and, at about age 30, I met some Korean War vets who really inspired me."

Lee said it was during those times with the vets who'd sacrificed so much that she realized she wanted to honor them by becoming a part of something bigger. Had it not been for their sacrifices years ago, she'd never have had the opportunity to immigrate to the United States.

So, on Aug. 6, 2012, she joined the U.S. Army and is now serving on her second deployment to Afghanistan.

"Having a chance to play the piano for people and have them enjoy it is a part of my religious testimony," said Lee, who currently serves as the lead pianist for Bagram's Enduring Faith Chapel's protestant service. "It's just what God has blessed me with and where he's leading me as part of his plan. It's all a part of being something bigger than I am."

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NCUA EQUAL HOUSING LENDER CO-OP SHARED BRANCH

USARCENT uses music to form partnerships

By Sgt. Christopher Prows
U.S. Army Central Public Affairs

KUWAIT CITY — An orchestra needs many talented musicians, just like a coalition needs talented Soldiers, Sailors, Marines and Airmen from many nations to forge enduring partnerships and accomplish any mission.

The U.S. Army Central music program is one asset that is able to reach across cultural and language barriers to form relationships and lasting partnerships.

"Music is the most effective form of communication, especially when it comes to emotions," said Maj. Dan Toven, music liaison officer with USARCENT. "If we want to communicate things, like friendship and patriotism, we can do that through word and pictures, but music is the most effective way in communicating those things."

Toven, a professional with advanced degrees in music performance and conducing, spent five weeks with students of the American International School-Kuwait in Kuwait City, and provided instrumental instruction and directed several numbers to continue building international bonds.

"I always relish the opportunity to go back and work with young musicians," said Toven, a native of Union City, Pennsylvania. "It is exciting in this context because we accomplish two things, we build up young musicians and then we build relationships with these students. Music is a great vehicle to build relationships and that is one of our chief objectives in USARCENT."

PHOTO BY SGT. YOUTOY MARTIN

Maj. Daniel Toven, music liaison officer with U.S. Army Central, directs a combined grades band at the American International School in Kuwait City Dec. 9.

When facilitating key leader engagements with foreign militaries or governments, a musical performance is the perfect setting. It is a non-threatening event, puts everybody in a good mood and you create an environment that helps people work together, Toven said.

"Music is a way (the Army) can take that professionalism, that technical expertise, and the world class abilities of our (Soldiers) and put that on public display," Toven said.

"The more we can work together, the more these students understand American culture," said Dan Massoth, high school instrumental music director at the American International School-Kuwait. "Being able to meet someone in the U.S. Armed Forces is an important way to build bridges between cultures and communities and that is something we really want to make sure we do more of at the school."

Massoth, a native of St. Paul, Minnesota, said the students were excited to work with a professional who has accomplished so much and also liked hearing about his life experiences.

"If we are only communicating battle plans and troop strengths with our partners, we are leaving out a whole side of the communication process," Toven said. "What music does, is it enables us to engage that other side of people and creates positive environments, which then helps us achieve our strategic defense."

Toven emphasized how important these collaborations are and how the international nature of music can be a bridge, a language, that anybody can understand. He said this concert was a wonderful way to highlight that continuing partnership.

"The kids are going to take this memory with them and somewhere down the road they are going to remember that U.S. Army guy and what was taught – that is what is important," Toven said.

RELIGIOUS SERVICES

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

Main Post Chapel, Building 8940
9 a.m. Catholic Mass Sunday
11 a.m. Liturgical Protestant Service
12:05 p.m. Catholic Mass (Tuesday - Friday)
4 p.m. Catholic Confessions Saturday
5 p.m. Catholic Mass Saturday

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

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

BIBLE STUDIES

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

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

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

Wednesdays
Catholic Women of the Chapel
Wings Chapel, 8:30 a.m.

Above the Best Bible Study
Yano Hall, 11 a.m.

1-14th Avn Regt Bible Study
Hanchey AAF, Bldg 50102N, Rm 101,
11:30 a.m.

164th TAOG Bible Study
Bldg 30501, 11:30 a.m.

Adult Bible Study
Soldier Service Center, 12 p.m.

Youth Group Bible Study
Spiritual Life Center, 5:30 p.m.

Adult Bible Study
Spiritual Life Center, 6 p.m.

Thursdays
Adult Bible Study
Spiritual Life Center, 9 a.m.

Latter-Day Saints Bible Study
Wings Chapel, 6:30 p.m.

Saturdays
Protestant Men of the Chapel
Wings Chapel (1st Saturday), 8 a.m.

COURTESY PHOTO

Pick-of-the-litter

Meet Ivy, a 6-month-old female long-hair orange tabby cat available for adoption at the Fort Rucker stray facility. She is approximately the size of a 10-12-week old kitten. She is good-natured and loves to be snuggled. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

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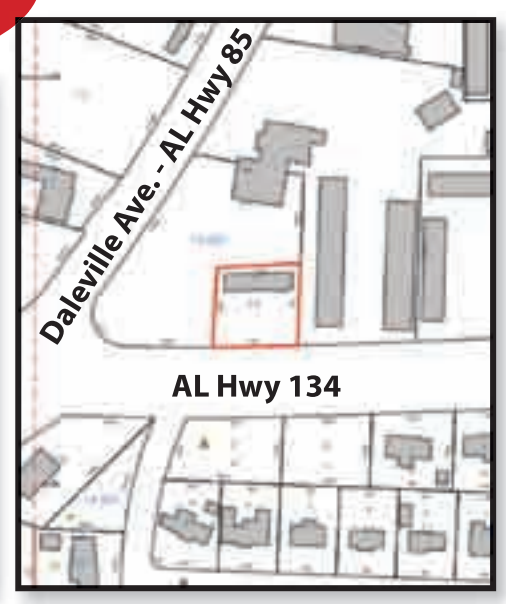

