SPRING FORWARD
It's that time of the year again – people should set their clocks ahead one hour at 2 a.m. Sunday for Daylight Saving Time.

READ ACROSS AMERICA
Schools, libraries use fun to promote reading

Story on Page C1

TEE TIME
Membership drive champions top-notch amenities for golfers

Story on Page D1

ARMY FLIER

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

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SOLDIERS HELPING SOLDIERS

Army Emergency Relief kicks off fundraising campaign

By Nathan Pfau
Army Flier Staff Writer

The agency built on the principle of Soldiers taking care of Soldiers kicked off its fundraising campaign season at Fort Rucker March 2.

The 2016 Army Emergency Relief campaign officially started with a ceremony at the U.S. Army Aviation Museum, with officials communicating this year's theme – "Never Leave a Soldier in Need."

Fort Rucker senior leaders also signed a pledge and were the first to donate to the cause.

"Your attendance today not only demonstrates your commitment and your devotion, but it truly shows what it means to take care of our fellow Soldiers and their families," said Col. Shannon T. Miller, Fort Rucker garrison commander and AER chairman. "The primary goal of the AER campaign this year is to ensure that 100 percent of our Soldiers receive training, so that they can tell the story of AER to our fellow Soldiers.

"AER is not an Army-funded program, but a nonprofit organization based on Soldiers helping Soldiers," continued the colonel. "It provides a means for those in basic financial hardships to obtain no-interest loans or, in some cases, grants to help with unanticipated expenses. The only way we are going to be able to accomplish this endeavor this year is by ensuring that 100 percent of our Soldiers are given that opportunity to contribute to this program."

PHOTO BY NATHAN PFAU

Fort Rucker and U.S. Army Aviation Center of Excellence senior leaders sign a pledge and donate to Army Emergency Relief during the campaign kickoff event at the U.S. Army Aviation Museum March 2.

During the kickoff event, a video was shown that told the stories of numerous Soldiers and families who were saved from hardship through AER's efforts, and Col. Allan M. Pepin, U.S. Army Aviation Center of Excellence chief of staff, said that people should take those stories to heart.

> "Last year, only 12 percent of active-duty Soldiers Army wide donated to AER."
>
> — COL. ALLAN M. PEPIN
> U.S. ARMY AVIATION CENTER OF EXCELLENCE CHIEF OF STAFF

"Think about all these stories," he said. "If any of those Soldiers decided to not use AER and went to an off-post establishment that has ridiculous interest rates, they might have been in some real trouble.

"Some of our Soldiers, unknowingly, go out to these places. And when they sign those papers, they get hit with 30-percent, 50-percent and even sometimes 150-percent interest on a loan," said Pepin. "Before they know it, whatever got them into that crisis to begin with is now much worse."

AER provides interest-free loans to Soldiers, retirees and family members who are going through financial hardships, but many have forgotten that the program is available to them, and that's why the chief of staff said a bit of education is in order.

"As we continue to educate our Soldiers, we can help maintain our readiness," he said. "For every one of those Soldiers in that video, if they had not gotten the help, there's a good chance that they would have gotten out of the Army. Financial hardships tend to lead to other bad things and Soldiers tend to make hasty decisions and can get overwhelmed."

Pepin shared his own experience where he saw, firsthand, how AER was able to help a fellow Soldier who was in need.

He told of a Soldier who was finishing his tour of duty and was ready to separate from the Army, but as a young company commander, Pepin said it was his job to try and convince the Soldier to stay. No matter what he told the Soldier about the benefits of staying in the Army, he wasn't able to convince him to stay – his mind was made up.

"What I couldn't have predicted was that not even two weeks later he would end up having a house fire that destroyed everything," said the chief of staff. "We sent him to AER and they took care of him, and he became the best recruiter I ever had because he realized at that moment where he would be if the same event had happened a year later, outside of the Army."

AER has been serving Soldiers and families for more than 70 years, and last year more than $71 million provided assistance to 48,000 Soldiers and families, said Pepin. Nine million dollars was spent in giving scholarships to over 4,000 spouses and children.

On Fort Rucker, nearly 200 Soldiers received over $270,000 in assistance, $50,000 of which was in grants.

Despite all of the efforts, however, Pepin said more needs to be done.

"Last year, only 12 percent of active-duty Soldiers Army wide donated to AER," he said. "That's a pretty concerning percentage. We've got to do a better job. We can educate ourselves to make a logical choice that benefits those in the Army. Through education, I think we can get the numbers to go up."

Post to host education fair

By Jeremy Henderson
Army Flier Staff Writer

Students preparing for college can get a head start during the Fort Rucker Education Center Spring Fair March 17 from 10 a.m. until 2 p.m. at the center in Bldg. 4502.

"The event will inform the Fort Rucker community about available academic, vocational and certification programs," Randy McNally, Fort Rucker education specialist, said. "There will be representatives from on-post and off-post institutions who are able to support Fort Rucker community members' educational goals."

According to McNally, 13 education programs will be represented at the events to help guide future college students in their decision making process.

"We will have all of the on-post academic institutions, educational programs representatives, and U.S. Department of Veterans Affairs program representatives, Soldier for Life program representatives, Lurleen B. Wallace Community College representatives, Wallace Community College representatives, and Florida Institute of Technology representatives," he said. "They will be providing information about their programs.

"Students should bring their whole family," he added. "There should be fun and information for all members. Stop by the education fair and get informed. There are many different educational programs available to the Fort Rucker community. Our counselors will assist with funding programs and our testing office will assist with available tests that can help students in achieving their career or academic goals."

SEE FAIR, PAGE A5

FILE PHOTO

Then-W01 Adam Sniffen runs with then-1st Lt. Cierra O'Connor at the Fort Rucker Physical Fitness Center track in 2014.

OFF LIMITS

Training areas not for recreational use

By Nathan Pfau
Army Flier Staff Writer

With more than 60,000 acres of training area on Fort Rucker, officials want to remind people not to stray off the beaten path when it comes to recreation.

From Lake Tholocco's West Beach, the Beaver Lake trails, Disc Golf Course and tracks at the physical fitness facilities, the installation has an abundance of areas for recreation, but training areas are strictly prohibited to civilians and unauthorized personnel, said Sean Sparks, chief of the Training Division for the Directorate of Plans, Training, Mobilization and Security.

"People using these areas without proper approval not only put their personal safety at risk, but also could be prosecuted," said the training division chief.

Fort Rucker 385-1, Range and Training Area Regulation, states that entry into or use of any range, training area, or impact area for any reason must be approved in advance by the chief of the training division, or a designated representative.

The installation limits running, jogging, biking, swimming, walking and picnics to authorized areas to protect the civilian populace, versus allowing anyone to use a training area for any type activity, said Sparks.

"Our primary effort, from a training division perspective, is to prevent this type of activity from disrupting training units in the field," he said. "There are many risks people are exposing themselves to by wandering off through the woods on post."

Sparks said that people need to familiarize themselves with the regulations and the policies that are set for their protection.

U.S. Army Aviation Center of Excellence Regulation 600-1 lists off-limits areas as ranges, designated training areas, storage buildings, non-lighted areas during hours of darkness (except fishing ponds and Lake Tholocco for fishing only), vacant and unused structures, the Lemon Lot after 10 p.m., and all airfields, stage fields or other facilities

SEE LIMITS, PAGE A5

PERSPECTIVE ▪ A2 | ARMYWIDE ▪ B1-4 | COMMUNITY ▪ C1-6 | ON POST ▪ C2 | SPORTS ▪ D1-4

PERSPECTIVE

LEADING THE WAY

New NCO Evaluation Report to define tomorrow's leaders

By Command Sgt. Maj. Tomeka O. O'Neal
Mission and Installation Contracting Command

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Since the start of this calendar year, NCOs across the Army have fallen under a new rating system that's unlike anything they've seen for a generation, but will help ensure NCOs exemplify the Army Profession.

This is one of the greatest changes that have been implemented with our rating system as it now holds leaders accountable for who we are and how we set the example for our Soldiers.

The new NCO Evaluation Report now stratifies promotion potential by holding NCOs, their raters and senior raters accountable for taking necessary actions to capture performance and potential. It's critical that each individual in this process understands his or her respective role for which they are now responsible.

NCOs and senior NCOs are the backbone of support capabilities who allow combatant commanders to conduct day-to-day deterrence and theater-shaping operations. As supervisors and leaders in the evaluation process, we owe it to those commanders to provide our best Soldiers and finest operational contracting support.

I've learned quickly upon arriving at the Mission and Installation Contracting Command that NCOs in the 51 Charlie military occupational specialty are already a cut above the rest. The requirements necessary to even compete and remain qualified as a contracting NCO are some of the most stringent in the service. However, it is my intent

ARMY PHOTO

O'Neal

to make sure they are in the best possible position to continue serving our Army in the fullest capacity possible.

I am adamant about ensuring all personnel understand the importance of the new Department of the Army Form 2166-9 NCOER series, which is the new evaluation form. It's all NCO-oriented, which makes it imperative that the rated NCO goes into the Evaluation Entry System to build the initial 2166-9-1 counseling form. I can't emphasize enough the importance of getting the appropriate information and input populated in EES and making sure the rating chains are correct.

All NCOs should have already completed their professional development on the NCOER by now. Also, the Human Resources Command has provided additional training packages so that those involved in this process can gain a grasp of how to assess a leader's overall talent.

There are three forms as part of the 2166-9 series, each capturing the performance and potential for promotion. The developmental NCOER, 2166-9-1, is for sergeants; an organizational level form, 2166-9-2, evaluates staff sergeants, sergeants first class and master sergeants; and the strategic level NCOER, 2166-9-3, is for command sergeants major and sergeants major.

Formal evaluation of NCOs is not about checking the blocks any longer. You really have to step up to the plate to earn your rating. Leaders must understand and assess NCOs through critical thinking.

NCOs are now rated in six categories. You must have a clear understanding of character, presence, intellect, leads, develops and achieves. All leaders, uniformed and civilian, need to be familiar with Army Doctrine Publication 6-22, Army Leadership, and clearly understand the Leadership Requirements Model. It is those attributes and competencies outlined in that model on which we are weighing and basing our leader qualities and ensuring we maintain the best NCOs through talent management.

For sergeants, the NCOER now delineates simply between whether or not you meet the standard. Senior raters then determine whether you are either most qualified, highly qualified, qualified or not qualified.

At the organization level, staff sergeants through master sergeant are rated in one of four categories, far exceeded the standard, exceeded standard, met the standard or did not meet the standard. Moreover, sergeants major and command sergeants major are rated at the strategic level through a narrative assessment instead of standardized bullets.

The new EES system builds a profile for every rater and senior rater. It mandates face-to-face contact between the rater, a senior rater when available and the Soldier during specific windows of counseling that must be accomplished, which eliminates an unfairly rushed, last-minute effort on behalf of our rated NCOs. This ensures a deliberate method of managing our most talented NCOs for the next level of responsibility.

This directed interaction is the most critical part of the new system and demands honest counseling so that no one is surprised. That honest feedback should include an understanding that raters and senior raters cannot categorically rate everybody as far exceeds standards any more. It was similar inflation of evaluations under the previous rating system that prompted this new reporting system.

The new NCOER is the best way ahead in order to support the Army's Select-Train-Educate-Promote policy for enlisted Soldiers by forcing leaders to be accountable and make the hard choices.

At this time, it is no secret to anyone where and how we're supposed to be instituting and implementing the NCOER this year. I've had the opportunity to visit a few of our geographically dispersed offices and have met with NCOs and our leaders to ensure we're on track with the NCOER. I've also relayed critical information as I've received it through our leaders at the brigade and field directorate level.

As leaders, we have to stay abreast of the changes in our Army, so that we can continue to further develop our NCOs as they strive for promotion. It's been a working progress, but we'll continue to answer all of your questions through all means possible.

And again, I can't say enough how important it is for command leadership and leaders at all levels to do the right thing. Be accountable for your Soldiers.

Rotor Wash

"Army Emergency Relief kicked off its fundraising campaign March 2. Why is it important to give to those in need?"

CW2 Tim Wildes , 1st Bn., 147th Avn. Regt., Madison, Wis.

"It's always important to support your brothers and sisters in arms, whether on the battlefield or off."

Sgt. Dan Cutler, 1st Bn., 147th Avn. Regt., Madison, Wis.

"You never know what others are going through or what they might go through if they can't get the help they need, so it's important to help out when you're able."

Yasmin Spade, military spouse

"Soldiers do so much by putting their lives on the line, so we should do our part by helping those who can't help themselves."

Pvt. 2 Dale Rowe, B Co., 1st Bn., 11th Avn. Regt.

"It's just about being a good person. If you're able to give a little, then why not do so and help someone going through a hard time?"

Jared Demascus, veteran

"Our fellow Soldiers are there for you no matter what, and if they're going through a tough time, I want them to know that there are those who will help support them through it."

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FORT RUCKER COMMANDING GENERAL

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ACE SUICIDE INTERVENTION

Ask your buddy

- Have the courage to ask the question, but stay calm.
- Ask the question directly. For example, "Are you thinking of killing yourself?"

Care for your buddy

- Remove any means that could be used for self-injury.
- Calmly control the situation, do not use force.
- Actively listen to produce relief.

Escort your buddy

- Never leave your buddy alone.
- Escort to the chain of command, a chaplain, a behavioral health professional or a primary care provider.

Army budget focuses on asymmetric threats

By David Vergun
Army News Service

WASHINGTON — "The Army must produce units ready today to win decisively … against an aggressive Russia or its surrogates," said Acting Secretary of the Army Patrick Murphy.

Murphy and Chief of Staff of the Army Gen. Mark A. Milley testified March 3 at a House Committee on Appropriations, Defense subcommittee hearing about the proposed fiscal year 2017 Army Budget.

Russian military modernization began in earnest around 2004, after they observed how quickly the army of Iraq was defeated in 2003 by the U.S. and coalition, Milley said. "They went to school, focusing on our capabilities. They developed new doctrine, modernized and their military is now much more capable than it has been since the fall of the Berlin Wall."

Milley added that threats the Army must prepare for are not just from Russia and an increasingly assertive China, but also from a provocative North Korea, and terrorist groups throughout large swaths of the Middle East and Africa.

PHOTO BY PVT. RANDY WREN

Soldiers attack simulated enemy combatants while conducting a defense operation during exercise Allied Spirit IV at the U.S. Army's Joint Multinational Readiness Center in Hohenfels Training Area, Germany, Feb. 2.

Both leaders said the fiscal year 2017 Army budget of $125.1 billion focuses on building readiness to defeat those threats as well as asymmetric threats from non-state actors.

Manning and modernization dollars in the budget took a hit so that a smaller, but better ready and led force can beat a larger force, Murphy said. "We're mortgaging modernization to meet readiness."

Milley added that a lot of work went into putting the budget together to get the best balance possible with modernization, manning and readiness, but there's a risk that comes with cuts to the force and modernization, absent funding. "It comes down to how much risk the nation is willing to take."

High levels of readiness "buy us capability over capacity," Milley said, adding, it's "skill over size, but size has a quantity all of its own."

Murphy suggested to lawmakers that they could easily save the Army some $500 million by deciding on a base realignment and closure round for 2019.

Asked about how the Army is handling sexual assault, Milley responded that the chain of command is much more responsive regarding the issue than it has ever been. "Sexual assault in the Army is like fratricide, it's unforgiveable."

Murphy added that when he was in the Army, he prosecuted cases of sexual assaults. Combating sexual assaults then and now is "like night and day," he said, explaining that the issue is being taken seriously both judicially and through a changing of the culture.

Comptroller explains all-inclusive DOD needs

By Jim Garamone
Department of Defense News

WASHINGTON — The Defense Department's planning, programming and budgeting process covers not only today's wars, but planning for the future, and it's a daunting task, the DOD comptroller said at the Center for Strategic and International Studies Monday.

Mike McCord, as the department's chief financial officer, detailed how strategy turns into financial decisions during an event that examined the PPB process.

Defense Secretary Ash Carter gave budgeteers clear guidance on what to plan for in the fiscal year 2017 defense budget request – Russia, China, North Korea, Iran and terrorism. "It's not acceptable to say I can only afford to do three or four of these. We have to be able to do them all," McCord said.

Planning for the future

"One of the things … that's striking to me is that … any secretary of defense lives in the here and now a lot, spends a lot of time with the White House, a lot of time responding to what's going on today and to current challenges," he said. "But this secretary has us thinking well into the future."

And that thinking is all-inclusive – crossing domains, geographic areas, services and agencies, McCord said.

In every domain, every part of the world from now into the future, Carter is "demanding that we be excellent across so many ranges of geography, time and domain – something that I think few, if any, militaries would attempt to do what we attempt to do, let alone to excel at so much of it."

Carter is also demanding the department innovate. And while much of this involves new technology, it is more, McCord said.

"'Force of the future' is the phrase that the secretary uses to talk about innovating and how we attract and retain talent," he said. "I think that that's proven so far to be a little bit easily misunderstood, because our talent level is so high already. So there are some who ask, why do we need to do anything new? Because it's working well what we do today."

Things change

It's because things change, and what DOD needs today to attract and retain the best will change in the future, McCord said.

"An interesting aspect of this is just last year, a great degree of cooperation between an independent commission and the Congress and the department resulted in a military retirement reform, something that hasn't happened in 30 years," he said.