This high visibility property is located on Hwy 134, just minutes from the Fort Rucker gates. Location of the property is just East of the Daleville Avenue and Hwy 134 Intersection. Other commercial sites in close proximity include: Bojangles Restaurant, Dollar General, El Mariachi Mexican Restaurant, Daleville Inn & Apartments, Army Aviation Center,and Econo Lodge. Daleville High School and Windham Elementary School just minutes away! Less than a mile from US Hwy 84!

Inspection: Auction Company representatives will be on the property Friday, January 8th from 2-4 pm. Other times by riding by or calling Jamey Cochran for appointment @ (334) 714-3685

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SLEEP
Rested Soldiers perform better in battle
Story on Page D3

JANUARY 7, 2016

'New Year, New Me'

Fitness resolutions may require lifestyle change

By Nathan Pfau
Army Flier Staff Writer

"New year, new me." That's one saying that many people start their New Year with, but many also find that change can be hard to create.

That's why Lynn Avila, Directorate of Morale, Welfare and Recreation fitness programs coordinator, wants to remind people when making their fitness resolutions for the year, they have a myriad of fitness programs and equipment at their disposal on Fort Rucker to help them meet their fitness goals.

Oftentimes, people tend to make resolutions and lose the drive to push on only weeks into the new year, said Avila, and that's due to the fact that fitness resolutions shouldn't be made lightly as they are not just a change in some routines, but a change in lifestyle.

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

One mistake Avila said people often make is taking too much on at one time.

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

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

PHOTO BY NATHAN PFAU

Shauna Attaway, Fort Rucker fitness specialist, leads students during a kickboxing group fitness class at Fortenberry-Colton Physical Fitness Center.

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

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

"Diet is very important in any fitness goal," she said. "You should make a conscious effort to drink more water instead of sugary drinks, and then next you might try a new salad for lunch instead of having your regular burger – take it in steps."

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

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

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

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

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

Avila said that a personal trainer may be able to offer new approaches to a workout that people might not have thought to do before. Workouts can also become repetitive and lose their fun factor, and that's where fitness classes can also come in handy to switch things up and keep workouts interesting, she said.

Fitness classes and programs are offered at both the Fort Rucker Physical Fitness Center and Fortenberry-Colton Physical Fitness Center.

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

PHOTO BY AIRMAN 1ST CLASS JOSHUA R. M. DEWBERRY

Soldiers train at Joint Base Andrews, Md., Sept. 4.

'Health of Force' report card shared

Army News Service
Staff Report

(Editor's note: ARNEWS is working on a follow-up article that will go into greater depth in explaining the report and offering ways to improve the health of the force.)

WASHINGTON — Army Medical Command released the first-ever Health of the Force report in December.

The report provides a snapshot of the health of active-duty Soldiers on all major U.S.-based installations in 2014.

SEE REPORT, PAGE D4

BANNER YEAR

Army medical researchers make great strides in 2015

Compiled by David Vergun
Army News Service

(Editor's note: Contributing to this roundup of 2015 medical news was Walter T. Ham IV, Lisa Ferdinando, Elizabeth M. Collins, Eve Meinhardt and Elaine Sanchez)

WASHINGTON — Army medical researchers continued to make great strides during 2015 in new technologies designed to save lives, reduce injuries and improve Soldier physical performance.

Some of the biggest Army medical news in 2015 came in December with the release of the first-ever Health of the Force report and the first-ever Performance Triad Sleep Summit.

Health of the Force

The Health of the Force report, released by Army Medical Command, provides a snapshot of the health of active-duty Soldiers on all major U.S.-based installations in 2014.

A MEDCOM spokesperson said the report will become even more valuable over time, as data is tracked and collected, to show improvements or the need thereof in key health indicators: injuries, behavioral health, chronic disease, obesity, tobacco use, sleep disorders, hospital admissions and other health measures.

The report was a wakeup call for the important issue of Army readiness. Medical readiness was not achieved by 17 percent of Soldiers, according to the report.

PHOTO BY ROBERT T. SHIELDS

Maj. George Kallingal showcases a robotic surgical system while Lt. Col. Thomas Novak, Brooke Army Medical Center's chief of pediatric urology, looks on at San Antonio Military Medical Center in San Antonio, Texas, July 6.

Noted also in the report, injuries affect nearly 300,000 Soldiers annually. Some individuals experience multiple injuries in a single year, impacting personal readiness and increasing the burden on medical systems. About 1,295 new injuries per 1,000 Soldiers were diagnosed in 2014.

Also in the report, about 15 percent of Soldiers had a diagnosed behavioral health disorder. Among behavioral health diagnoses, adjustment disorder, mood disorders and anxiety disorders were most common.

SEE BANNER, PAGE D4

PIGSKIN PICKS

	Kansas City vs. Houston	Pittsburgh vs. Cincinnati	Seattle vs. Minnesota	Green Bay vs. Washington
Col. Tom von Eschenbach, *CDID* (67-38)	KC	Steelers	Seattle	Washington
Capt. Louis Hill, *6th MP* (62-43)	KC	Steelers	Minnesota	Washington
Jim Hughes, *PAO* (71-34)	KC	Steelers	Seattle	Green Bay
Capt. Mike Simmons, *DPS* (69-36)	KC	Steelers	Seattle	Washington
Sharon Storti, *NEC* (67-38)	KC	Bengals	Seattle	Washington

Down Time

Just Like Cats & Dogs

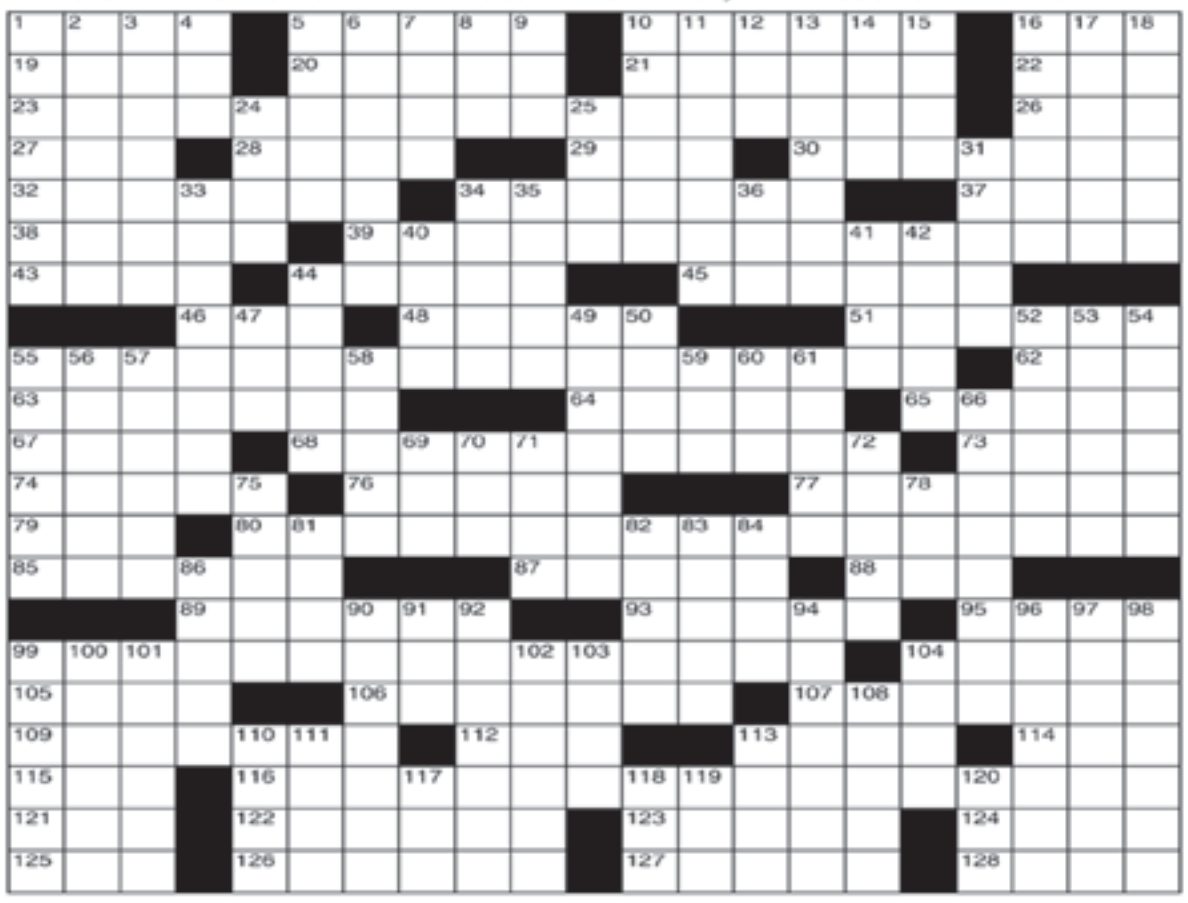
by Dave T. Phipps

Super Crossword

HORROR STORIES

ACROSS
1 Flight board figs.
5 Entrap
10 Entrap
16 Lays flat in the ring
19 Diamond with many hits
20 Suffers defeat
21 "Recovery" rapper
22 Gardner of film
23 Women's suffrage leader
26 Kept out of sight
27 Spherical body
28 Swing back and forth
29 Bonzo, e.g.
30 Grappled, rural-style
32 Journal keeper
34 Kind of deodorant
37 Helper
38 Nobody — business
39 Actress who played Marcia in "The Brady Bunch Movie"
43 Like some red hair
44 "— it is!"
45 Core military groups
46 — -jongg (tile game)
48 Force (upon)
51 Glucose, to fructose
55 "We can only do this as a pair"
62 Bullring shout
63 Fender, fan belt or fuel line
64 Rice- — (boxed food mix)
65 Savory spreads
67 Pianist Gilels
68 Measure of national economic health
73 In — (within a living organism)
74 Tower of —
76 Acting parts
77 More brutal
79 — mode
80 It might include light therapy
85 Alternative to frozen yogurt
87 De-knot
88 Passing vote
89 Composer Glass
93 Some frozen waffles
95 Little-seen
99 Three-point buzzer beater, often
104 River in Italy
105 Baseball's Hershiser
106 Singer Tony
107 Call before the court
109 Most dismal
112 CBS hit with two spin-offs
113 Jai — (relative of handball)
114 In — time
115 U.S. "Uncle"
116 Their titles are found at the starts of 23-, 39-, 55-, 68-, 80- and 99-Across
121 Feasted on
122 Clandestine
123 Nunavut native
124 As blind as —
125 Get bronze
126 See 60-Down
127 Fill in for
128 Amateur