Retirement is now geared towards a more portable benefit, one that allows service members who don't stay 30 years to walk away with more than they do now, McCord said.

"Portable benefits are obviously a part of that that attract people in the rest of the world and we think it will work for us," he said. "We've also talked about in recent days, some of the non-monetary compensation benefits: child care hours, maternity and paternity leave expansion; things that recognize that what attracts and retains a person isn't always just their paycheck."

Innovation, agility

Innovation also means creating an agile, responsive system, McCord said. "We need to be agile in how we operate, agile in how we think as well as having new technology and the best people."

McCord praised November's budget deal that resulted in the $583 billion defense budget request for FY 17.

Looking to the future, there will need to be more deals, more negotiations, more discussions, he said. "This is a two-year budget deal that expires after this year and it leaves the question open again for where we are going on defense resources, so we're starting from a better place by having this deal than if we had been stuck where we were before."

The deal gave some stability to troops, industry partners and defense planners, he said.

While the department didn't get everything it sought, McCord said, Pentagon leaders "recognize that that was always a possible outcome when you're seeking a compromise – that you might not get everything that you wanted."

McCord said he considers the biggest risk in the FY 17 budget request not the choices that were made to meet the short-term budget reductions, but the $100 billion difference in the four years remaining of the Budget Control Act caps.

DOD PHOTO

McCord

"That's about $25 billion a year in extra resources," he said.

News Briefs

Fitness center renovations

The Fort Rucker Physical Fitness Center, Bldg. 4605, began renovations to its heating, ventilating and air conditioning system Wednesday. The construction timeline will occur in multiple intervals. Along with limited parking at the facility, the various phases of construction will eliminate use of the cardio room and temporarily inhibit full use of the racquetball courts, the front lobby area and the locker rooms. The Fortenberry-Colton PFC will continue normal hours of operation while renovations are carried out at the other PFC .

Timeline: Monday – cardio room closed and equipment will be relocated to the main gym area;

March 19-20 and 26-27 – entire facility will be closed; April-May – HVAC system installation will impact racquetball courts, cardio room, locker rooms and office area.

For more information, call 255-2296.

Field artillery live fire

The 1-117th Field Artillery Battalion will conduct live fire training at the Fort Rucker Range Complex Saturday. The training will affect the following facilities: Training Areas 10 and 11 will be closed to hunting and all other activities; East Perimeter Road will be closed from 6 a.m. to 6 p.m.; the privately owned weapons range will be closed; and R-2103 airspace will be closed to aircraft traffic.

Hanchey power outage

Some buildings on Hanchey Field will experience a power outage Sunday between 6 a.m. and 6 p.m. as part of the capital upgrade project to create a loop feed to the field. The upgrade will improve reliability of the distribution system and shorten the number and duration of outages – both scheduled and unscheduled. It also creates a system that Alabama Power can work on and maintain with minimal disruptions to customers' power.

The buildings impacted include 50202, 50203, 50204, 50207, 50208, 50209, 50209A, 50130, 50123 and 50211.

Exercise in housing

The Fort Rucker Directorate of Public Safety will conduct certification for its special reaction team Wednesday in Bowden Terrace. The exercise is designed to synchronize efforts of law enforcement first responders. Using observer controllers, DPS officials will assess the SRT on its response, and execution of procedures and battle drills at the event site.

Easter Sunrise Service

The Fort Rucker Community Easter Sunrise Service is scheduled for March 27 at 6:30 a.m. at the Guthrie Field Flight Landing Strip – located behind Wings Chapel, Bldg. 6036. Chaplain (Col.) Dean E. Bonura, U.S. Army Aviation Center of Excellence and Fort Rucker Garrison chaplain, will deliver the Easter message. The service will involve people of Fort Rucker and the neighboring civilian communities.

For more information, call 255-2989 or 255-2012.

Marketing Yourself for a Second Career

The Fort Rucker Soldier for Life Center will host the Military Officers Association of America for its free presentation "Marketing Yourself for a Second Career" March 22 from 8 a.m. to 1 p.m. in the post theater. All ranks are invited, although it is geared towards officers and senior NCOs, according to Soldier for Life officials. Spouses are encouraged to attend, as well.

The presentation will be given by retired Col. John D. Sims, deputy director at the Transition Center at MOAA's national headquarters Virginia. Although there is no charge to attend, RSVPs are required to attend.

To reserve a seat or get more information, call 255-2540.

Supply support activity inventory

The Fort Rucker Logistics Readiness Center, Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory March 21-25. All turn-ins must be in by 2 p.m. Wednesday. Normal operations will discontinue at 4:15 p.m. March 18 and are expected to resume March 28. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions.

For more information, call 255-9504.

ID card appointment system

To help reduce wait times, the Directorate of Human Resources recently changed its ID Card Section to an appointment-only system Mondays-Fridays for people seeking to get ID cards.

The only walk-in customers who are seen are those who have lost their cards, need a personal identification number reset, need a DD Form 1172 issue, are in- or out-processing, and retirees renewing their cards – all other walk-in customers will be asked to make an appointment.

To make an appointment, people just need to go online and visit https://rapids-appointments.dmdc.osd.mil/appointment/building.aspx?BuildingId=876.

People with questions on using the appointment system or who need to verify the documents required to get an ID, should call 255-2182.

Clinic appointment line number change

Lyster Army Health Clinic is taking proactive steps to make sure beneficiaries are able to continue making their healthcare appointments in a quick and timely fashion. Recently, some beneficiaries have encountered busy signals or dropped calls when calling the local LAHC phone number. For this reason, beneficiaries will now be directed to call 1-800-261-7193 to cancel or make new appointments.

Now, when beneficiaries call the 255-7000 phone line, they will receive an automated message, providing them with directions to call the 1-800 number. To schedule or cancel an appointment at LAHC, call toll free 1-800-261-7193. The appointment line call center is open from 7 a.m. to 4 p.m. Mondays through Fridays, and is closed on holidays and days of no significant activity.

TRADOC town hall sparks online discussion

By Jonathan Koester
NCO Journal

FORT EUSTIS, Va. — Out of sight of the cameras, a team of more than 30 people had just spent two hours quickly and professionally answering questions from NCOs on Facebook, Twitter and a chat room as part of an NCO Professional Development Town Hall March 3 at Fort Eustis.

The team fielded many questions during the night, calling in experts when they could and passing other questions to the six people filming live in the studio. It was late, and the team was tired, but Command Sgt. Maj. David Davenport, command sergeant major of U.S. Army Training and Doctrine Command, wanted to let them know their efforts, however appreciated, weren't finished.

Davenport had asked NCOs to continue to use the #Talk2TRADOC to provide feedback and ask questions on social media channels and he wanted to make sure those questions received answers.

"I know a lot of effort went into this, but our work doesn't stop here," Davenport told the team at the end of the night. "We can go high-five one another and have fun tonight, but tomorrow we have to get right back in there and start rowing the boat. We need to answer those questions, because our word is our bond to the Soldiers. If we say we are going to answer and we don't, they will immediately point the fingers at us and say, 'See, I told you they don't care – they're not listening.'"

PHOTO BY JONATHAN KOESTER

Liston Bailey, chief of the Learning Innovations and Initiatives Division of the Institute for NCO Professional Development, and Amy Robinson of U.S. Army Public Affairs, respond to NCOs' questions on social media while the town hall plays on the screen.

Building a foundation

Hundreds of NCOs filled the chat room during the town hall and questions flooded in on social media. Davenport said he felt the event built a good foundation for continued discussions.

"I think when you're open and honest with Soldiers, and you sincerely want the best for them, that's when you build trust," he said. "Hopefully, I built some trust with the force tonight and they know I'm trying to think through this as we build toward the future."

One of the behind-the-scenes experts answering questions on social media was Liston Bailey, chief of the Learning Innovations and Initiatives Division of the Institute for NCO Professional Development. He thought the forum provided some short, credible answers to NCOs, which they could use to follow up with their chain of command or other sources.

"We received a lot of questions about how Soldiers are going to manage their careers and their concerns about the feasibility of being successful as they move from grade to grade," Bailey said. "Questions about opportunities for broadening assignments were another big topic. Soldiers are interested in their growth and development, and their access to information."

Panel teams together

Charles Guyette, director of the U.S. Army Sergeants Major Academy's Directorate of Training, participated by answering questions in the live chat room during the town hall broadcast. He said there were many questions concerning professional military education.

"The questions were very thought-provoking and relevant to the force," he said. "You can tell there is a need for information out there because there are a lot of things they are not aware of. There's some misinformation. There are misconceptions about NCO PME and the NCO professional development system. This helped better inform the Soldiers out there, especially related to their professional military education. We want to get this right, make sure they understand what they need to do to get to those courses."

Both Command Sgt. Maj. Jim Wills, the command sergeant major of the U.S. Army Reserve, and Command Sgt. Maj. Brunk Conley, the command sergeant major of the U.S. Army National Guard, were part of the on-camera panel taking questions from the force.

"It shows that we are one Army team," Conley said. "When Sergeant Major Davenport asked both me and Sergeant Major Wills to attend, it showed that we're all in this together and we're one team, one fight. It's a pleasure and an honor to be here.

"We're going through a lot of changes right now, and the Soldiers are concerned," he said. "They have a lot of good questions about how this affects them and what they need to do to be successful. They want to hear senior leaders' thoughts on how this is going to affect the Army, the Guard and the Reserve."

The two-hour town hall has been posted to TRADOC's YouTube page for those NCOs who couldn't watch it live. It may be found at: https://youtu.be/JtAg-PNpzy4kAlso, check the NCO Journal at http://ncojournal.dodlive.mil/ next week for a complete report on the questions and answers from the town hall.

The event is over, but the conversation continues, Davenport said.

"This is not just a one-time event soliciting feedback from our Soldiers," Davenport said. "If they want to continue the dialogue, we have all the social media outlets, we will answer all the questions. But more importantly, they can follow me on the blog that I do. It's tradocnews.org. You go on that page and you see 'Straight from the CSM,' and that's my blog site. I solicit feedback on there to things that we are talking about. That feedback has really made a change in our Army in everything from structured self-development to the STEP policy."

Enlisted Soldiers RACE to West Point academy

By David Vergun
Army News Service

WASHINGTON — "We are always seeking future leaders for our officer corps. Nearly 15 percent of each West Point class can come from prior service," said the director of admissions at the U.S. Military Academy at West Point, New York , adding that she welcomes even greater numbers.

"The RACE program allows us to expedite the admissions testing and evaluation process through Soldiers' units to maximize our recruiting efforts," said Col. Deborah McDonald.

RACE – the Rapid Application Completion Exercise – provides an edge to enlisted Soldiers for getting through the tough, arduous admissions process in a streamlined manner, said Maj. Jason Dupuis, Soldier admission officer, USMA Directorate of Admissions.

The advantage to the Army is that it retains its best and brightest enlisted Soldiers and provides competent leadership to the Army, he said.

Sgt. Maj. of the Army Daniel A. Dailey said he strongly encourages Soldiers to apply.

"When we have a high number of Soldiers admitted to the U.S. Military Academy, it adds to the diverse composition of the Corps of Cadets," Dailey said. "This diversity invaluably increases the overall educational and leader development opportunity for those who attend. In short, experienced Soldiers who join the Corps of Cadets help strengthen our future officer corps from within."

Dupuis, the developer of RACE, started out as an enlisted Soldier. When he discovered that he might meet the eligibility criteria to go to West Point, he said he jumped at the chance.

The biggest hurdle, he noticed, was getting through the many requirements needed for the admissions process.

He said he somehow stumbled through and was accepted in 2001.

Over the years, he said he spoke to other enlisted Soldiers and they had similar problems with the admissions process.

"It was especially hard for them to focus on their mission of soldiering, while also doing paperwork," he said. "A very large percentage simply gave up."

What RACE basically does is get Soldiers together in a day-long classroom environment where they fill out paperwork, take exams and get questions answered by coaches. In that way, a process that normally takes months to complete can be finished in just one day, he said.

Since RACE just started last year, only six installations have tried it, he said. By sometime this year, Dupuis hopes to take it Army-wide.

There are currently over 60,000 Soldiers in the Army who meet the basic eligibility requirements to get into West Point, he said.

Most don't even know they are qualified, he noted. Another important part of RACE is getting the word out that "you might be qualified."

Criteria for getting in includes ACT and SAT scores, recommendations from the Soldier's commander, not yet age 23 by July 1, not married, no dependents and several other requirements, he said.

Dupuis said applicants can find a lot answers on the Soldier Admissions Program Facebook page and more information on the U.S. Military Academy's site.

Up to 85 spots a year are reserved for enlisted Soldiers at West Point, according to Title 10 authority, Dupuis said. Soldiers' commanders can nominate them to attend.

Even if more Soldiers apply to West Point than will ultimately be accepted, Dupuis said the process gets Soldiers thinking about higher education.

"Maybe I didn't get into West Point, but I tried and almost did," he said, speculating on how a Soldier might think about their application process. "But maybe I can attend some other university and use my G.I. Bill that way."

Either way, it's a win for the Soldier and for the Army.

There's one more step to take after RACE and being accepted to West Point. It's called preparatory school.

Prep school is a 10-month program for enlisted Soldiers who may not have a degree, but who have the aptitude and motivation. The school helps them bone up on the material they will need to know in order to be competitive with other candidates, he said.

Without prep school, "that gap in education can be absolutely detrimental to Soldiers who are coming to West Point," he said.

Ever since the founding of the USMA in 1802, enlisted Soldiers have been accepted to West Point, Dupuis said.

At one time, West Point "was our main commissioning source in the United States," he said.

During the Civil War, huge numbers of enlisted found their way there and served with distinction on both sides of the war.

In 1946, a preparatory school for aspiring enlisted West Point cadets was started at Stewart Airfield, New York, and then moved to Fort Belvoir, Virginia, in 1957. In 1975, it moved to Fort Monmouth, New Jersey. "That's where I went," he said. Today, the prep school is at West Point.

COURTESY OF MAJ. JASON DUPUIS

Jason Dupuis graduated from the U.S. Military Academy at West Point, N.Y, in 2005. Dupuis, the developer of RACE, started out as an enlisted Soldier.

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JCS chairman: Afghans applying security lessons learned

By Jim Garamone
Department of Defense News

ABOARD A MILITARY AIRCRAFT – While the highlight of the chairman of the Joint Chiefs of Staff's visit to Afghanistan was the change of command in Kabul, he also took advantage of the visit to check on operations in the eastern part of the country.

Overall, Marine Corps Gen. Joseph F. Dunford Jr. said he was pleased with what he saw and believes integration of lessons learned from operations last year will make the Afghan army and police more effective forces going forward.

Afghan security forces went through tough tests in 2015, Dunford said. Enemy forces tested them in many areas and many ways.

Last year, the Afghans assumed control of their security with very little coalition back-up, he said. Afghan forces need more capabilities in some complex areas – ministerial capacity, aviation, logistics, special operations and the intelligence enterprise, the chairman noted.

Delaying some of these capabilities was the fact that Afghan security forces had to provide protection for two elections. "It's fair to say the political transition took longer," Dunford said. "2015 really was the first summer without significant coalition capabilities," he said. "The Afghan forces were in the fight on their own."

Some people have characterized actions in Afghanistan over the past year as a stalemate, the chairman said. "I would say there were some successes, some setbacks, but overall the Afghan forces at least proved resilient, they stayed in the fight," he said. "Now there are some lessons learned from 2015 that can be applied for 2016."

Dunford said one area that will receive a lot more attention in 2016 is integrating aviation assets into the Afghan combined arms campaign. The Afghan air forces now have MD-530 helicopters and A-29 Super Tucano fixed-wing close air support aircraft. "We will see the difference," he said. "Right now (we're) working on getting

PHOTO BY D. MYLES CULLEN

Chairman of the Joint Chiefs of Staff Marine Corps Gen. Joseph F. Dunford Jr. works between meetings at the Resolute Support Mission headquarters in Kabul, Afghanistan, March 2.

all the spare parts we need, getting the maintenance, then doing some training that addresses the shortfalls."

Afghan leaders recognize adjustments have to be made in the campaign plan this year. Dunford met with Afghan chief of defense Gen. Qadam Shah, Defense Minister Masoom Stanekzai and President Ashraf Ghani and, he said, all spoke of the things that will be done in 2016 to set the conditions for success in the current campaign plan.

And the Afghans will have assistance from the coalition, the chairman said. Afghan leaders are briefing their campaign plan to new Resolute Support Mission commander Army Gen. John W. Nicholson and he will see how coalition forces can configure their capabilities to help the Afghans this year, Dunford said.

"One of the things that helped the Taliban in 2015 was the uncertainty of the U.S. commitment in 2016," he said. "That now has been addressed."

President Barack Obama's decision to keep 9,800 U.S. service members in Afghanistan through most of 2016 is a clear message to the Taliban and al-Qaida – and to the Islamic State of Iraq and the Levant, which is trying to build support in Afghanistan – that the coalition is standing with the Afghan people, the chairman said. "Taliban leaders told their followers that the United States would be gone, and now they know it is not true," Dunford said.

The chairman also met with U.S. troops in Jalalabad. He received briefings on the complexity of the battlespace in the east, where intelligence officials spoke of infighting among the Taliban, al-Qaida and ISIL during 2015, noting that there was a lot of "red-on-red" actions there.

The U.S. troops in Jalalabad are advising the 201st Corps, and they feel very good about their relationship with the Afghans and have noticed another level of maturity to the Afghan forces, Dunford said.

Overall, the chairman said he's pleased with the coalition relationship with the Afghan government.

Dunford said he was also quite pleased that Pakistan's army chief of staff, Gen. Raheel Sharif, attended the change of command ceremony in Kabul. The two men were able to catch up on a number of issues, including increasing coordination along the Pakistan-Afghanistan border and assessing the threats to the region.

"Their sight picture is pretty close to ours," he said.

Fair

Continued from Page A1

McNally said the SFL representatives will provide excellent information and guidance for Soldiers and veterans.

"Soldier for Life is a very valuable program for families who are transitioning to civilian life," he said. "We will have a higher education counselor available to answer any questions that families may have toward furthering their education after the military."

Educational resources and opportunities will be the focal point of the fair, but McNally said other amenities will also be on tap.

"LBWCC will be providing facials and eyebrow waxing in support their esthetics program," he said. "We are trying to have George Wallace Community College set up their welding truck to provide examples of their welding and we have other surprises in the works."

Plotting a pathway to degree completion can be daunting, but McNally urges anyone who wishes to further their education to attend the fair and speak to a counselor.

"Talk to one of our counselors," he said. "They can help you find available funding to assist in achieving you academic goals. There are a lot of scholarships available."

Hot dogs and hamburgers will be provided to attendees during the event.

The education center will also host a graduation ceremony May 13 to honor recent and future graduates.

"If anyone has graduated or is graduating in 2015 or 2016, they should contact the education center to join in on the fun," McNally said. "We are all responsible for letting everyone know that it is possible to complete your educational goals while in or around the military. Stand up and be the example."

For more information about the spring fair or graduation ceremony, call 255-2925.

Limits

Continued from Page A1

used for aircraft landing, refueling, storage or maintenance.

Unauthorized entry into these off-limits areas is prohibited, reads the regulation.

"Some of the most troublesome areas are the wooded areas," he said. "Many people may look at the thousands of acres we have and think they are a nice place to go for a walk with the dog, but most of those areas are designated as training areas and are off limits."

FR 215-1 also states that horseback riding is restricted to approved established trails only – free riding throughout training areas is not authorized. It continues to say that all walking, jogging, running, and hiking trails and courses are open only from sunrise to sunset, unless the trail or course is appropriately illuminated by fixed utilities.

Besides training Soldiers for the Army's many missions, other activities occur within these training areas. Timber harvest, controlled burns, spraying of pesticide, hunting and trapping are all activities commonly taking place in the woods.

"Maintenance functions could seriously injure someone who may be conducting recreational type activities in an unauthorized area," he said. "Environmental, natural resources and the Directorate of Public Works activities all occur on these lands, too."

There is also the potential for people to detonate unexploded ordnance from the 1940s, added Sparks.

If a person is not sure if they are allowed in the area, then that person probably is not supposed to be there, he said. It's safest to stay in the areas that are designated for recreational usage.

"There are appropriate places where people can conduct recreational fitness and activities," said Sparks. "Fort Rucker does an excellent job in providing many areas. People shouldn't put their lives at risk to find a new trail to run on where they don't have to be around others."

On many training boundaries, there are sequence numbers on a tree or a sign of some type. Sparks said if a person sees one of those, that it is a clear indication that they are going into a restricted area.

"You wouldn't want a horseback rider riding through a paved trail designated for runners only, just like leaders don't want joggers running into a Soldier who is in the field conducting training," he said.

For more information, read Fort Rucker Regulation 215-1, located in the policies and regulations section on the Fort Rucker Intranet or visit administrative services in Bldg. 5700.

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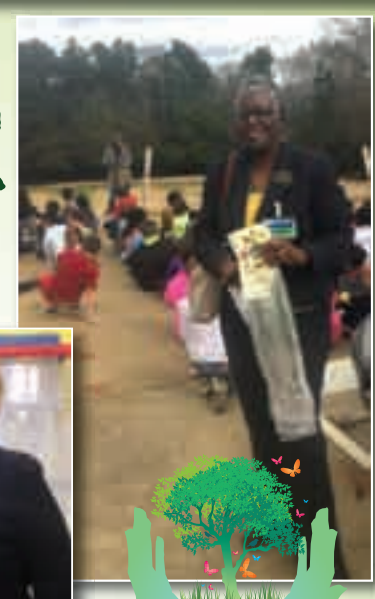

Billy Cotter, Owner/Broker, CENTURY 21 Regency Realty, Inc., *Drive to Revive Arbor Day*

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Fourth Grade Foresters USA was created to provide a simple & inexpensive way for any individual, business or organization to send 4TH Grade elementary school students home with a tree of their own to plant & care for. Each 4TH grader receives an individually packaged 12"-18" evergreen tree seedling packaged by workers with disabilities.

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On the internet is more information regarding 4TH graders can get free passes to national parks. https://www.everykidinapark.gov

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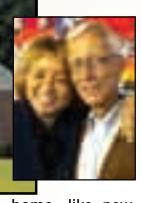

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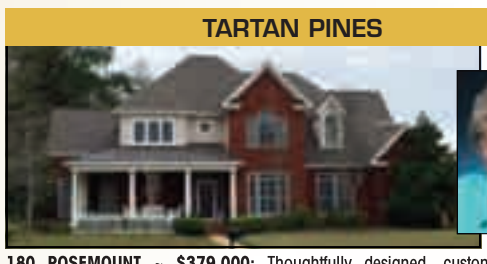

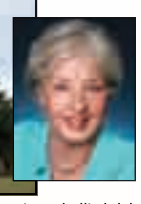

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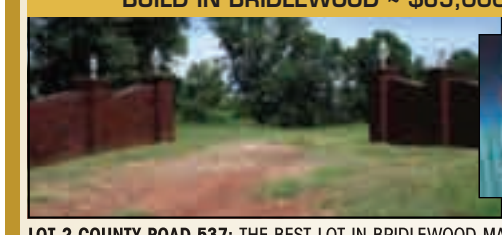

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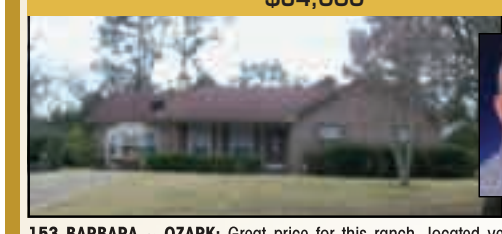
$64,000



153 BARBARA ~ OZARK: Great price for this ranch, located very close to Ft Rucker Gate. Easy access to schools, shopping areas & town. It features 2 living areas, 3BR/2BA, fireplace, fenced yard & is located in a cul-de-sac, absolutely no traffic. Alabama Right of Redemption may affect this property. Prior to seller receipt & approval of the full title package from foreclosure, title to the property will be conveyed by a quit claim deed. **BOB KUYKENDALL 369-8534**

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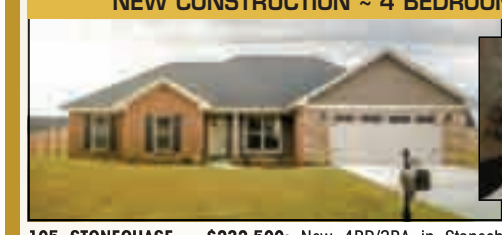
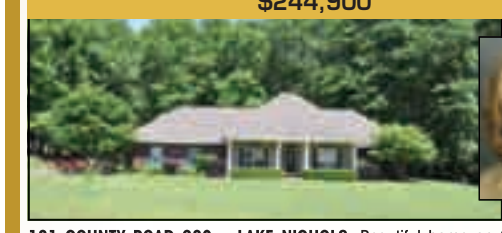
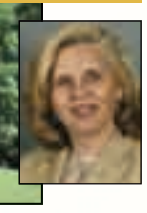


105 STONECHASE ~ $232,500: New 4BR/3BA in Stonechase. 30-year architectural shingles, brick, stone & hardi-plank exterior. Open design with an island in the kitchen, made complete with stainless appliances & granite countertops. Wood, tile & carpet for the floors. Wood privacy fence with a sprinkler system are included. **MARGE SIMMONS 477-1962**

$244,900





181 COUNTY ROAD 680 ~ LAKE NICHOLS: 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**

POOL ~ $209,900

34 COTTON CREEK: Situated on a corner lot in the Cotton Creek Subdivision, this 4BR/2.5BA features master suite on one side & the other 3 bedrooms with bath on the other. Formal dining room is on the front of the house & the kitchen is located between it & the breakfast area. The breakfast area also has a built-in desk unit & the half bath with laundry is off this area. Covered patio & in ground vinyl liner pool. Call for your appointment to see before it is gone. **EVELYN HITCH 406-3436**

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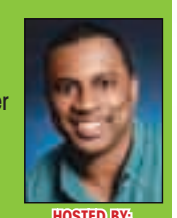

HOSTED BY: CHRIS ROGERS 406-0726

UNDER CONSTRUCTION

224 JASMINE CIRCLE
$154,000
3BR/2BA
Winterberry Plan

UNDER CONSTRUCTION

210 WINTERBERRY WAY
$154,000
3BR/2BA
Poplar Place Plan

UNDER CONSTRUCTION

212 WINTERBERRY WAY
$154,000
3BR/2BA
Maple Leaf Plan

DIRECTIONS: *Woodland Park Subdivision: From the bypass turn inside the circle onto Hwy 134/Damascus Hwy then left onto Jasmine. Circle or left onto Winterberry Way & right on Jasmine Circle.*

'WE ARE WITH YOU'

U.S. Forces Afghanistan, Resolute Support Mission get new commander

AIR FORCE PHOTO BY STAFF SGT. TONY CORONADO

Gen. Lloyd J. Austin III, commander of U.S. Central Command, and Gen. John F. Campbell, the outgoing commander of U.S. Forces Afghanistan and NATO's Resolute Support Mission, participate in a passing of the colors during a change-of-command ceremony in Kabul, Afghanistan, March 2. Campbell turned over command to Gen. John W. Nicholson Jr., center, during the ceremony

By Jim Garamone
Department of Defense News

KABUL, Afghanistan –Gen. John F. Campbell passed the colors of U.S. Forces Afghanistan and NATO's Resolute Support Mission to Gen. John W. Nicholson Jr. during a ceremony held before hundreds of NATO and Afghan partners in Kabul March 2.

Afghan Defense Minister Masoom Stanekzai set the tone of the ceremony by saying that Campbell will be honored "not only by his own nation, but by Afghans."

That sentiment was echoed throughout the change of command ceremony, which was held in front of the headquarters of the Resolute Support Mission.

Campbell told the Afghan partners that they've faced many challenges "and overcome them together."

Change, continuity

While there was a change in command, Campbell said, the ceremony really was about continuity.

It is "the continuation of our commitment to Afghanistan," he said. "We ask ourselves everyday: What more can we do for Afghanistan and what more can we help them to do for themselves? These simple questions are at the heart of what we do and what drives our mission here."

The past 18 months have been a time of transition – the peaceful transition of governments and the transition from the International Security Assistance Force to the Resolute Support Mission. The past 18 months also saw the transition to security in the country being the responsibility of Afghan security forces.

Campbell noted that while the Afghan security forces are only a decade old, they have grown from a collection of militias to a modern security force of 325,000.

"They have proven resilient and continue

SEE COMMANDER, PAGE B4

EYE IN THE SKY

3rd CAB Gray Eagles team with 3rd Inf. Div. Artillery

By Sgt. William Begley
3rd Combat Aviation Brigade
Public Affairs

FORT STEWART, Ga. — The big guns of 3rd Infantry Division Artillery roared to life during a Mass Fire Mission on Fort Stewart March 1.

Division artillery teamed with Soldiers from E Company, 3rd Combat Aviation Brigade, who provided the services of the MQ-1C Gray Eagle unmanned aircraft system.

Col. Todd R. Wasmund, commander of 3rd ID Artillery, said the mission was a culmination of a series of training events that enabled them to exercise their digital fires support systems.

"We have 36 cannons in the division and all of them were firing today all at the same time," Wasmund said. "This training is very important to us to be able to exercise, most importantly, our digital fires support systems and being able to communicate between each of the elements. It's much more efficient and enables us to communicate more effectively than if we relied on older systems."

For the first time ever, Division Artillery teamed with the MQ-1C Gray Eagle, which was utilized for a wide range of purposes, including target identification, observing the rounds as they are fired and assessing battle damage.

The commander of E Co. Capt. Derek Debruhl, spoke about what it meant to be partnered with Division Artillery and what it means to be a part of the cutting edge technology utilized by the MQ-1C Gray Eagle.

"This is the first time we are supporting the Division Artillery and we have live rounds going down range, so it's very interesting to be able to take the Gray Eagle to the next level and expand what we do with it," he said.

Debruhl said that on a normal mission his team typically does surveillance, reconnaissance, and manned and unmanned teaming with the AH-64D Apache helicopters within the brigade. He relished the opportunity to showcase his team of skilled Soldiers while working side by side with Division Artillery.

"This is an amazing opportunity for us to expand our capabilities and what we provide to the fight," he said.

From the observation point, Wasmund and his senior enlisted adviser, Command Sgt. Maj. John K. Johnson, watched as the barrage of artillery fire turned the landscape into a giant cloud of dust and smoke. The three different cannons the team utilizes, the M777A2 and the M119A3 Howitzers and the M109A6 Paladins demolished their targets with pinpoint accuracy.

Afterward, Wasmund spoke on the usefulness of the MQ-1C Gray Eagle as a tool for Division Artillery.

"The MQ-1C Gray Eagle is enormously important for us to be able to observe in a way that we just can't from standing on observation post," Wasmund said. "The MQ-1C Gray Eagle enabled us to see from literally a birds-eye view how the rounds were impacting and how accurate they were. It is an invaluable tool."

PHOTO BY SGT. WILLIAM BEGLEY

Soldiers from 3rd Infantry Division Artillery fire M77A2 Howitzers.

ALWAYS READY

PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

A gunner from 3rd General Support Aviation Battalion, 82nd Combat Aviation Brigade, engages targets during the unit's aerial gunnery exercise at Fort Pickett, Va., Feb. 28.

10th CAB helps 101st Airborne

By Sgt. Samantha Stoffregen
1st Brigade Combat Team
101st Airborne Division Public Affairs

FORT CAMPBELL, Ky. — Soldiers with A Company, 2nd Battalion (Assault), 10th Combat Aviation Brigade, 10th Mountain Division, flew from Fort Drum, New York, Feb. 23 to assist 1st Brigade Combat Team, 101st Airborne Division (Air Assault) with its brigade field exercise at Fort Campbell.

"Bastogne" is currently preparing for a rotation to the Joint Readiness Training Center at Fort Polk, Louisiana. Over the last week, the brigade conducted a field exercise to test and validate several functions within the unit, including conducting a battalion level air assault, with the help of the Fort Drum Soldiers – Task Force Phoenix.

First Lt. Michael Bernier, a platoon leader with A Company, 2nd Bn., 10th CAB, said his company assisted in ironing out the kinks for operations like the forward arming and refueling points, as well as the air assault prior to Bastogne going to JRTC in April.

"Bastogne did fantastic. Honestly, from the time we got down here to the time we're leaving, they've been incredibly accommodating of everything," Bernier said. "We were never delayed. (The Soldiers) were ready to go and knew exactly where they were going."

Bernier assisted in the night air assault conducted by Soldiers with 1st Battalion, 506th Infantry Regiment, 1BCT Feb. 28 at the Suckchon Drop Zone.

"They got on the landing zone and started executing their mission," Bernier said about the "Red Currahee" Soldiers. "In all honesty, that's exactly what we are looking for in ground forces."

A Co. assisted in the brigade's training because the Aviation unit

PHOTO BY STAFF SGT. JESSE ANDERLA

A Soldier with 1st Bn., 506th Inf. Regt., 1st BCT, 101st Airborne Division (Air Assault) backs up a vehicle onto a waiting CH-47 Chinook with assistance from a crew chief with A Co. during load out for an air assault mission Feb. 28.

on Fort Campbell, the 101st CAB, is currently on reset from its recent deployment to Afghanistan.

Bernier said they understand the 101st CAB just got back from Afghanistan and are on leave, so they were happy to assist Bastogne and give the redeployed Soldier the time off they deserve.

"The time here has been great," Bernier said. "We've had the opportunity to conduct some local training, not associated with the air assault we did. It was beneficial just getting out into unfamiliar air space and working a much more complicated range than what we have back at Fort Drum – not only to myself, but to the company."

CW2 Michael Hoehn, a pilot with A Co., said it was a lot of fun getting to see a new place and seeing how different units operate and seeing their facilities.

Hoehn was involved with a lot of the planning in the days that led up to the battalion air assault.

"We kept busy most days trying to get squared with what the ground unit wanted and for us to get familiar with the local flying area and be able to execute the mission safely," Hoehn said.

Hoehn said from what he saw from the pick-up zone operations aspect, everything was really squared away and operations went really smooth considering all the moving pieces involved.