DOWN
1 Made cryptic
2 With crying
3 Home of military craft
4 Camera type, in brief
5 Oodles
6 Ruling from a plate umpire
7 Washed-out
8 Mens — (criminal intent, in law)
9 Mind-reading skill
10 Infusion vessel
11 More than a little forgetful
12 Actor Cage, to pals
13 Made knotty
14 "— Smile Be Your Umbrella"
15 Rescue crew VIPs
16 "The Prophet" author — Gibran
17 Spanish city
18 Less happy
24 Cow-horned deity
25 Earth's neighbor
31 Authority
33 State tree of Rhode Island
34 What "—>" is
35 Letters sung by kids
36 Stop — dime
40 Hold to test the weight of
41 H.S. math
42 Fable penner
44 Heat: Prefix
47 Abbr. on an FBI poster
49 Emulates a homebody
50 Spelling of "Scream 2"
52 Not fixed in one place
53 Late morning hour
54 Getaway site
55 Cooling pack
56 "Hot" dish
57 Clan-related
58 Mixes up
59 Whole bunch
60 With 126-Across, et cetera
61 Brother's daughter
66 Rosary prayer
69 Upper Midwest's — Canals
70 State tree of North Dakota
71 Contact lens care brand
72 "ER" pictures
75 Ballerina-like
78 Onetime Arapaho foe
81 Dark film
82 SALT I topic
83 Close-fitting
84 — Park (part of Queens)
86 Pertain
90 Clinical scientist, for short
91 Mineral suffix
92 Penny — (stingy sort)
94 Earache, formally
96 Comply with
97 Habitual
98 Mexico's Zedillo
99 Filled in for a pooch owner
100 Print goofs
101 Sailors
102 First stages
103 No, to Klaus
104 Set of three
108 Spouts off
110 Petrol brand
111 Dele undoer
113 "... some kind of —?"
117 — -K
118 Sorento and Soul maker
119 U.S. "Ltd."
120 Brewpub tub



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See Page D3 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. POLITICS: What sitting vice president shot and mortally wounded a political rival in a duel?
2. LANGUAGE: What does the Latin suffix "grade" mean?
3. MOVIES: What was the name of the angel who visited George Bailey in "It's a Wonderful Life"?
4. TELEVISION: What was the title of the theme song to the sitcom "Cheers"?
5. U.S. STATES: What state's motto is "North to the Future"?
6. ANIMAL KINGDOM: What kind of animal would be described as "lupine"?
7. GAMES: How much money do you get when you pass "Go" in Monopoly?
8. LITERATURE: What are the names of the two feuding families in "Romeo and Juliet"?
9. GEOGRAPHY: What two countries does the Cheviot Hills range divide?
10. GENERAL KNOWLEDGE: What is the birthstone for April?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

	9		7					6
		2		5			1	
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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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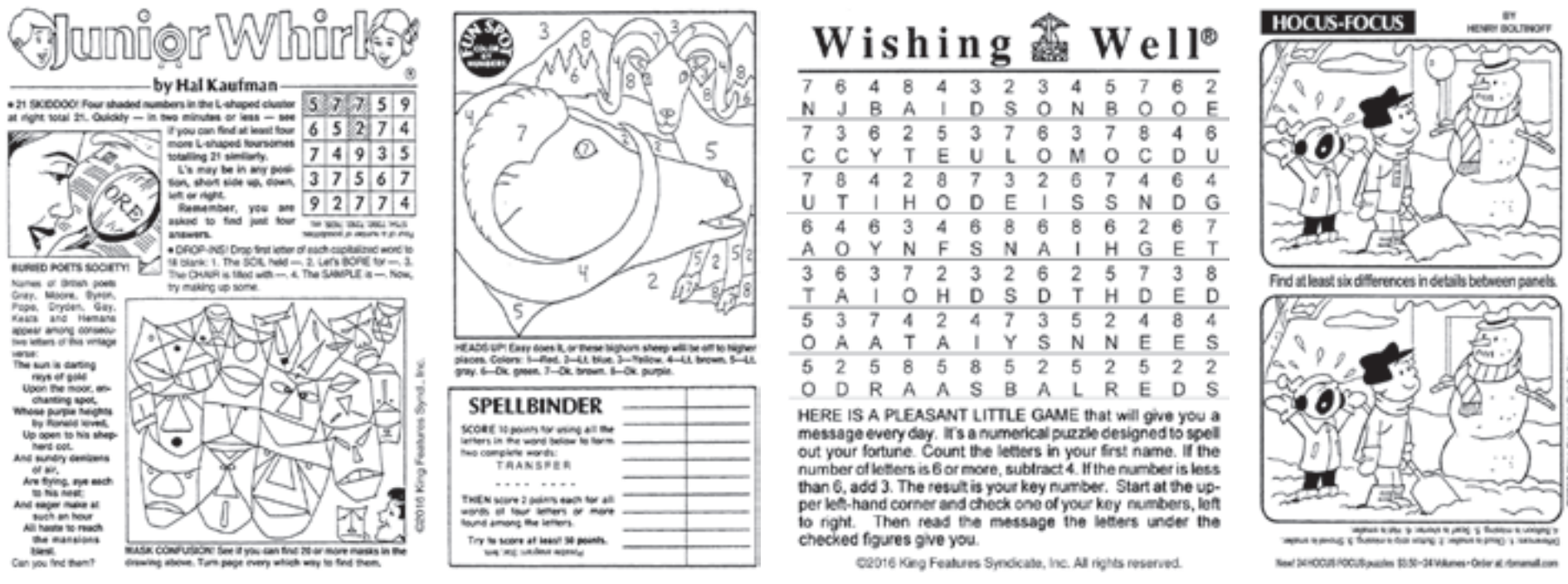
See Page D3 for this week's answers.