"From my experience, that was probably one of the best PZ set ups we've seen," Hoehn said. "Everybody maintained safety and nobody got. We got (Red Currahee) exactly where they wanted to go, at exactly the time they wanted to be there, to the second – 7 p.m. right on the money."

Bernier and Hoehn agreed that working with the fabled Soldiers of the 101st lived up to everything they had heard and they enjoyed the opportunity to build rapport with a unit stationed at a different post.

"It was an honor to come down to the 101st," Hoehn said. "The guys

SEE 10TH CAB, PAGE B4

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ALABAMA FOOTBALL

DESERT REIGN

Crimson Tide hangs on to beat Clemson for national title

BY KEN ROGERS
krogers@dothaneagle.com

GLENDALE, Ariz. — Alabama is back on top of the college football world.

The Southeastern Conference is as well, but it surely didn't come easy.

It took a surprise kick, some unlikely heroes and a dose of Derrick Henry before Alabama could celebrate its fourth national championship in the past seven years with a heart-stopping 45-40 victory over Clemson at the University of Phoenix Stadium on Monday night.

Members of the Alabama football team celebrate after winning the College Football Playoff National Championship in Glendale, Ariz., on Monday night. Alabama defeated Clemson 45-40.

The Tide (14-1) dealt Clemson (14-1) of the Atlantic Coast Conference its first loss of the season in putting the title back in the hands of an SEC team after a two-year absence from the league claiming college football's ultimate prize.

The Tigers entered the game ranked No. 1 in the land, but Alabama exited the field as the top team in the country.

"I've never been prouder of a bunch of guys," Alabama coach Nick Saban said. "We didn't play our best game tonight, but they did what they needed to do to win.

"You've got to give Clemson a lot of credit. They have a great football team. We didn't always play pretty in this game, but when it comes to making plays when we needed to make them, it was probably as good as it gets."

The victory was still in doubt until Henry, the Heisman Trophy winner, plowed through for a 1-yard touchdown run with 1:07 left in the game. It marked Henry's third touchdown of the game – the first coming on a 50-yard run for the first points of the game midway through the first quarter.

He also had a 1-yard TD run in the second quarter.

During the course of the game, the junior tailback became the all-time leading rusher in school history, moving past Shaun Alexander, who previously held the record at 3,565 yards. Henry had compiled 128 yards by halftime and finished with 158 on 36 carries.

But Henry was far from the only hero in the game.

Junior tight end O.J. Howard had the biggest game of his career with touchdown catches of 53 and 51 yards. For the game, he caught five passes for 208 yards — a school record for receiving yardage by a tight end.

Before Monday, Howard had only two career touchdown catches— both coming during his freshman season.

Senior Kenyan Drake was also among the heroes in returning a kickoff 95 yards for a touchdown in the fourth quarter after Clemson had pulled within 31-27 on a field goal with still 7:47 left in the contest.

Surprisingly, the game was still far from over as Clemson put two more touchdowns on the scoreboard before the final whistle sounded. Henry scored his third TD of the night on a 1-yard run in between the final two Clemson scores.

After Alabama had tied it at 24-24 with 10:34 to play in the game on a 33-yard field goal by Adam Griffith, an onside kick gave the Tide back the football when Marlon Humphrey caught the ball in the air at midfield. Two plays later Tide quarterback Jake Coker found Howard with a 51-yard touchdown strike to put Alabama ahead for good.

"I think special teams may have been the difference in this game," Saban said. "I just think our players took advantage of every opportunity they had."

Clemson piled up 550 yards of offense against the normally stingy Alabama defense, but it still wasn't enough. Alabama compiled 473 yards of offense and held on for dear life for the victory.

Coker, a senior, threw for a career-best 335 yards on 16-of-25 passing with two touchdowns.

After losing in its third game of the season to Ole Miss (43-37) at home, it looked unlikely that Alabama would be playing for a national championship this season.

Alabama, however, answered the challenge to win the rest of its games. "There weren't many people early in the season that thought this team could do it," Saban said. "I've never been prouder of any team in my life."

Tuesday, January 12, 2016

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COLLEGE FOOTBALL CHAMPIONSHIP

ALABAMA.....45
CLEMSON.....40

SPECIAL ONE

Alabama quarterback Jake Coker (14) celebrates with offensive lineman Ryan Kelly after winning the College Football Playoff National Championship in Glendale, Ariz., on Monday night.

Special teams give Alabama edge to beat Clemson for championship

BY KEN ROGERS
krogers@dothaneagle.com

GLENDALE, Ariz.—That old-school football coach? He didn't go off script, but he sure went against the grain.

Alabama and Clemson were in a fourth-quarter dogfight with a national championship on the line. An onside kick after a game-tying field goal set up a go-ahead score, then a scintillating 95-yard kickoff return for a touchdown by Kenyan Drake allowed the Crimson Tide enough daylight to go on to a 45-40 victory on Monday night.

The victory was Alabama's 16th claimed national championship and capped a special season for a special group of players who wore "Won As One" T-shirts in the revelry after the game.

With a team fueled by a desire to "finish" the season the right way, Alabama scored 24 points in the fourth quarter and handed Clemson its first defeat with a fourth-quarter lead since 2010 — a streak of 51 in a row when leading going into the fourth quarter.

Crimson Tide coach Nick Saban won his fifth national championship as a head coach and his fourth in the last seven years at Alabama. He earned this one with a stunning decision to onside kick after Adam Griffith tied the game at 24-all with a 33-yard field goal with 10:34 left in the game.

"We weren't playing very well on defense and it was a tie game and I thought we needed to do something that was going to change the momentum," Saban said. "That certainly did. And then the kickoff return was big, too. So special teams was what did it for us."

Well, special teams and junior tight end O.J. Howard. The tight end from Prattville caught five passes for 208 yards and two touchdowns — his first TD receptions in two seasons.

Howard caught scoring passes from quarterback Jake Coker covering 53 yards and 51 yards. His biggest reception, however, came when he turned a short pass in the left flat into a 63- yard gain and a first down at the Clemson 14-yard line.

Six plays later, after the Tigers had spent the last of their timeouts, Heisman Trophy winner Derrick Henry scored from the 1-yard line — his third touchdown of the game — that gave the Tide a 45-33 lead with 1:07 left in the game.

Clemson rushed back down the field for another touchdown. Quarterback Deshaun Watson—who completed 30 of 47 passes for 405 yards and four touchdowns and who rushed for 73 yards on 20 carries — found Jordan Leggett for 24 yards and a score with 12 seconds remaining.

Clemson's onside kick try bounced high and out of bounds to hand Alabama the national title.

"This is my—I hate to say favorite team, because I love 'em all—but these guys have come so far and done so much," Saban said. "Their will, their spirit to compete and do the kind of things they needed to do to be the kind of team they could be, I'm happy for them.

"It's great for our fans, it's great for the state of Alabama, but I wanted to win this game for these guys, man."

He showed tremendous confidence on the onside kick with a tie game in the fourth quarter. Special teams specialist Michael Nysewander was on the field.

"They asked Griff, 'Can you get it there?' And he said, 'Yeah, let's do it,'" Nysewander said as proud tears streamed down his face. "It was wide open."

Marlon Humphrey, who easily recovered the perfectly placed kick that bounced high over the front line, said Clemson's kickoff return formation was slightly askew.

"No. 1 is really tight," Humphrey said of the Clemson player on the far left of their unit. "He's inside the hash and I'm inside the hash.

"Sometimes he doesn't look if the ball's kicked or not. We know they have a tendency to do that. That's usually when you can catch somebody with an onside kick. He (Saban) had the confidence in Griff to kick it perfectly, had the confidence in me to go get it. Coach always put confidence in us or else we wouldn't be on the field."

"I have all the confidence in the world in Marlon," Saban said. "When a team squeezes the formation like that, we call it pop kick. I thought we had it in the game any time we wanted to do it. … Getting that onside kick, I think, did change the momentum of the game."

Two plays later, Coker found Howard for a 51-yard touchdown pass which put the Tide out front 31-24.

After his first touchdown —a 53-yarder that broke a 14-14 halftime tie early in the third quarter — Howard joked with his teammates.

"Initially, it felt like a dream, and I tried to tell everybody to wake me up because I thought it wasn't real," the tight end said. "It was just a great feeling to get in the end zone again."

After Howard's 51-yarder, Clemson kept firing back. Watson led a drive that ended with Greg Huegel's 31-yard field goal to cut the Tide's lead to 31-27 with 7:47 left in the game.

Drake answered with his 95-yard touchdown run. "It was something we've been working on all week in practice," Drake said. "The sideline right, their kickoff team went to the right and I went against the grain, I was just hoping I could get in the end zone."

His touchdown was confirmed by replay and gave Alabama a 38-27 lead.

"It means a lot. That's just the way our team is in general. We're going to fight to the last person," Drake said.

Alabama tight end O. J. Howard (88) runs for a gain after making a catch in the fourth quarter of the national championship game against Clemson in Glendale, Ariz., on Monday night.

Back came the Tigers. Artavis Scott caught a 15- yard touchdown pass that capped an eight-play, 75-yard drive with 6:40 left in the game.

On the second play of Alabama's next possession, Howard caught a pass from Coker and raced up the sideline for 63 yards. That set up Henry's third touchdown and made it 45-33.

The Tigers ran out of time, not ammunition, as evidenced by Watson's last gasp pass to Leggett for 24 yards and a score.

Humphrey called it survival, although he and several defensive players weren't happy about surrendering so many yards and points.

"We gave them too much easy stuff," Humphrey said. "Those guys were going so fast. They were fresh, man. They were going full speed. One of those drives, one of the guys said, 'I was out there dizzy they were going so fast.'

"It was tough. I think their defense was winded, too. We stuck with it and got the W."

Howard was the offensive player of the game. Eddie Jackson, who intercepted Watson to set up a first-half touchdown for the Tide, was voted the defensive player of the game.

Geno Matias-Smith led Alabama with 11 tackles. Reuben Foster was next with nine. Da'Shawn Hand and Rashaan Evans, however, both made huge plays for Alabama. They both recorded two tackles for loss each. Evans sacked Watson twice.

Coker finished 16-for-25 passing for 335 yards and two touchdowns. He was sacked five times.

Both teams put their best player on display in the first half.

Henry gained 128 yards on 20 carries, including a 50-yard burst up the middle for the game's first touchdown. He later added a 1-yard score, following defensive linemen A'Shawn Robinson and Jarran Reed into the end zone.

Watson, a Heisman finalist, kept his team in the game. The sophomore made some great escapes with his feet and several tremendous throws on the run.

Watson threaded a strike to Hunter Renfrow between Minkah Fitzpatrick and Eddie Jackson for a 31-yard touchdown pass that tied the game 7-all. He followed on the next drive with an 11-yard strike to Renfrow in the back of the end zone for a go-ahead touchdown.

That play came on the final play of a first quarter that saw Clemson put up 147 yards of offense. Watson was 7-for-11 for 108 yards.

He looked ready to add to those numbers after Alabama was forced to punt in the drive after the Tigers took the lead. On second-and-3 at the 24, Jackson picked off a pass near the right hashmark and gave the offense the ball back on the Clemson 42.

The Crimson Tide made the most of the opportunity.

It got some help when a facemask penalty tacked 12 yards on to a 12-yard gain by Henry, setting up Alabama at the Clemson 12-yard line. A third-down completion to Calvin Ridley on a quick screen in the left flat gained seven yards to the 2. Henry crashed in two plays later.

Both teams missed scoring opportunities in the first half. Alabama kicker Griffith left a 44-yard field goal attempt out wide right with the score tied 7-all in the first quarter.

Clemson kicker Huegel had a 44-yard try blocked by Alabama's D.J. Pettway. The kick acted like a knuckleball and fell short of the crossbar, although it stayed inside the uprights.

Clemson's defense was as disruptive as any defense Alabama has faced this season. Crimson Tide quarterback Jake Coker was sacked five times.

"We can't take the negative plays on offense," Saban said at halftime. "That's killing us. It's stopping every drive. We're giving up too many sacks. The quarterback has to get rid of the ball. You can't hold the ball and try to make a play every time.

"Throw the check down, do what we have to do, but don't take negative plays."

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Commander

Continued from Page B1

to make significant strides," he said. "So much so, that they are often unfairly compared to other, much older militaries. But this comparison is a testament to just how far we have come and more importantly, to what tomorrow may bring."

Changes in Afghanistan and the region demand the continued support of the coalition, Campbell said.

"There is still much work that needs to be done and we find ourselves at an inflection point in our campaign," he said. "The Afghan security forces have come far, but they still need our help. We must remain flexible in our planning to see this mission through to a successful conclusion.

AIR FORCE PHOTO BY STAFF SGT. TONY CORONADO

Marine Corps Gen. Joseph F. Dunford Jr., right, chairman of the Joint Chiefs of Staff; Gen. John F. Campbell, left, outgoing commander of U.S. Forces Afghanistan and the NATO Resolute Support Mission; and Army Gen. Lloyd J. Austin III, commander of U.S. Central Command, salute and stand with Afghan Chief Executive Officer Abdullah Abdullah during the change-of-command ceremony.

Resilience warrants support

"The Afghan security forces desire to improve, and their resilience warrants our continued support in the critical years ahead," Campbell added.

Nicholson spoke about the NATO-led coalition of 47 nations working with Afghanistan, the Afghan security forces, the Afghan people and efforts against a common enemy.

He emphasized to the Afghan partners in the audience that NATO "has helped the Afghan people for over a decade and is committed to an enduring relationship with Afghanistan."

Alliance leaders have pledged their continuing support to the Afghan nation, Afghan security forces, and the Afghan people, Nicholson said.

"We are with you," he said. "We will never forget why we are here and the importance of this mission."

Message to enemy forces

Nicholson also delivered a short message to Afghanistan's enemies. "I know you," he said. "You have only brought hardship and suffering to the Afghan people."

To the Afghan people, Nicholson said all at the ceremony recognize the "bravery, strength and heroism of the Afghan people."

Nicholson said it is an honor to serve with Afghan and coalition partners again.

"Yes, we have a tough path in front of us," he said. "But with your courage, all things are possible. So I say, let us go forward with courage."

10th CAB

Continued from Page B1

were motivated, they were ready to get after the mission as soon as they got off the aircraft and all that motivation fuels each other. When they are motivated, we're motivated. We feed off each other and that energy. It was definitely a lot of fun."

Hoehn added it was a pleasure coming down and working with Bastogne and being able to give them the best his unit could do and provide their piece to the mission.

Bernier said integration in air and ground (in air assault operations) is what makes the U.S. Army so fantastic.

"We are one of the sole armed forces in the world that has that capability at such a grand scale," Bernier said. "Not really knowing who you are going to be working with, but being able to operate with any unit, at any given time, is a huge benefit. The world is developing into a much more complicated reality than what we've experienced in the past and, at any time, we could be called up to operate with any unit, regardless of whether we've had experience with them in the past or not."

"It was a fantastic opportunity for us to come out and integrate with everyone down here," Bernier said. "They've been a fantastic unit to work with. If Bastogne ever wants to come up and play in the cold, they are more than welcome to. I'd recommend bringing your snow shoes."

PHOTO BY SGT. SAMANTHA STOFFREGEN

Crew chiefs with A Co., 2nd Bn. (Assault), 10th CAB, 10th Mountain Division, wait for Soldiers to begin loading onto a UH-60 Black Hawk during a night air assault exercise Feb. 28 on Fort Campbell, Ky.

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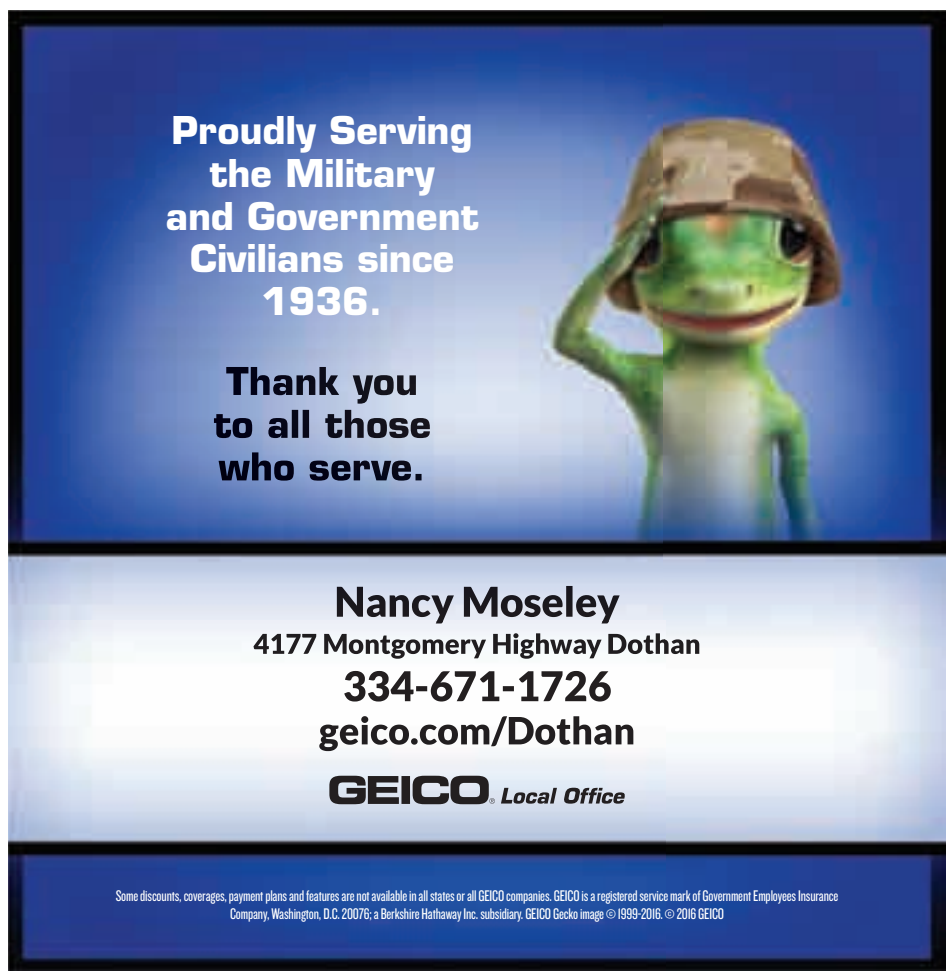

GENERAL: Women's history 'a revolution'

Story on Page C3

MARCH 10, 2016

PHOTOS BY NATHAN PFAU

Students and faculty at Fort Rucker Elementary School dress as twins during 'Thing One and Thing Two' day at FRES in recognition of Read Across America Week Friday.

READ ACROSS AMERICA

Schools, library use fun to promote reading to youth

By Nathan Pfau
Army Flier Staff Writer

Reading is a vital part of life that people not only use as a tool to function throughout day-to-day life, but also as a means to gain knowledge and even escape reality for a time.

Fort Rucker participated in Read Across America Week Feb. 29 through March 4 where students at Fort Rucker schools, as well as families who visited the Center Library were treated to a week of learning with Dr. Seuss.

"Reading is such a fundamental skill and we take great pride in providing our students with exemplary instruction in reading and language arts," said Vicki Gilmer, FRES principal. "In a recent research study completed by the (Department of Defense Education Activity), second and third grade students at FRES scored the second highest in all of DODEA in the Reading Proficiency Assessment given to all students in kindergarten through third grade."

Tami Gibbs, military spouse, works on a craft with her daughters, Cordelia and Ophelia, during the Center Library's Dr. Seuss Birthday Craft session.

FRES students had 72.5 percent of students score above the standard in reading proficiency, she added.

In order to celebrate their success and Read Across America Week, students at the school were able to participate in activities throughout the week.

March 1, students got the chance to celebrate with the Cat in the Hat, followed by Wacky Wednesday March 2. March 3, they participated in a "Dress Your Best" day, and Friday the school culminated the week with "Thing One and Thing Two" day, which had students dressing as twins throughout the day.

Several children at the school said they enjoyed the week because it allowed them to explore different types of books, aside from the textbooks they use to learn.

"I love reading because I learn stuff and because it is full of wonderful stories," said Savannah Crigger, FRES second grader. "I really like to read."

"Adventures wait in each book, so everyone should go take a look," said Kali Niemann, fellow second grader. "I see fantasy. I see kings and queens. That's why I love reading."

For others, reading is about fueling the imagination and picturing new worlds.

"Reading books without pictures is awesome because you can imagine the pictures for yourself," said Jacob Chapman, FRES 6th Grader. "There is always a story to suit my mood."

In addition to the events at the schools, the Center Library held its own story times, as well as a time for arts and crafts.

Parents and their children were invited to take part in a Dr. Seuss-themed arts and craft session March 2 where they were able to make different crafts to celebrate the author's birthday. Additionally, a Dr. Seuss Story Time was held Friday at the Center Library where parents were able to bring their children to listen to some classic tales by the famed author.

"I really think it's such a great idea that they bring light to something that seems so basic, but is also so important," said Julia Stenson, military spouse. "If we can get into children's minds how important reading is, and let them see that at an early age, then hopefully they'll take reading on as a hobby instead of something that they feel that they have to do."

Children's Festival

Event features activities, food, area's largest Easter egg hunt

By Jeremy Henderson
Army Flier Staff Writer

More than 16,000 eggs will wait hidden in Fort Rucker's Festival Fields for children to find during the Children's Festival March 19.

"This is our 12th annual Children's Festival," Kristi Fink, Fort Rucker Directorate of Family and Morale, Welfare and Recreation special events coordinator, said. "It's a great event dedicated to the military children."

Admission will be free, but food and merchandise vendors will sell products for attendees during the event. According to Fink, this year's festival will feature several old favorites with a few new activities.

"We will have a choo choo train, inflatables, a petting zoo, a stilt walker, many crafts and games and the Easter Bunny," she said. "New this year is kids karaoke. I think the children will really enjoy it."

The theme for this year's family-friendly festival is "Calling All Superheroes" and Fink invites military families to be a hero for a day.

"We encourage all the patrons to dress up like their favorite superhero, including the adults," she said. "There could also be some superheroes that make an appearance at the event."

The event is a precursor to the Month of the Military Child observed in April and Fink feels it is a great way to jump into the spring season.

"The Children's Festival is a great way to get the kids out and moving," she said. "There will be so many activities for them, and they will enjoy all there is to do and see. In this day and age, the kids stay inside and play games on their electronics or watch television. It's good to get them interested in outdoor activities."

Fink said events like the Children's Festival provide an excellent opportunity to relax and have fun.

"Any time there is something to take your mind off of the daily struggles is a good thing," she said. "DFMWR creates family-friendly, affordable events to add some entertainment to the lives of Soldiers and their families."

In the event of inclement weather, the event will move into the Fort Rucker School Age Center gymnasium during the same date and time.

For more information, call 255-1749.

PHOTOS BY NATHAN PFAU

Eli Johnson, military family member, makes his way over an obstacle with the help of then-Warrant Officer Candidates Joseph Avino (right) and Bill Schelpf (center) during a previous Children's Festival.

Sisters Thia and Maricela Ramirez, military family members, sit with their friend, Alexsa Hoffman (right), military family member, after the egg hunt during a previous Children's Festival.

On Post

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

ACS foreign language survey

Army Community Service is gauging interest in basic German, Korean and Spanish conversational classes with a survey now through March 31. People can let ACS know what they think by visiting https://www.surveymonkey.com/r/HHZ2MXS.

For more information, call 255-3161.

The Landing closed

The Landing will be closed Monday for facility maintenance. The closure extends to all operations within the facility – The Landing, Five Star Catering, The Landing Zone, the Coffee Zone and Cobra Bingo Lounge. The Landing is scheduled to reopen Tuesday.

For more information, call 598-2426.

Children's Festival

Fort Rucker's 12th annual Children's Festival is scheduled for March 19 from 1-4 p.m. at the Fort Rucker Festival Fields. The Children's Festival features activities, games, crafts, inflatables, a petting zoo, a stilt walker, one of the area's largest Easter egg hunts and a visit from the Easter Bunny. Children are encouraged to dress up as their favorite super hero. For more information, call 255-1749.

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.

St. Patrick's Day Craft

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

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session March 17. 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.

Go Green Skate Night

The Fort Rucker Child, Youth and School Services School Age Center will host its Go Green Skate Night March 18. Youth are encouraged to wear as much green as they can. Attendees must be CYSS-registered members.

For more information, including times and prices, call 255-9108.

Newcomers welcome

Army Community Service will host a newcomers welcome March 18 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.

Bounce into Spring Break

The Fort Rucker School Age Center will host its Bouncing into Spring Break activities March 21 to April 1. Bouncing into Spring Break features activities and field trips for children who are registered child, youth and school services members.

For more information, call 255-9638

Glow Time Spring Break

The Fort Rucker Youth Center will host spring break activities March 21 to April 1. To participate, youth must be registered with child, youth and school services and be in grades six-12. For more information, call 255-9638.

FILE PHOTO

Shamrock Shuffle 5K/10K

Runners compete in the 2014 St. Patrick's Day 5k. The Fort Rucker Physical Fitness Center will host its Shamrock Shuffle 5K and 10K March 19. Race day registration will be from 7:30-8:45 a.m. The 5K and 10K will start at 9 a.m. at the Fort Rucker PFC on Andrews Avenue. Participants are encouraged to pre-register at either PFC. The fun run will begin after the race is complete and is open to all children, free of charge. Each fun run participant 12 and under will receive a medal. Costs are $12 for individuals with no shirt, $20 by Sunday with shirt, or $25 Monday and afterwards with shirt (while supplies last). Teams are $120 for teams of eight – each additional person pays normal registration fee – up to Sunday, which includes shirts, or $160 Monday and up to race day, which includes shirts (while supplies last). Refreshments will be provided. The event is open to the public. Trophies will be awarded in various categories. For more information, call 255-2296.

Relocation readiness

Army Community Service will host its relocation readiness workshop March 25 where Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more. Workshops are held the last Friday of each month.

For more information, such as time and location, or to register, call 255-3161 or 255-3735.

Wild Adventures day trip

MWR Central will host a day trip to Wild Adventures amusement park in Valdosta, Georgia, March 26. Participants will depart Fort Rucker at 5 a.m., travel to Wild Adventures for a day at the park and return to post at about 10 p.m. Cost for the trip is $53 per person, and includes ticket to Wild Adventures and transportation to and from Fort Rucker. There needs to be a minimum of 22 people for the trip. To sign up, stop by MWR Central or call 255-2997.

Skateboarder's Party

The Fort Rucker Youth Center will host its Skateboarder's Party March 26 from 2-5 p.m. The event is for registered members only and participants must have a signed liability waiver. Refreshments will be provided.

For more information, call 255-2147.

Easter Brunch at The Landing

The Landing will host its Easter Brunch March 27 from 10 a.m. to 2 p.m. The brunch will feature seasonal dishes and traditional brunch favorites, including an omelet bar, carving stations, deluxe dessert bar and more. Costs are $49 for the military family special for two adults and up to two children, $19.95 for adults, $8.95 for youth ages 6-12, $3.95 for youth ages 3-5, and children 2 and under eat for free.

For more information, call 598-2426.

Scream Free Marriage

Army Community Service presents its Scream Free Marriage workshop at Munson Heights Community Center March 28, 30 and April 1 from 11:30 a.m. to 1 p.m. Attendees are welcome to bring their own lunches. The deadline to register is March 24.

For more information or to register, call 255-9644 or 255-3898.

Baby sign language

Army Community Service's New Parent Support will offer a baby sign language class March 29 from 9-11 a.m. at the Commons. People need to register by March 22.

For more information, call 255-9647, 255-3359 or 255-9805.

Outdoor yard sale

The annual Fort Rucker Outdoor Yard Sale, Flea Market and Non-appropriated Fund Property Sale will be April 2 from 7-11 a.m. on the festival fields. The event is open to the public, but no commercial vendors are allowed. Booth space fees apply to sellers.

To register, visit MWR Central or call 255-2997. For more information, call 255-1749.

DFMWR Spotlight

Right Arm Night

The Landing Zone will host Right Arm Night March 31 from 4-6 p.m., hosted by the 1st Battalion, 145th Aviation Regiment. 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.

FORT RUCKER MOVIE SCHEDULE FOR MARCH 10-13

Thursday, March 10

Zootopia (PG) .....*7 p.m.*

Friday, March 11

Zootopia (PG) .....*7 p.m.*

Saturday, March 12

Kung Fu Panda 3 (PG) .....*4 p.m.*

Kung Fu Panda 3 3D (PG) .....*7 p.m.*

Sunday, March 13

Kung Fu Panda 3 (PG) .....*1 p.m.*

Pride and Prejudice and Zombies (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.

GENERAL:

Women's military history 'a revolution'

By Karen Parrish
Department of Defense News Features

PHOTO BY RACHEL LARUE

Emma "Big Mama" Didlake, right, at the time 110 years old and the oldest known living American veteran, receives mementos from retired Air Force Brig. Gen. Wilma L. Vaught, the president of the Women's Memorial Foundation, at the Women in Military Service for America Memorial in Arlington, Va., July 17. Didlake died Aug. 17.

WASHINGTON — Comic timing is not a skill always associated with military officers, but retired Air Force Brig. Gen. Wilma L. Vaught can make the history of women in the U.S. armed forces sound both compelling and absurdly funny.

An example: Vaught recounted that when rank was denied to female military nurses in 1901, "The male members of Congress said women shouldn't be ordering men around. Women have been ordering men around since the beginning of time."

Vaught was guest of honor March 2 at a Women's History Month reception recognizing women service members and veterans. House Minority Leader Nancy Pelosi hosted the reception and First Lady Michelle Obama and Dr. Jill Biden both delivered rousing remarks about women in the military, but the general stole the show.

Vaught – who will turn 86 this month and joined the Air Force in 1957 – spoke about "how history affected my life."

Achieving general's rank

Vaught emphasized some important dates in her own and the military's history.

- **1948:** the Women's Armed Services Integration Act allows women to serve as permanent, regular members of the armed forces. Vaught graduates from high school in Illinois the same year, one of 12 young women in a graduating class of 24.
- **1957:** Vaught joins and is commissioned in the Air Force, which offers only one colonel's position for women: director of women in the Air Force. The law at the time prohibits the promotion of women beyond O-6.
- **1967:** Congress votes to lift the 2-percent cap on women in the military and to allow women to advance to general and admiral ranks. The following year, Vaught serves a tour of duty in Vietnam.
- **1980:** Vaught is promoted to brigadier (one-star) general, the first woman in the comptroller career field to reach the rank.

Push for rights

Around the 1970s, Vaught said, changes in women's military standing arose largely through their own efforts in the courts.

She related that "one of our Air Force first lieutenants" filed a discrimination suit against the defense secretary because, as a woman, she was denied spouse benefits for her husband.

"She lost," Vaught noted. "But that case got picked up by Ruth Bader Ginsberg," who argued it successfully before the Supreme Court in 1973.

Women also sued for admission to ROTC programs and the service academies. The academies admitted their first female students in 1976.

"They sued over women being forced to leave the service on the day they were diagnosed as being pregnant," she said. "They sued over the principle that if women had children in their household, they had to get out (of the service)."

Women won all those lawsuits, the general said, and things changed. As an unmarried woman with no children, she wasn't affected by many of the policy changes, she said, "I couldn't help but be aware of women having greater opportunities."

The story of women in the military "truly has been a revolution and I don't know that it's finished yet," Vaught noted.

When she retired in 1985 as a brigadier general, she was the senior of the seven women generals or admirals across the services, Vaught said.

"Today, we have three four-star women: two in the Army – generals – and one (admiral) in the Navy," she noted.

Memorial spotlighting military women

After retiring and residing in the Washington area, Vaught said, she got involved in a new project aimed at spotlighting women in uniform. That project led to the Women in Military Service for America Memorial, approved in 1985, dedicated in 1997 and located at the entrance to Arlington National Cemetery.

Vaught served as president of the memorial corporation's board of directors (she said she was first elected during a board meeting she forgot to attend) from 1987 to January of this year, when she retired from the position.

Early in the memorial's development, Vaught said, she asked herself if, in the interest of equality, it was right to build "a memorial that segregated women."

She ultimately decided, "This was something we had to do."

Vaught said the Revolutionary War's troops included about "1.8 million unrecognized women veterans. The books were written about the men."

Every woman who has served in the U.S. armed forces can register her name at the memorial, Vaught noted.

"Women answered the call because they wanted to do what they could to serve their country. They couldn't be thinking about a career in the military until 1948, when women finally became official members of the military," she reminded her audience.

"So women have always been volunteers and I guess we will be until they decide to draft us," Vaught said. "And if they do, we are Americans, too, and we will want to serve our country."

MARINE CORPS PHOTO BY LANCE CPL. ALEJANDRO SIERRAS

Then-President of the Women's Memorial Foundation, retired Air Force Brig. Gen. Wilma L. Vaught, poses for a photo with Marines during the 17th annual wreath laying ceremony at the Women In Military Service for America Memorial in Arlington Va., May 20, 2014.

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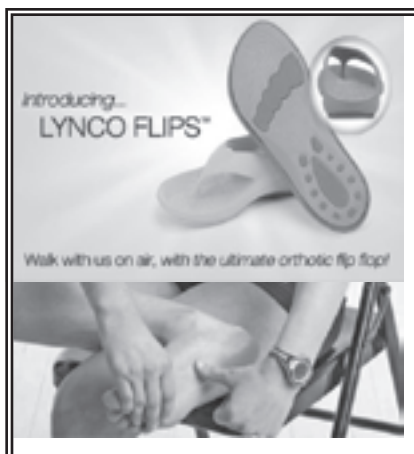

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Historical event provides firsthand experience

Historic SELMA Pilgrimage

Army Flier
Staff Reports

Selma opens its doors for the 41st annual Historic Selma Pilgrimage March 18-19. Visitors will experience history firsthand with guided tours of homes with over a century of architectural styles, museums, a church, 1861 gristmill and two art shows. Discounts are available for groups. Updates are posted on Facebook at https://www.facebook.com/SelmaPilgrimage.

The Vaughan-Smitherman Museum is the pilgrimage headquarters. Admission fees vary from free to $60.

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

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

ONGOING — The American Legion Post 80 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.