Kid's Corner



Experts: Rested Soldiers perform better

By David Vergun
Army News Service

FALLS CHURCH, Va. — A senior NCO involved in the second battle of Fallujah said he has but one regret: that he didn't know the effects sleep deprivation have on combat effectiveness.

Sgt. 1st Class Alonzo Howard spoke at the Army Office of the Surgeon General-sponsored Performance Triad Sleep Summit Dec. 9.

During the battle in Iraq in 2004, Howard went for more than a week with very little sleep. The combat engineer succeeded in closing off a bridge to prevent the enemy from escaping.

While the mission was a success, Howard said his performance could have improved even more had he known about sleep banking, a technique he could have used to mitigate some of the negative effects of staying awake for long periods of time. Sleep banking means sleeping longer than the recommended eight hours a night for one or more nights before going without sleep or very little sleep.

As a platoon sergeant, one of the important things Howard did was to coach his squad leaders on ways to stay alive and win in combat. That meant such things as tactics, weapons proficiency, physical fitness and proper nutrition.

But sleep, he said, was never one of them.

During the battle, one of his corporals did exceptionally well, and Howard said he succeeded in recommending him for a field promotion to sergeant. That sergeant was killed later during a subsequent deployment to Afghanistan.

Howard said he doesn't know the factors that contributed to the sergeant's death, but he said he passed along all of the knowledge of warfare he knew to that sergeant, except for the effects of going without sleep.

ARMY PHOTO

Some Soldiers take the opportunity to get some sleep on a flight.

He said he wishes he'd known then what he knows now about sleep.

One of the suggestions Howard offered at the Sleep Summit was producing small, plastic Performance Triad cards so Soldiers in the field can have guidance to follow regarding risk management, and the tradeoffs between sleep and performance. His suggestion was well received.

One of the participants at the Sleep Summit noticed Howard's Ranger Tab and asked what he thought about going without sleep during the grueling training at Ranger School.

Howard responded that the benefit of that is knowing how far you can push yourself and experience the effects of sleeplessness on performance to gain a greater appreciation for understanding the importance of sleep firsthand. In other words, he suggested leaving the training as it is.

Effects on performance

Dr. Thomas J. Balkin, a scientist at Walter Reed Army Institute of Research in Silver Spring, Maryland, described findings from his research on sleep deprivation.

Participants were divided into groups, with some getting nine hours of sleep, and others seven, five and three over a seven-day period. Participants were then given psychomotor vigilance tests each day to determine their reaction time to visual stimulus, he said.

An accompanying chart within this article shows marked declines for the five- and three-hour groups each day. After the seven-day trial period, the participants in all groups were allowed eight hours of sleep and tested again each day. Performance for all groups shot back up very quickly, especially on the first day. However, performance didn't recover to pre-trial levels, except for those who banked sleep, or had nine hours of sleep the week before the deprivation.

Balkin noted that other studies from Department of Defense research laboratories have "demonstrated the significant effects of sleep deprivation and fatigue on cognition, attention, reaction time, and moral reasoning, all of which are critically important for operational effectiveness."

Research also suggests, he said, that "more is better" when it comes to sleep and that getting more than eight hours of sleep a night establishes a sleep reserve in case sleep is lost one or more nights in the future.

Suggested remedies

Balkin then offered the idea that if mission allows, everyone in the Army should be able to come to work at 8 a.m. "If the boss comes in at 7 a.m., workers typically follow that example." It's the same for working late.

Another suggestion, he offered, is instructing all personnel to not text or email during off-duty hours unless it's an emergency. Too many people, he said, sleep with their cell phone beside them.

Maj. Scott Williams, chief of the sleep clinic at Walter Reed National Military Medical Center said some trucking companies require drivers to be hooked up to a Continuous Positive Airway Pressure device when they're sleeping.

A CPAP is normally used to pump oxygen into the nasal passage for people who have obstructive sleep apnea. But CPAP can also be used to monitor the amount of time a person is sleeping, he said. The device can transmit that data from wherever the person is located back to the trucking company headquarters. That way, employers have a way to verify if their drivers are sleeping.

Using a CPAP, or perhaps a sleep sensor device, to monitor Soldiers' sleep might be a good idea, particularly for jobs where alertness is important, he said.

Researchers evaluate true effects of hearing loss for Soldiers

By David Gillespie
Blanchfield Army Community Hospital
Public Affairs

FORT CAMPBELL, Ky. — Army Medicine audiology researchers are studying how hearing loss affects Soldier performance on the battlefield, giving commanders a better understanding of real-world limitations and helping create a new, more realistic, standard for hearing profiles.

For more than 30 years, auditory fitness levels have been measured annually using an audiometry test, also known as the Defense Occupational and Environmental Health Readiness System Hearing Conservation, with a certain hearing-loss threshold prompting a mandatory medical review board.

So while many Soldiers have been labeled non-deployable because of hearing loss, the U.S. Department of Veterans Affairs spends more than $1 billion in compensation per year to treat hearing loss for more than 800,000 veterans. Data collected by the VA shows as many as 52 percent of combat Soldiers have moderately severe hearing loss or worse, mostly because of the loud sounds associated with combat.

However, researches want to know if the audiometry test's long-established hearing profiles are an accurate measure of a Soldier's ability to move, shoot and communicate.

"We are working on a research protocol that is looking at the effects of hearing loss on Soldier performance in realistic battlefield scenarios," said Lt. Col. Amy Blank, an audiologist from Walter Reed National Military Medical Center.

Those realistic battlefield scenarios were in the form of team-level maneuvers across a wooded training area on Fort Campbell, which provided an ideal location for Blank and Benjamin Sheffield, a research audiologist from Army Public Health Center (Provisional).

"My partners in this research developed a hearing loss simulator, which Soldiers mount on top of their helmets," Blank said. "The device superimposes hearing loss through earphones inserted into the ears, allowing us to evaluate how well they are performing in a scenario where they have a start point, waypoints to obtain and an endpoint."

Soldiers from the 101st Airborne Division (Air Assault) donned the equipment and formed four competing teams, each of which simulated varying levels of hearing loss. The Army's current auditory fitness-for-duty system characterizes those levels as hearing profiles H1, H2 or H3, with the latter being the worst of the three profiles. Each team's mission was to navigate to each of three waypoints and reach their endpoints as quickly as possible.

"There are other teams on the battlefield and they have to engage teams if they come across them. The objective is to get from start to finish and be the first to arrive. That is difficult when we superimpose simulated hearing loss on the Soldiers," Blank said.

"We have a pretty sophisticated way of collecting data," added Sheffield, as he fitted helmets with video cameras, binaural microphones and hearing-loss simulation devices. "Through word of mouth and a bit of research, we found this HITS (Homestation Instrumentation Training System) here at Fort Campbell. We recognized this would be the perfect platform to move to the next step in our research. Also, we have the 101st Airborne here at Fort Campbell, a good unit well experienced in this type of combat."

SPORTS BRIEFS

Wanted: Youth sports coaches

The Fort Rucker Youth Sports and Fitness Program is looking for prospective coaches for all of its sports activities. The program offers a wide range of sports to the youth of our community, including basketball, football, tennis and soccer. Those who feel up to the challenge and think they have what it takes to lead, guide and impact youth are welcome to stop by the recruiting table Wednesday from 10 a.m. to 2 p.m. in the lobby of the Soldier Service Center, Bldg. 5700. Training will be held Jan. 23 at 9 a.m. at the youth center gym, Bldg. 2800.

For more information, call 255-2254.

Youth spring soccer registration

Fort Rucker Child, Youth and School Services youth spring soccer registration takes place throughout January. Cost is $20 for youth, ages 4-5 and $40 for youth, ages 6-14. If parents pay for child by WebTrac, they will need to call in their child's shirt and short sizes. League ages are Training League, 4-5; Pee Wee League, 6-7; Mites League, 8-9; Junior League, 10-11; and Senior League, 12-14. A current sports physical and a valid CYSS registration are required for participation. The children must meet age requirements by Aug. 1, 2015. There will be a parent's meeting Feb. 3 at 6 p.m. at the youth center gymnasium, Bldg. 2800, on Seventh Avenue. The season begins Feb. 22 and runs until March 25. Soccer practice begins Feb. 8. Coaches are needed. Those interested in coaching should call 255-0950. There will be no extensions on registration. Special requests for coaches or players will not be honored.

For more information or to register, call 255-2257, 255-2254 or 255-9638.

Adult swim lessons

The Fort Rucker Physical Fitness Center will offer adult swim lessons Tuesdays and Thursdays in January. Beginner level lessons will be held from 5:15-6 p.m. and intermediate lLevel lessons from 6:15-7 p.m. for a total of eight sessions each. People can register at the Fort Rucker PFC's front desk or MWR Central three days prior to the start of the first session. The cost is $40 and there is a minimum requirement of three participants in order to conduct the course.

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

Lifeguard courses

Lifeguarding Courses will be held at the Fort Rucker Physical Fitness Center Jan. 15-17 and 23-24. Times on Fridays are 4-7 p.m., and Saturdays and Sundays from 8 a.m. to 5 p.m. The course is open to patrons ages 15 and up, and costs $125 for military and Department of Defense ID card holders and $150 for members of the general public. A prerequisite test on the first day must be passed 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 course start date. Class may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