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

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

MARCH 12 — Experimental Aircraft Association Wiregrass Chapter pilots will donate the use of their airplanes to provide youngsters ages 8-17 and adults free airplane flights to give them a cockpit view of the general aviation industry. Parents can register children beginning at 9 a.m. at EAA Chapter 1358 offices in the Aero-One building past the passenger terminal building on the right at Dothan Regional Airport. There will also be a pancake breakfast at 8:30 a.m. Registration begins at 9 a.m. and the first flights should take off at about 10 a.m. Adult and Young Eagle flights will continue until about 5 p.m. For chapter information, visit http://1358.eaachapter.org, and https://www.eaa.org for the national website.

MARCH 19-20 — The Dothan Gem and Mineral Club will host the annual Dothan Gem and Mineral Show at the Houston County Farm Center, 1701 East Cottonwood Road. Hours are 9 a.m. to 5 p.m. March 19 and 10 a.m. to 4 p.m. March 20. Admission and parking are free. The show will feature gemstones, mineral specimens, fossils, slabs, jewelry, beads, cabochons and wire wrapping. There will be educational exhibits and a grand prize drawing, along with hourly silent auctions and door prizes. For more information, call 673-3554 or visit www.wiregrassrockhounds.com.

APRIL 6 — The Alzheimer's Resource Center and Wallace Community College will hold the 27th annual Alzheimer's Educational Conference at the Dothan Civic Center. One of the presenters will be Dr. Walter T. Geary Jr., bureau director and medical director of the Bureau of Health Provider Standards of the Alabama Department of Public Health. Geary will be speaking on "Alzheimer's Disease and other Dementias" and "Person-Centered Care in a Nursing Home or Residential Care Facility." For more information, such as times and costs to attend, call 556-2205.

ENTERPRISE

MARCH 12 — The Southern Broadway Theater will host Michael Gabriel's "Strings Attached" at 7:30 p.m. The event features members from Con Amore & the Tri-State Community Orchestra. Tickets cost $15 in advance, $17 at the door – $12 for students, and $14 for seniors and military. Tickets may be purchased online at www.michaelgabrielmusic.com, and Music Music, Corks & Cattle and the SOS Animal Adoption Center – with 10 percent of the ticket cost donated to the shelter.

MARCH 17 — The Coffee County Arts Alliance will host the "The Official Blues Brothers Revue" at 7 p.m. at the Enterprise High School Performing Arts Center. The show combines the comedy and hits from the original movie and pays homage to Chicago's rich history of blues, gospel and soul music, according to organizers. Performers Wayne Catania and Kieron Lafferty capture the infectious humor and unbridled spirit of the Blues Brothers like no one since John Belushi and Dan Aykroyd walked the stage. Backed by a powerhouse band, they'll put on a show to remember, packed with classic hits from the Blues Brothers catalog. Advance ticket prices are $25 for adults and $20 for students, and the day of the event tickets cost $30 for adults and $23 for students. For information, including places to buy tickets, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

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

MARCH 18 — Classical guitarist Zachary Johnson will perform at St. Michael's Episcopal Church March 18 at 7 p.m. Following this free classical guitar concert will be a meet the artist reception in the church parish hall.

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.

ONGOING — AL-ANON will hold weekly meetings on Mondays at noon at the Lutheran Prince of Peace. For more information, call 618-513-1258.

PINCKARD

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

SAMSON

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

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

TROY

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

WIREGRASS AREA

MARCH 27 — The New Hope Freewill Baptist Church in Abbeville will celebrate its annual Women Day beginning at 2 p.m. Pastor Lasagne Smith, Freemount A.M.E. Church, will be the guest speaker. All churches are invited to attend and dinner will be served. For more information, call 334-689-1092.

Beyond Briefs

'Sleeping Beauty'

Andalusia Ballet presents its production of "Sleeping Beauty," March 18-20. The classic fairy will be held at Lurleen B. Wallace Community College's Dixon Center for the Performing Arts March 18 and 19 at 7:30 p.m., and March 20 at 2:30 p.m. Tickets cost $15.

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

Cottontail Express

The Heart of Dixie Railroad Museum in Calera will host its Cottontail Express March 19-26. The event features an Easter egg hunt, jump station, temporary tattoos, coloring, and a sandbox for children to play in – plus children can get their photo taken with Peter Cottontail. Tickets cost $17 for adults, $12 for children and children under 2 are admitted for free.

For more information, call 205-757-8383 or visit http://www.HODRRM.org.

Alabama Antique Trail Sale

Over 125 shops and malls in 69 Alabama towns will be participating in the Alabama Antique Trail Sale March 1-31. Some stores will have selected items on sale. Other stores may have a percent off everything. To find the locations, hours and types of stores visit http://AlabamaAntiqueTrail.com.

Montgomery Marathon

Montgomery MultiSport will host the Montgomery Marathon March 12 at 7a.m. The event will also offer a half-marathon course, along with a 5K race and the Mayor's 1-Mile Fun Run. The courses will serve as the U.S. Track and Field State Championship for 26.2, 13.1 and 5k.

For more information, call 334-356-7271 or visit www.montgomerymarathon.com.

Zoo Weekend

The Montgomery Zoo will host its Zoo Weekend March 12-13 from 9 a.m. to 6 p.m. The event will feature a festive environment with live entertainment, games, rides, concessions and animals from around the world, according to zoo officials.

For more information, call 334-240-4900, or visit

www.montgomeryzoo.com/announcements/zooweekend.

Southeastern Livestock Exposition and Rodeo

The 2016 Southeastern Livestock Exposition and Rodeo returns to the Garrett Coliseum in Montgomery March 17-19. The event will feature America's top cowboys and cowgirls competing for record prize money on some of pro rodeo's top bucking horses and bulls, according to organizers.

For ticket information and a full schedule of events, call 1-888-2RODEO2 or visit www.slerodeo.com.

Spring bird migration

Dauphin Island's Audubon Bird Sanctuary features the largest segment of protected forest on the island and the first landfall for neo-tropical migrant birds after their flight across the Gulf from Central and South America each spring, according to sanctuary officials. These birds, often exhausted and weakened from severe weather during the long flight, find their first food and shelter on the island March 1-April 30. There have been 347 species reported on the island. It is also the birds' final stop before their return flight each fall. The Bird Sanctuary has allowed Dauphin Island to be recognized by the American Bird Conservancy and the National Audubon Society as being globally important for bird migrations.

The main interstate nearest to the Audubon Bird Sanctuary is I-10. From I-10, take Exit 17A to Dauphin Island. This will take you onto Route 193 South, also known as "Rangeline Road." Follow Rt. 193 South all the way down to Dauphin Island. Once you're on the island, take a left at the Water Tower on to Bienville Boulevard. The Sanctuary is located 1 mile from there on the right.

For more information, visit: http://dauphinisland.org/audubon-bird-sanctuary/

Amazing Castle children's exhibit

Gadsden's Mary G. Hardin Center for Cultural Arts offers the Amazing Castle children's exhibit now through May 8. As visitors explore the Amazing Castle and its eight themed areas, they are introduced to seven storybook characters who are part of the castle community. From the carpenter to the seamstress, each character has a special role. As they move through the castle, village visitors playfully explore the interconnectedness of community members in a setting inspired by fantasy and history, according to organizers. Admission is $8 per person, and free for Hardin Center members and children under 2.

For more information, visit http://www.culturalarts.org.

Selma to Montgomery Bicycle Ride

The Selma to Montgomery Bicycle Ride will help celebrate the 51st anniversary of the Selma-to-Montgomery Voting Rights March, March 18-20. This group ride is free, self-supported and starts in Montgomery from the Embassy Suites Hotel.

There are two options. Option 1 –104 miles, riding from Montgomery to Selma and back to Montgomery. Option 2 – relay of 26 or 52 miles. Two to four cyclists split up the total distance with recommended exchange points at the Lowndes County Interpretive Center (26 miles) or in Selma (52 miles). This option will require riders to independently coordinate with each other the transportation of their teammates and equipment to the exchange points.

This ride opportunity is not a race, it is a self-supported group ride and recommended for experienced cyclist, according to organizers.

For more information, visit www.eventbrite.com/e/2016-riding-selma-to-montgomery-registration-20402394110?aff=es2.

Specialists invited to 'hack' Pentagon

By Cheryl Pellerin
Department of Defense News

WASHINGTON — The Defense Department is launching a pilot program in April to allow vetted computer security specialists to do their best to hack DOD public web pages, Pentagon Press Secretary Peter Cook said March 2.

"Hack the Pentagon" is the first cyber bug bounty program in the history of the federal government, Cook added.

Bug bounty programs are offers by software developers and company websites to reward people who report bugs related to vulnerabilities or hacking exploits.

Jarrett Ridlinghafer, at the time a technical support engineer for Netscape, created the first "bugs bounty" program in 1995, according to the entrepreneur's website.

Today bugsheet.com has a directory of 369 such programs offered by everyone from Adobe and Amazon to Twitter and Sony.

AIR FORCE PHOTO BY STAFF SGT. ARMANDO A. SCHWIER-MORALES

Air Force Tech. Sgt. Randal Collmer, 1st Communications Maintenance Squadron infrastructure theater maintenance section chief, and Air Force Staff Sgt. Bradley Anderson, 1st CMXS special communications maintenance technician, work to test their training network at Kapaun Military Complex, Germany, Jan. 8.

Crowdsourcing

"We can't hire every great 'white hat' hacker to come in and help us," a senior defense official said on a media call, "but (Hack the Pentagon) allows us to use their skill sets, their expertise, to help us build better more secure products and make the country more secure."

Cook said the department will use commercial-sector crowdsourcing to allow qualified participants to conduct vulnerability identification and analysis on the department's public webpages.

"The bug bounty program is modeled after similar competitions conducted by some of the nation's biggest companies to improve the security and delivery of networks, products and digital services," Cook said.

The pilot is the first in a series of programs designed to test and find vulnerabilities in the department's applications, websites and networks, he added.

Bug bounty

The Pentagon's bug bounty participants will have to register and submit to a background check before being involved in the program.

Once vetted, Cook said, the hackers will participate in a controlled, limited-duration program during which they'll be able to identify vulnerabilities on a predetermined department system.

"Other networks, including the department's critical, mission-facing systems, will not be part of the bug bounty pilot," he added, noting that bug bounty hunters could receive monetary awards and other recognition.

The program, Cook said, shows Defense Secretary Ash Carter's commitment to driving the Pentagon to identify new ways to improve the department's cybersecurity.

Enhancing national security

Carter said he's confident the initiative will strengthen DOD's digital defenses and ultimately enhance national security.

The department's Defense Digital Service, launched by Carter in November, is leading Hack the Pentagon.

Cook said the DDS is an arm of the White House's cadre of technology experts at the U.S. Digital Service, and includes a small team of engineers and data experts meant to improve DOD's technological agility.

"Bringing in the best talent, technology and processes from the private sector not only helps us deliver comprehensive, more secure solutions to the DOD, but it also helps us better protect our country," DDS director and technology entrepreneur Chris Lynch said.

Hack the Pentagon, Cook said, "is consistent with the administration's Cyber National Action Plan announced on Feb. 9 that prioritizes near-term actions to improve our cyber defenses and codifies a long-term strategy to enhance cybersecurity across the U.S. government."

The pilot program will launch in April and the department will provide more details on requirements for participation and other ground rules in the coming weeks, he said.

A live asset will be chosen as the target for the hackers, the senior defense official said, but one that is under constant attack, and has no personally identifiable or mission-critical information.

"We are going to be bringing in a very broad program where over time we can look at multiple assets that we would like to have the bounty run against, but, for now, we're going to introduce a program where people have to register – they're going to be vetted and there will be obvious things like they're not going to be on terrorist watch lists," he said.

The official added, "We see this growing into something that we can use as a broader tool to help make our systems and our services more secure, not only for the Department of Defense but across the federal government."

SecDef reviews new technologies from DOD's Silicon Valley unit

By Cheryl Pellerin
Department of Defense News

WASHINGTON — Five tech organizations pitched their technologies to Defense Secretary Ash Carter March 1 during a technology showcase hosted by DOD's six-month-old forward operating unit, the Defense Innovation Unit Experimental in Silicon Valley.

So far, the unit has identified 22 pilot projects with tech companies and start-ups that have never before worked with the Pentagon. Five projects are being executed and 17 others are in various acquisition phases, DIUx officials said in a statement.

Carter visited DIUx as part of a trip to Silicon Valley – his third as defense secretary – and to Seattle to discuss technology and cybersecurity initiatives with officials at some of the region's top tech companies.

The technologies range from cyber and intelligence analysis to drones and new ways to bring DOD and Silicon Valley together, DIUx Director George Duchak said.

Technology outpost

In San Francisco this week, Carter spoke with Ted Schlein, a general partner at Menlo Park venture capital firm Kleiner Perkins Caufield & Byers, which focuses on early stage tech companies in enterprise software and infrastructure markets.

"I would like our people to learn more about what's out here," Carter said. "That's one of the reasons why I have this Defense Innovation Unit Experimental. By the way, it's called experimental because we're still experimenting with it, and it's going to change and we're going to keep innovating with it."

DIUx can help technology entrepreneurs "understand places in the Department of Defense where they can secure funding for ideas that they think are relevant to defense," he said, "and it's a place where our people can come and connect with all of you."

Metrics of success

The metrics of success for the unit include "projects that we use, money that we spend," Carter added. "That means people. So down the road, if there are a couple of 10s, a couple of hundreds of people who have come into the Department of Defense and made a big difference, – well, that would be a measure."

Carter officially opened DIUx in August in the heart of Silicon Valley, and the unit has since hosted individual meetings with more than 500 start-ups, entrepreneurs, executives and corporations, and hosted several signature events, Duchak said.

DIUx also has familiarized several DOD leaders with opportunities to work more closely with Silicon Valley innovators and entrepreneurs.

"Just as we've worked hard to introduce entrepreneurs in the Silicon Valley to DOD and opportunities to work more closely together, we've worked equally hard to contextualize what we've learned here for the Pentagon's senior leaders," the DIUx director said.

Funding pilot projects

Because DIUx has hosted many visits by Pentagon senior leaders, the unit will have access to science and technology and research development, science and technology funding to execute pilot projects with Silicon Valley vendors, the director said.

Current DIUx projects will support offices across DOD, including the Air Force Space and Missile Systems Center, U.S. Army Medical Command, Joint Improvised-Threat Defeat Agency, U.S. Army Intelligence and Security Command, U.S. Cyber Command, U.S. Special Operations Command, Navy 10th Fleet and others, according to the DIUx statement.

Feature areas for the technology showcase included the following, the statement said:

- Dynamic network mapping;
- End-point protection through micro-virtualization;
- Wind- and solar-powered unmanned maritime vehicles;
- Automated textual analysis and content curation.
- Lean startup methodology applied to DOD problems; and
- Dynamically formed aerial and terrestrial mesh networks.

Duchak said DIUx outreach in Silicon Valley is part of an important effort to maintain and increase the U.S. military's competitive advantage.

DOD PHOTO

A representative from venture-capital-backed startup Bromium gives Defense Secretary Ash Carter and other DOD leaders a technology overview during their visit to Silicon Valley March 1.

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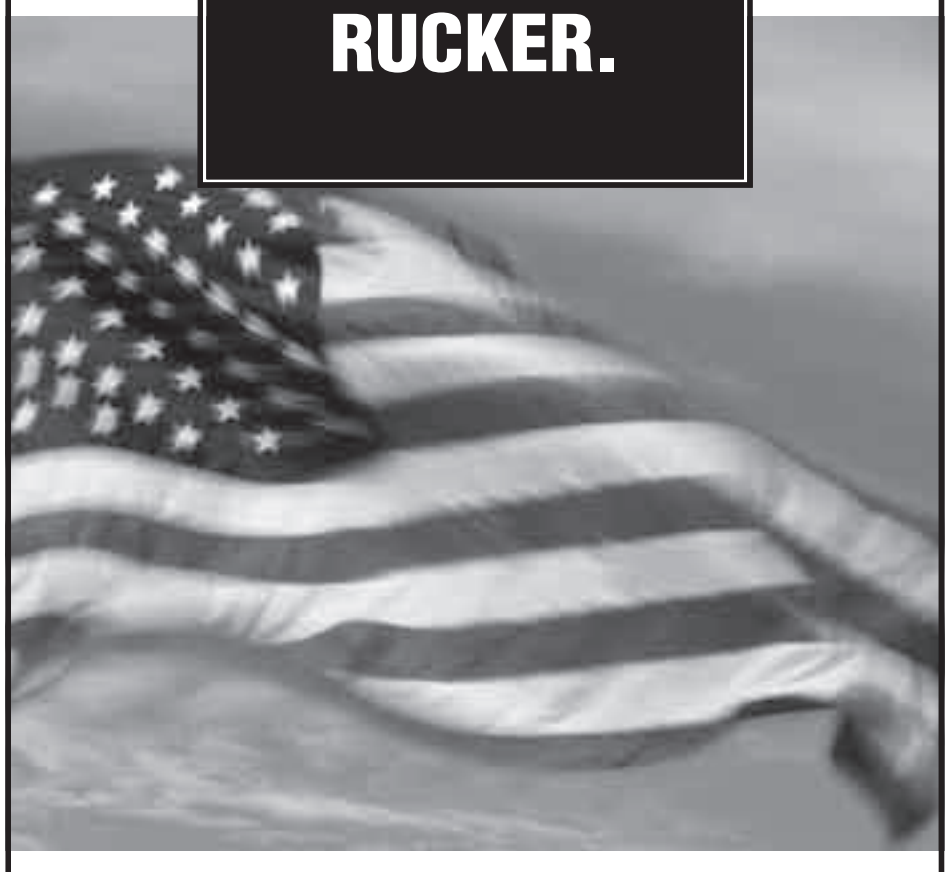

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RELIGIOUS SERVICES

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. Collective 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 Study (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
Larry's Restaurant, Daleville

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Coffee County Arts Alliance

Dan Aykroyd, Judith Belushi & Music Director Paul Shaffer present

"The Official Blues Brothers™ Revue" combines the comedy & hits from the original movie & pays homage to Chicago's rich history of blues, gospel & soul music. There is only one duo in North America sanctioned by Dan Aykroyd & Judith Belushi to don the official hat & sunglasses & walk in the legendary footsteps of Jake & Elwood Blues, performers Wayne Catania & Kieron Lafferty.

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At the Door: Adult $30 • Student $23

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.
www.CoffeeCountyArtsAlliance.com

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Story on Page D3

MARCH 10, 2016

TEE TIME

Membership drive champions top-notch amenities for golfers

PHOTO BY NATHAN PFAU

Melissa Yerman, military spouse, takes a lesson from Janelle Joslin, head teaching professional at SWGC, during a Lunch and Lesson session at the SWGC driving range March 2.

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker's Silver Wings Golf Course is holding its annual membership drive throughout the month of March, and during that time, it's not only trying to take care of current members, but cater to new ones.

With all courses now fully operational and better than ever, Stan Tanna, SWGC assistant business manager, said the membership drive is the best time of the year to get into the swing of golf for new members, and also the best time to save money for established members, as well.

> "For their money, patrons are getting an excellent value. We've definitely got something to be proud of here."
>
> — STAN TANNA
> SWGC ASSISTANT BUSINESS MANAGER

During the drive, which ends March 31, current members who renew memberships and pay their fees in advance will receive two months free, said Tanna, which can add up to a savings of up to $143. Also, new members who join during the month will receive one month free.

"We want to not only keep or current members, but we want to attract new golfers to come out and check out our facility," said Tanna. "They will definitely see the value that they're getting for their buck.

"Our prices are very competitive compared to other venues and, right now, I feel like we've got one of the better golf courses in the immediate Wiregrass area," he said. "We've made numerous improvements to the golf course throughout the winter. We've redone a lot of the bunkers, removed some trees and our greens are in excellent shape."

The course is open to the public and boasts a 27-hole facility – three separate 9-hole courses – while most only have 18. It also sports a driving range, practice facility, the Silver Wings clubhouse, a full golf shop, and Divots Restaurant and Grill.

Membership benefits include a free gift, unlimited green fees and advance tee times, a 10-percent discount on all merchandise (excluding Ping, sale, food and beverage items), a 50-percent discount for the driving range, member-only tournaments and discounted tournament fees, Golf Handicap and Information Network handicap, and reduced room fees and food minimums in the Divots Banquet Room.

Additionally, throughout the month, daily drawings will be held for those who sign up, and people can win prizes ranging from golf balls, gloves, shirts, hats, drivers or even a set of clubs, said Tanna, adding that all prizes will be awarded at the end of April.

"For their money, patrons are getting an excellent value," said the assistant manager. "We've definitely got something to be proud of here."

The annual membership rates are: $528 for E-1 to E6 and juniors ages 12-17; $858 for E-7 and up and Department of Defense civilians; and $924 for the general public. Family rates are also available.

For more information, call 598-2449.

CSM finds 'happy place' in combatives training

By Staff Sgt. Leah Kilpatrick
Fort Hood Public Affairs

FORT HOOD, Texas — After firing off a medley of artillery rounds, a 19-year-old kid from Brooklyn, New York, set off with his convoy traversing the very area they had just fired on.

It was during the Gulf War that Command Sgt. Maj. Edgar Fuentes, the command sergeant major of the 2nd Battalion, 82nd Field Artillery Regiment, was first introduced to the realities of post-traumatic stress disorder, but it would be decades before he felt comfortable seeking help, and finding an effective outlet for the barrage of intense thoughts and emotions.

But it was a different Army then.

"You're weak if you talk about it," Fuentes said. "In 1990, you didn't talk about how you're not able to sleep or you're waking up in the middle of the night. There was no talking about going to get help. It was not like it is today – user-friendly and encouraging."

Between then and now, the Army culture has adopted a much keener eye, compassionate heart and helping hand for identifying and treating Soldiers with post traumatic stress disorder and other mental health issues.

As part of his therapy, Fuentes and his therapist set out to find his "happy place."

"We started digging into things that put me in my happy place," he said. "We were trying to figure out where can we find the Fuentes that was before, because I was a happy, motivated guy, but that was going away, so what was it I used to do that maintained me like that? What is a thing that I did in the past that could help me to deal with the PTSD without me knowing it?"

It turned out his "happy place" was in the boxing ring.

"I started going to the gym and training Soldiers," said Fuentes. "My lunch was going out of here, going to the gym, practicing fighting, teaching Soldiers who had upcoming fights, and then at nighttime Saturday and Sunday I did it. And I was able to cope with all the stress and depression and anxiety that I had, so it was working, and I said, 'This is it.' My doctor said, 'This is you. This is you.' Of course, I still go to counseling. That's not the remedy of all, but it helped me tremendously."

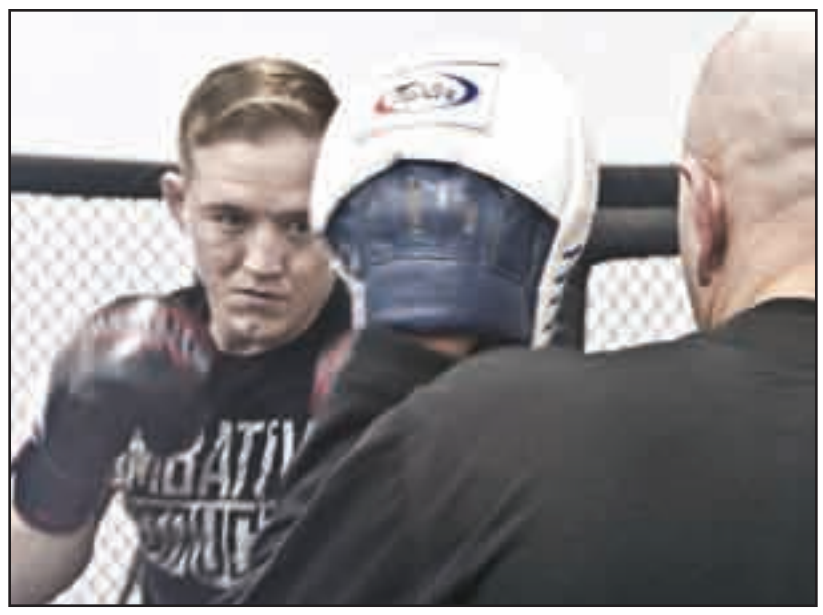


PHOTO BY SGT. BRANDON BANZHAF

Command Sgt. Maj. Edgar Fuentes, command sergeant major of the 2nd Battalion, 82nd Field Artillery Regiment, 3rd Armored Brigade Combat Team, 1st Cavalry Division, holds mitts for Sgt. 1st Class Colton Smith, combatives NCO in charge at the Kieschnick Physical Fitness Center at Fort Hood, Texas, during a recent training session.

Although, the Army had put services and resources for coping with PTSD in place much earlier than Fuentes actually took advantage of them, he had a lingering fear of the stigma that is often associated with mental health concerns.

"Every time I came back from deployment, we did the reverse (Soldier Readiness Processing), and they asked: 'Have you had an issue, do you want to see someone?" Fuentes said. "Of course, it's 'No,' because you don't want that – the stigma. I'm a sergeant first class. I want to make E-8. The stigma was if you have a mental health issue –I don't think the Army was prepared to work with you, so they just set you aside. I knew if I was put in that equation, I would never get promoted. I knew this for a fact."

In addition to the stigma, maintaining a security clearance was also a concern for those struggling with PTSD, but in 2008, the wording of Question No. 21 on the SF86 was changed to "Mental health counseling in and of itself is not a reason to revoke or deny a clearance."

The mental health climate was becoming more favorable, but Fuentes was still struggling with the idea of getting help.

"I was concerned how people were going to look at me as a first sergeant or a platoon sergeant," he said. "When the conversation started about encouraging Soldiers to seek help, there was still a stigma. Because I've been in those meetings where people say, 'He's broke.' I've been in those meetings. Every time I hear somebody say, 'He's broke,' I have to calm down, because I want to say so many things. I was concerned about losing my military bearing, because they were talking about me."

It wasn't until he began to see the effect his PTSD was having on his

SEE COMBATIVES, PAGE D4

NATIONAL NUTRITION MONTH:

Savor the flavor of eating right

Jenny Stripling
Lyster Public Affairs Office

As part of National Nutrition Month, Lyster Army Health Clinic will host many nutrition education and information events in March aimed at promoting the importance of informed food choices, and developing healthy eating and physical activity habits.

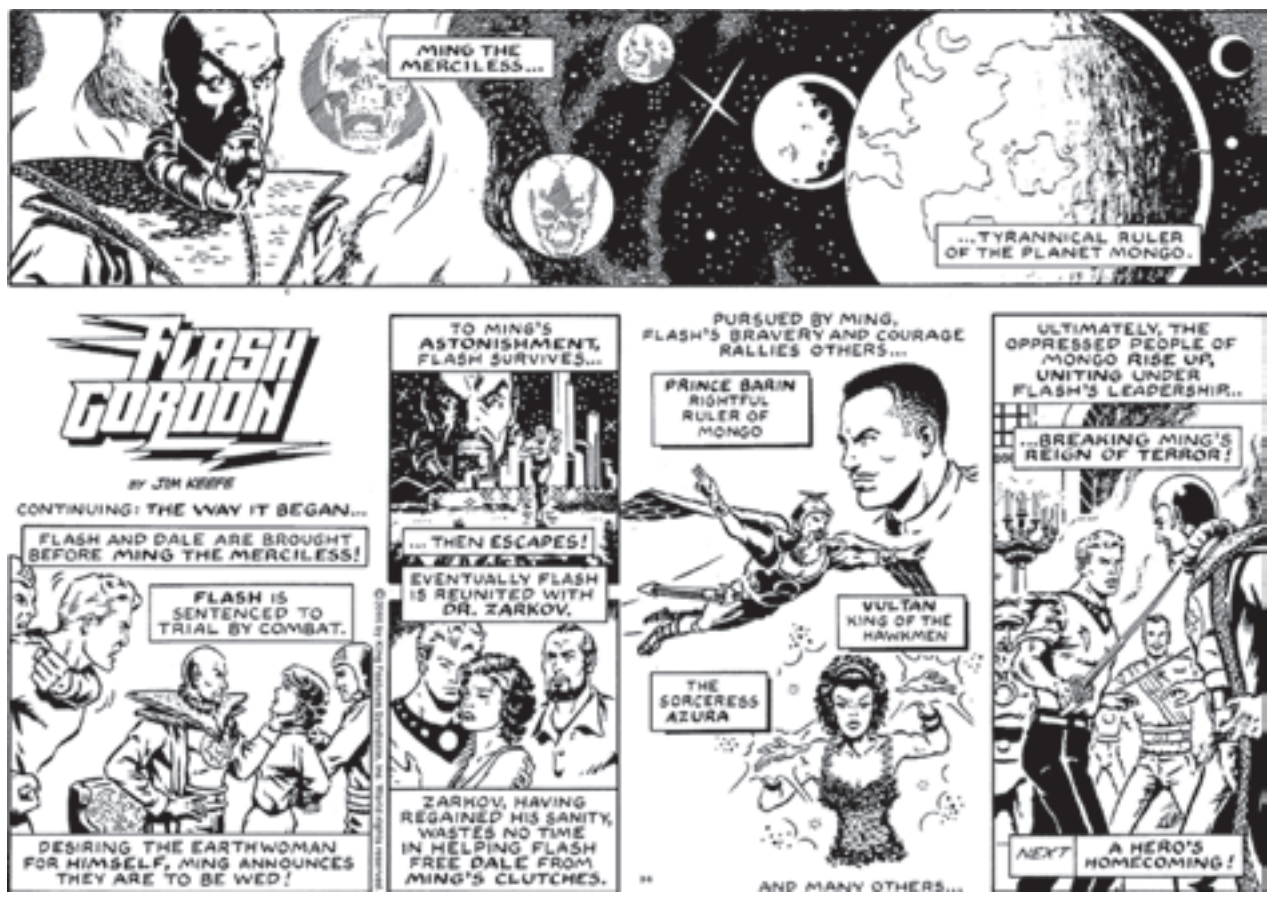
This year's theme is "Savor the flavor of eating right." Eating right is an important part of feeling and looking your best. Also, healthy eating is one of the most powerful tools you have to reduce your risk of chronic disease.

SEE NUTRITION, PAGE D4

PHOTO BY JENNY STRIPLING

Andrea Jones, Lyster Army Health Clinic Chief of Nutrition Services, leads a healthy cooking demonstration last year in the clinic. Lyster brings the healthy cooking demonstration to the Fort Rucker commissary Tuesday at 11 a.m.

Down Time



Just Like Cats & Dogs

by Dave T. Phipps

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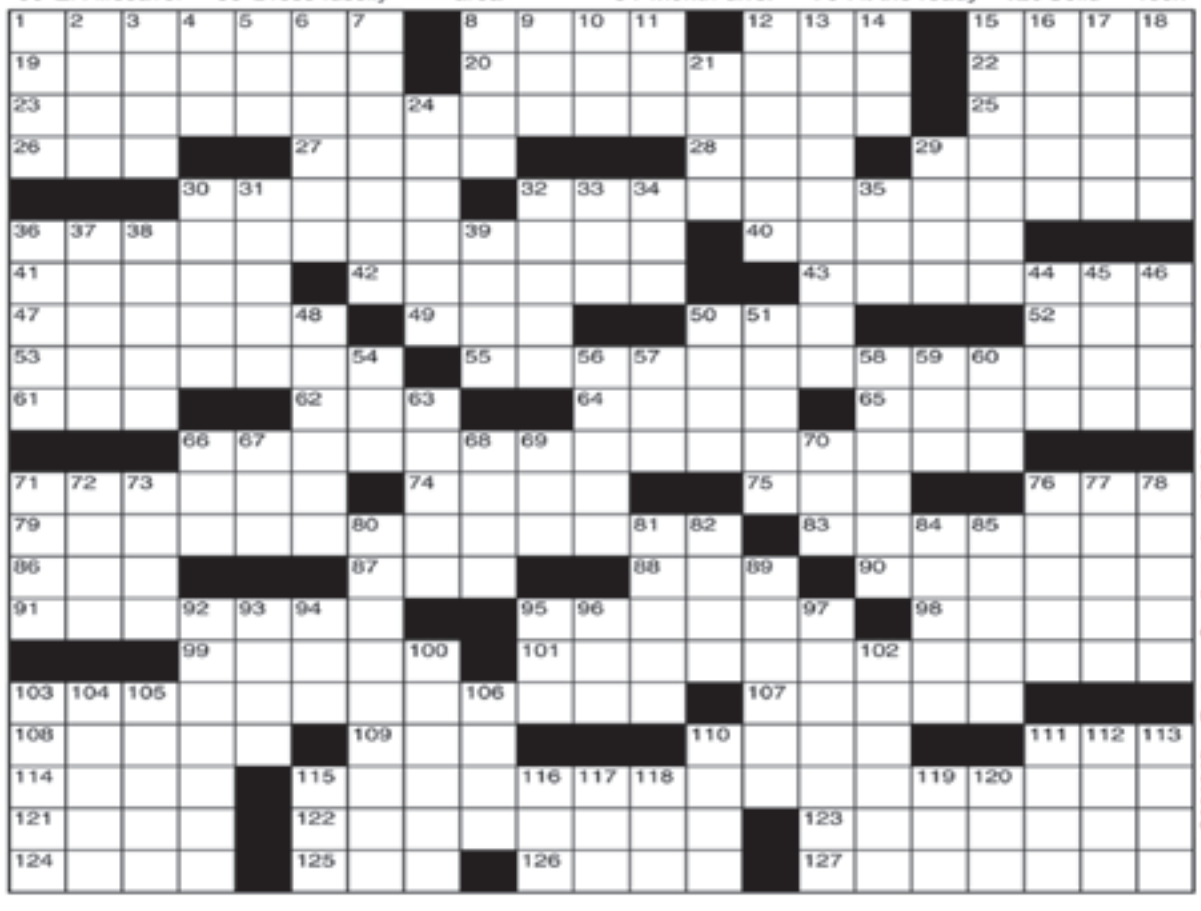
Super Crossword