PUZZLE ANSWERS

Super Crossword

Answers

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Weekly SUDOKU

Answer

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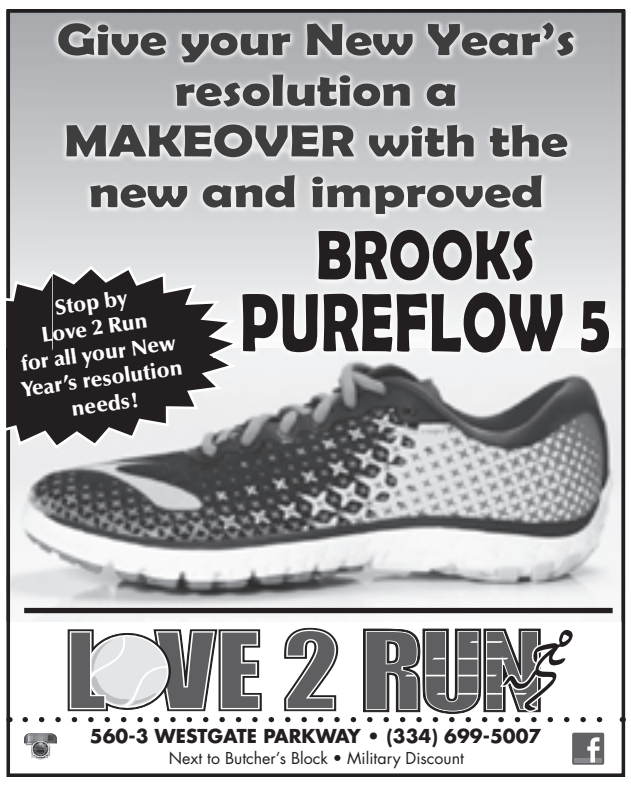
5	7	1	2	8	6	3	9	4
6	3	9	1	7	5	2	4	8
2	8	4	9	6	3	1	7	5
7	1	5	8	2	4	6	3	9

TRIVIA

Answers

1. Aaron Burr
2. Walking or moving
3. Clarence
4. "Where Everybody Knows Your Name"
5. Alaska
6. A wolf
7. $200
8. Montague and Capulet
9. England and Scotland
10. Diamond



Banner: Army's efforts key to defeating Ebola in Liberia

Continued from Page D1

There's more news in the report and it's available as a free pdf download on the MEDCOM site. Also, check out the accompanying article on page D1.

Sleep Summit

The Army Office of the Surgeon General-sponsored Performance Triad Sleep Summit took place Dec. 7-9. Future sleep summits are planned once every two years, according to an OTSG spokesperson.

The Health of the Force report, released a day after the sleep summit, notes that one-third of Soldiers get five hours or less of sleep per night and 62 percent of Soldiers get less than seven. The report lists effects of inadequate sleep, including increased likelihood of injuries, behavior disorders, anxiety, post-traumatic stress and depression.

And the report notes very sobering information that "individuals who routinely get five to six hours of sleep perform much like a person with a blood alcohol content of 0.08."

Experts at the sleep summit had their work cut out. They tackled a wide range of issues:

- Sleep data needs to be better tracked;
- Physicians need better training in sleep therapy, not just prescribing medications;
- Better sleep guidelines need to be published;
- Sleep recommendations need to be in the curriculum at the school houses; and
- An Army-wide culture shift is needed in viewing sleep as a better performance resource.

Surgeon general honored

Among the big news in December was the retirement of the Army's Surgeon General Lt. Gen. Patricia Horoho.

During her retirement ceremony Dec. 15, Army Chief of Staff Gen. Mark A. Milley said, "I was there (in Afghanistan) to witness her performance, and it was incredible. There are many, many lives today that would not be living without the efforts of Patty Horoho."

While deployed to Afghanistan, Horoho helped improve tactical combat casualty care, MedEvac procedures, getting needed care during the critical golden hour following wounds or injuries, tele-behavioral health and resiliency training. She encouraged sleep discipline, looking after women's health, health records improvements and much more, Milley said.

PHOTO BY EVE MEINHARDT

Surgical technicians prepare the da Vinci surgical system for a patient before a laparoscopic surgical procedure at Womack Army Medical Center, Fort Bragg, N.C., Aug. 12.

Following her deployment, she was the first woman, and the first non-physician in any service, to serve as a surgeon general, "and that's an amazing achievement," he added.

After Horoho's departure, Maj. Gen. Nadja West was sworn in as the Army's first African-American surgeon general.

Ebola mission ends

The 20th Chemical, Biological, Radiological, Nuclear, Explosives Command departed west Africa in late May, following its success in combating the deadly Ebola virus as part of Operation Unified Assistance.

Col. Sven Erichsen, commander of the 48th CBRNE Brigade, said the highlight of deployment came in May, "when the World Health Organization declared Liberia Ebola-free after an epidemic that lasted over a year and took 4,000 lives."

The World Health Organization declared Liberia free of Ebola May 9 after 42 days without any new cases. Liberia was the country most impacted by the outbreak. In September 2014, Liberia was reporting 300 to 400 new cases a week.

Leading the transitional headquarters for the humanitarian-assistance mission, Erichsen said his Soldiers served side-by-side with joint, interagency and allied organizations in Liberia.

In support of the U.S. Agency for International Development, the brigade worked together with the Centers for Disease Control, Uniformed Public Health Service, Disaster Area Response Teams and many other international and volunteer organizations.

The other major news on the Ebola front was that Army medical researchers made remarkable strides in protecting Soldiers and populations around the globe from Ebola and other diseases, said Army Vice Chief of Staff Gen. Daniel B. Allyn, citing a promising vaccine under development for Ebola.

"The rapid development of a promising vaccine illuminates the incredible ability and capacity of this team," Allyn told researchers after touring the Walter Reed Army Institute of Research May 20.

A clinical trial at WRAIR of VSV-EBOV, a promising Ebola vaccine, preceded large-scale vaccine trials in Africa now. New vaccines like this one may help stave off future Ebola epidemics, Army researchers said.

The work of Army Medical Command, WRAIR and the U.S. Army Medical Research Institute of Infectious Disease helped get the Ebola outbreak in west Africa under control, saving hundreds of thousands of lives, Allyn said.

The Ebola outbreak in west Africa was projected to reach 1 million cases, Allyn said.

"This team … helped stop it at 11,000 – that's 989,000 lives saved," he said. "What the Medical Command, specifically this team of professionals, achieved is absolutely remarkable."

Enlisted-to-doctor pathway

For years, some had dreamed of becoming a doctor, a physician or a surgeon, but life had different plans. For a variety of reasons, they wound up enlisting in the military, some as medics, some in non-medical fields, some even made it to special operations. That first dream became something to be pursued someday, in another life, after the military.

In the Army, doctors and senior NCOs also spent years losing their most talented Soldiers to that dream, wishing they could offer them more opportunities while on active duty.

"This is something that I've wanted to see happen since I've been on active duty," said retired Command Sgt. Maj. Althea Green-Dixon, director of recruitment and outreach for the F. Edward Hébert School of Medicine at the Uniformed Services University of the Health Sciences and director of the new Enlisted to Medical Degree Preparatory Program.

In the new EMDP2 program, which the USUHS runs with George Mason University, qualified service members have the opportunity to devote two years to classroom study and preparing for the Medical College Admission Test. During that time, they don't have to worry about deploying or training. Their sole duty is to be students.

Robot-assisted surgery

Robots are increasingly assisting surgeons in operating rooms. For instance, take the one at Womack Army Medical Center on Fort Bragg, North Carolina.

WAMC began using the da Vinci Surgical System in September for laparoscopic urology and gynecology surgeries. Two surgeons are using the system and additional surgeons are training to start performing procedures in the near future. The robot is already assisting with urology and gynecology surgeries and, once everyone is trained, will help perform general surgeries, as well.

"This is a relatively new technology initially intended for challenging surgeries in small places," said Maj. Patrick McDonough, chief of WAMC Urology Services. "It's wristed, meaning that the arms have a full range of motion, and able to make precise, steady movements. It also allows you to see everything better while you're operating."

McDonough said that studies have shown that after a robot-assisted surgery, patients experience less post-operative pain, shorter stays in the hospital after surgery and less blood loss during the procedure.

Report: Sleep believed key to improve overall health

Continued from Page D1

The report tallied injuries, behavioral health, chronic disease, obesity, tobacco use, sleep disorders, hospital admissions and other health measures across 30 Army installations. Key Performance Triad measures of sleep, activity and nutrition were also tracked. The result was the creation of an overall installation health index, according to the report.

The following are some of the highlights of the report.

- Medical readiness was not achieved by 17 percent of Soldiers. One-third of those not medically ready were Soldiers with overdue dental or medical exams.
- Injuries affect nearly 300,000 Soldiers annually. Some individuals experience multiple injuries in a single year, impacting personal readiness and increasing the burden on medical systems. About 1,295 new injuries per 1,000 Soldiers were diagnosed in 2014.
- About 15 percent of Soldiers had a diagnosed behavioral health disorder. Among behavioral health diagnoses, adjustment disorders, mood disorders and anxiety disorders were most common.
- About 14 percent of Soldiers had one or more diagnosed chronic conditions. Cardiovascular conditions were the most common condition assessed, followed by arthritis, asthma and chronic obstructive pulmonary disease.
- Obesity remains a concern for military readiness as 13 percent of Soldiers were classified as obese during Army Physical Fitness Tests.
- About 32 percent of Soldiers reported tobacco use. That includes both smoking and smokeless tobacco.
- About 10 percent of Soldiers had a diagnosed sleep disorder.
- About 2 percent of Soldiers had a diagnosed substance abuse disorder.
- Around 16.7 chlamydia infections were reported per 1,000 Soldiers.

Performance Triad

The Global Assessment Tool data suggest that Soldiers could improve their personal health readiness through changes in their sleep, activity and nutritional habits. No installations reached the current targeted score of 85 or above out of 100 possible points on sleep, activity or nutrition.

Additionally, a cross-section of 2014 GAT data revealed that only 15 percent of Soldiers met the recommended target for sleep, 38 percent met the target for fitness, and 13 percent met the target for nutrition.

Readiness – No. 1 priority

The HOF report mentions that Army Chief of Staff Gen. Mark A. Milley has said readiness of the force is a priority for him.

Immediately after his swearing in as the Army's new chief, Aug. 14, the general made it clear just how important readiness is.

"If we do not maintain our commitment to remain strong, in the air, on the sea and, yes, on the ground, we will pay the butcher's bill in blood, and we will forever lose the precious gift of our freedom," he said. "As your chief of staff, I will ensure we remain ready as the world's premier combat force. Readiness to fight and win – ground combat – is and will remain the U.S. Army's No. 1 priority. And there will be no other No. 1. We will always be ready to fight today and we will always prepare to fight tomorrow."

Many of the shortfalls identified in the HOF report are in areas that Soldiers can address individually, as part of improving their own personal readiness. Personal readiness contributes to the readiness of the Army.

Now-retired Army Surgeon Gen. Lt. Gen. Patricia Horoho stated in the report's preface: "As leaders, we must have the knowledge and resources to influence cultural change that best facilitates personal health readiness and creates environments where the healthy choice is the easy choice.

"The 'Health of the Force Report' is the Army's first attempt to review, prioritize, and share best health practices at the installation level. Senior Army leaders now have the 'Health of the Force' to track the health of the Army, installation by installation, and to share lessons learned for those installations on different ends of the health spectrum," she added.

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