A DOZEN TO CHOOSE FROM

ACROSS
1 Stinging box jellyfish
8 Salvador of surrealism
12 NFL three-pointers: Abbr.
15 Seal off
19 Satellite, to its planet
20 Envoy
22 Course
23 Jack-o'-lantern
25 One gazing
26 Ending of sugars
27 A deadly sin
28 Wiggly fish
29 Mother, in Madrid
30 Snow house
32 1986 #1 hit for Whitney Houston
36 Colonel on "Hogan's Heroes"
40 See 52-Across
41 Tibetan or Thai
42 Weighted fishing nets
43 How butter is often eaten
47 Gave gas to in a garage
49 Start to fall
50 ER lifesaver
52 With 40-Across, 1960s fad dance
53 Christmas star's place
55 7/21/69 New York Times headline
61 Strong desire
62 Say "I do" to
64 Having a sleek design
65 Snatched
66 1978 Maya Angelou poem
71 Shot — (ice hockey statistic)
74 Not of the clergy
75 Bit of Aspen gear
76 Feedbag bit
79 Y2K
83 Nosy comic Jimmy?
86 Sebastian of England
87 Kind of Ill-lighted
88 Pestle's partner
90 Nine-item groups
91 "Fallin' " singer Keys
95 Tale twisters
98 Dress fussily
99 Dessert at a tropical-themed party, maybe
101 1928 Eddie Cantor song
103 Reel drum
107 Samuel on the Supreme Court
108 Drop the ball
109 Mosque chief
110 Kick — fuss
111 Strong desire
114 It uses only the 12 letters A, E, H, I, K, L, M, N, O, P, U and W (like eight long answers in this puzzle)
115 "The Wizard of Oz" farm hand
121 Present-day Persians
122 Most lax
123 In time past, in time past
124 Hogs' home
125 Rolling — (rich)
126 Apply messily
127

DOWN
1 Arty NYC area
2 Lengthy reigns, say
3 Proficient
4 Wheaton of the screen
5 Volume 1 heading starter
6 "Black Beauty" author Anna
7 First names, in France
8 Disallow
9 Fuse box unit
10 Lucy of the screen
11 Philosophy
12 Bluff one's way through
13 Decorative grating
14 Wd. in Roget's
15 Talk with
16 Franz Joseph —
17 In — surgery
18 Flung
21 Expel forcibly
24 Draws forth
29 Light fog
30 "— no clue"
31 Playwright Jean
32 Gate joint
33 A single
34 Month divs.
35 Jeremy of basketball
36 Like toads
37 River to the Rhone
38 Pep (up)
39 Neeson of "Taken"
44 All-inclusive
45 Brogan, e.g.
46 Be inclined
48 Thrive
50 Track legend Lewis
51 Rototills, e.g.
54 Hogs' home
56 Country/folk singer Griffith
57 "Aren't — pair?!"
58 Densest stable element
59 Tchr.'s org.
60 Hour div.
63 Portioned
66 Toy dog breed, briefly
67 "Bali —"
68 Shaggy locks
69 German "a"
70 Didn't nix
71 In time past
72 Sign gas
73 Stefani of pop music
76 At the ready
77 Early arcade biggie
78 Laconic
80 Despair
81 City near Venice
82 Prey for owls
84 Rich kid in "Nancy"
85 Israel's Sharon
89 Noxious vapor
92 Sobriquet
93 Tuscan river
94 Dawn beads
95 Tablet buy
96 — in wait
97 Horrifies
100 Oslo's land
102 Item for a cheerleader
103 Corn, to Brits
104 Amend
105 Boots
106 Algerian city
110 Tech sch.
111 Super, slangily
112 Mexican coin
113 Fax abbr.
115 That fellow's
116 20% of XV
117 Scottish "John"
118 Singer DiFranco
119 Farm tool
120 Solid — rock



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See Page D4 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. MEASUREMENTS: How fast do you have to travel to break the sound barrier?
2. FOOD & DRINK: What food is also known as a groundnut?
3. MOVIES: What film ended with the words "the horror ... the horror"?
4. QUOTATIONS: What 20th-century actor once said, "Courage is being scared to death but saddling up anyway"?
5. MEDICAL: What is the medical symptom called dyspnea?
6. SCIENCE: What is the study of blood called?
7. GEOGRAPHY: What is the predominant language of Australia?
8. TELEVISION: Who was Sonny Crockett's partner in "Miami Vice"?
9. U.S. STATES: How many U.S. states border Mexico?
10. LANGUAGE: What is the longest English word composed only of vowels?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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 D4 for this week's answers.

Kid's Corner

RIDDLE CARD

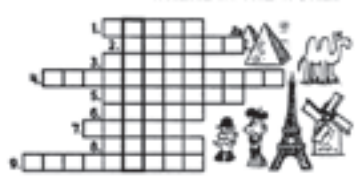
1. How did the Dark Ages get their name?
2. If a tree were to break some windows, what word would they say?
3. What is the hardest thing to deal with?
4. How do you spell mousetrap in 3 letters?
5. What animal is on every legal document?

Answers: 1. It was a dark time when they occurred. 2. Tree-mendous. 3. An old deck of cards. 4. C-A-T. 5. A seal.

Junior Whirl

by Charles Barry Townsend

WHERE IN THE WORLD



Below are the names of nine world-famous landmarks. Identify the country where each is located, then enter it in the grid to the left.

1. The Imperial Palace.
2. The Kremlin Palace.
3. The Aswan High Dam.
4. Cleopatra's Needle.
5. Big Ben.
6. Leaning Tower of Pisa.
7. The Forbidden City.
8. The Taj Mahal.
9. Great Barrier Reef.

There is a dark frame around one of the columns in our grid. If you correctly solve the puzzle, the letters in the frame, top to bottom, will spell out the name of a famous country.

Answers: 1. Japan. 2. Russia. 3. Egypt. 4. United States. 5. England. 6. Italy. 7. China. 8. India. 9. Australia. The dark framed column spells "Argentina."

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Illustrated by David Coulson

ODD MAN OUT! To the right is a list of five words. Can you figure out which word doesn't belong?

1. DARNELL'S
2. HANDWRITING
3. CLIMATE
4. NAUTICAL
5. HEATHER'S

Answer: Debbie. The other words all contain the names of famous cities. (2. Berlin. 3. Lima. 4. Oslo. 5. Athens.)

FIND THE SEVEN WORDS PUZZLE! In the word square to the right, we've removed six of the letters to spell out the word "SELDOM." Can you replace these letters in the squares so that you will have four three-letter words across and three four-letter words down? Time limit: 60 seconds.

	A	R
A		
I	T	
		T

S E L D O M

Answers: (Across) Ale, ale, Ra, dot. (Down) Aloft, ado, rest.

Wishing Well®

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

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

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Answers: (Clockwise) 1. Lamp is missing. 2. Stars are missing. 3. Frame is bent in missing. 4. Scarf is shorter. 5. Fringe is missing. 6. Arm is raised.

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READY, RESILIENT

Army Trials athletes learn to manage energy, increase mental focus

By Stefanie Pidgeon
Army Ready and Resilient Directorate
Public Affairs

FORT BLISS, Texas — Athletes need to achieve and maintain a certain level of energy to be able to compete and perform at their best when it matters most.

Knowing how to manage their energy is even more important for the wounded, ill and injured Soldiers and veterans participating in the 2016 Army Trials at Fort Bliss, Texas.

The Army Trials athletes experience a range of physical, emotional and mental demands. They need to be able to not only focus their physical energy based on the sport they are performing each day, but also their mental energy. Having this ability strengthens personal readiness and resilience, which are critical to Soldier and team readiness.

The Army Trials athletes participated in a 90-minute energy management workshop Feb. 28 – the end of their first day of training for the trials. The intent was to not only provide these athletes with strategies and techniques they can use throughout training and competition, but equip them with tools they can implement as part of their everyday lives.

"How many of you always have the right amount of energy needed to complete your performance?" asked Shawn Saylors, a master resilience trainer-performance expert working with the field athletes.

Out of about 100 athletes in attendance, two raised their hands.

"Can you perform if your energy is at 60 percent?" Saylors then asked the group, many of them nodding their heads.

"Yes, you can," he continued, "but your performance will also be at 60 percent."

Energy management is a performance skill that helps mobilize and balance energy, recover and prepare for the next performance. Taught by experts in sport and performance psychology, the Army's Comprehensive Soldier and Family Fitness program offers the skill as part of the training provided to not only Army athletes, but to all Soldiers across the Force.

Sgt. Jodie Lemons, an Army athlete who participated in the trials in 2015, realizes the benefits of energy management and the effects it has regardless if a person is competing in a team or individual sport.

"Energy Management supports my mental well-being; and the vast majority (of these sports) require mental focus," she said. "There's no room for negative energy, not for you or the team."

The workshop was broken out into four stations, each focusing on a component of Energy Management:

PHOTO BY STEFANIE PIDGEON

An Army veteran athlete works on an attention control activity during the energy management workshop at Fort Bliss, Texas, Feb. 28.

- Sleep;
- Attention control;
- Interpret physiological responses; and
- Deliberate Breathing.

Sleep

"A common sleep myth is that people can live on four to five hours of sleep per night, but, eventually, that sleep deficit will catch up to you," said Tim Mitchell, the MRT-PE working with the cycling team and who led one of the sleep stations.

The Army's Performance Triad notes that adults should get seven to eight hours of sleep per night, and that getting the right amount of sleep is vital to overall health and performance.

"Lack of sleep can deplete your mental focus and make you more lethargic," said Staff Sgt. Aram Jacques, brigade master resilience trainer for William Beaumont Army Medical Center at Fort Bliss.

Mitchell told the athletes that too little sleep may also affect their immune system, their cognitive decision-making and memory.

They may also be at higher risk for accidents, he said. "You might not be aware of these issues if you've adjusted to lack of sleep each night, but your brain just won't function optimally. When you get a full cycle of sleep, your brain can wash all the dirty dishes from the day. If you don't get enough sleep, you start the next day with some of those dirty dishes."

Sleep is the foundation of energy management, Mitchell said. "A full night's rest, uninterrupted rest, gives you a full battery so your energy is the best it can be, making the other energy management techniques more powerful and effective."

Attention control

Slap, pull, observe, release, tap, shoot.

Soldiers commonly use this phrase as a cue when there is a rifle malfunction. When thinking SPORTS, a Soldier is immediately able to focus in on the task at hand and move through the appropriate actions in sequence. This is an attention control technique, which lets Soldiers focus when necessary.

"This technique is important for these athletes because there are all kinds of distractors going on, such as the crowd, pain, etc. Attention control helps to manage those distractions," said AJ Pacheco, the MRT-PE working with the swimming team.

Cue words are one way for athletes to focus in on where their body is in the moment and can help them efficiently stay in the performance or get back to where they need to be.

"With a sport like swimming, these athletes will go through heat after heat, and they can experience exhaustion and fatigue. Cue words can help them focus their energy and their attention on things like extending their arm for the stroke, and breathing, which will bring back their energy and keep them moving," Pacheco said.

Interpret physiological responses

"If you're sweaty, you're ready."

When it's go time, an athlete's body might have a physical reaction to nerves or stress, such as butterflies, urge to urinate, or sweat. These are common physiological responses to competition, or performances, such as giving a speech, or going into an evaluation. Knowing what their physiological reactions to the fight or flight response are can help athletes manage their energy in the most effective way.

"These kinds of reactions are your body's way of mobilizing energy," said Abby Bilyk, the MRT-PE working with the sitting volleyball team. "It's important to recognize that your body is telling you that you're ready so that you don't make yourself more nervous and spend critical energy managing those nerves."

Bilyk told the athletes that having self-awareness is key to recognizing when their body is telling them that they're ready. That feeling of butterflies, for example, is really blood moving away from the stomach to the big muscle movers. "We don't want Soldiers interpreting these reactions as: 'I'm nervous'; 'I'm not ready'; or 'that guy's more prepared than me.' We want them to have awareness and understanding of these responses so that they can take appropriate action and target their energy, such as slowing their breathing if their heart is racing."

"It's good to be nervous," said Bilyk, "and these reactions are just your body's way of saying it's ready."

Deliberate breathing

Soldiers having awareness of their-physiological reactions, such as rapid heartbeat and quick, shallow breaths, is a precursor toward managing energy. The next step is utilizing techniques to bring their bodies back to normal and restore energy.

"When you get nervous, deliberate breathing is a great way to calm yourself down – it helps you to gain composure," said Saylors.

Deliberate breathing is slow-paced and deep, or diaphragmatic, breathing. Breathing in and out with a cadence while focusing on thoughts of gratitude, has a calming effect, Saylors said.

"We all know how to breathe, but it's important to know if we are breathing at the right time in the right way for a particular performance," Saylors said. "To be most effective, you need to practice deliberate breathing. These Soldiers train and train and train, and they can't have all that training go out the window when they walk into an evaluation or a competition. Practicing this technique consistently will make the technique permanent."

Deliberate breathing has also shown to support recovery, such as speeding healing, managing pain and reducing insomnia.

Conclusion

Competition is 80 percent mental and 20 percent physical. The Soldier and veteran athletes agreed that competition requires mental strength. Energy management is just one skill the athletes will learn over the course of the Army Trials, which conclude today. They will learn how to not only apply these skills to their sport, but how they can put the skills to use when they go home, whether it be back to their unit, to their job, or to their family.

The Comprehensive Soldier and Family Fitness program has 25 Training Centers located across the Army, which are able to provide targeted training to Soldiers, to include National Guard and Army Reserve, Army civilians and family members. They also provide support to Warrior Transition Units, as well as cadre and caregivers.

"Competition is the same as training, except for what's in your head. It's a totally different ballgame (in your head). Get out of there and get back to basics. You know this, you got this, you can do this," Lemons said.

To find a nearby CSF2 Training Center, visit http://csf2.army.mil/training-centers.html.

Wounded warriors get on track at Army Trials

By Kimberly K. Fritz
U.S. Army Medical Command
Public Affairs

FORT BLISS, Texas — Twice a day, more than 20 runners trained at Fort Bliss' Stout Track where they pushed their bodies to run faster and farther preparing for the Army Trials that conclude today.

These athletes are dedicated, committed and eager to earn one of the coveted spots on the Army Team for the Department of Defense Warrior Games planned for June 14-22, at the U.S. Military Academy, West Point, New York, according to Rodney Carson, head track coach.

Runners, like returning athlete and Army veteran Terry Cartwright, competed in the adaptive sports that helped to rehabilitate their bodies and their minds following an injury during their military service.

Cartwright, an infantry veteran living with a non-visible injury, medaled in the Warrior Games last year. He's training alongside other returning and first time athletes. Returning runners like Cartwright and Spc. Quinn Almon are helping to mentor the other runners and foster the feeling of camaraderie over competing.

"We're not here to compete against one another," Carson said. "We're all here to better ourselves."

During the trials, runners will compete in standard and adapted versions of the men's and womens'100-meter, 200-meter and 400-meter sprints, the middle distance 800-meter and a distance run of 1500-meter.

Across the field, more Soldier and veteran athletes are taking aim with the shot-put from seated or standing positions, as well as throwing the discus from a raised platform.

Some are trying out a new sport, like first-time Army Trials athlete and Army veteran Jhoonar Barrera. He is competing in the 8-pound shot-put event. Barrera used the adaptive sport wheelchair basketball to keep competitive following a spinal cord injury. The veteran credits playing sports with keeping him focused.

"Adaptive reconditioning has truly made me mentally and physically stronger to tackle everyday events," Barrera said.

PHOTO BY SPC. ANGELICA VASQUEZ

Army veteran Terry Cartwright sprints with a training parachute at Stout Track, Fort Bliss, Texas, March 3.

All of the athletes are the best from each of the regions across the U.S. and have earned their spot at the trials and hope to move on to the Warrior Games. There are more than 100 athletes looking to represent the Army.

The trials feature seven sports, including wheelchair basketball, sitting volleyball, cycling, track and field, archery, shooting and swimming. Wheelchair basketball and sitting volleyball are popular, and that's evident when practices are in the evening after a full-day of training and the courts are filled with athletes ready to build their skills and strength.

During the first day of training Carson encouraged the athletes to participate in as many of the events as possible.

Many of the athletes are participating in multiple events. Cartwright, a distance runner, also plays sitting volleyball and wheelchair basketball. Barrera is playing wheelchair basketball here, and is a member of the only all-veteran team in San Diego, California where he works as an information and technology technician.

The focus here is on performing their best in the competitive sports and in their everyday lives. Time each day is set aside for resilience training including goal setting and mindfulness.

The athletes empower each other and share what practices have worked for them to continue their training.

Barrera said the significance of sports reminds him to continue doing as much as he can and to not settle.

"While I'm here, I will never let any of my teammates settle for less," he said. "Be the difference."

Combatives

Continued from Page D1

family that he decided to see a doctor.

"It got to a point in my life where I knew that my family was suffering based on my PTSD," he said. "I'm sad to say my relationship with my wife and kids was not what it should be. I felt comfortable among my people, so I stayed longer at work, not needing to be there. It's just it was easier for me to stay here with the people that I had here instead of going home."

Fuentes said he was always supportive of Soldiers who came to him expressing difficulties coping with PTSD, but did not seek help himself.

Along with seeing his counselor regularly, coaching the Soldiers at Kieschnick Physical Fitness Center on Wednesdays at lunchtime and on the weekends, gives him back the happy, motivated guy he was before all the gruesome images of war and multiple deployments.

"The adrenaline you get from learning and teaching somebody to do something and seeing them develop through their training," Fuentes said, "and when it comes down to fighting, and we're actually in the cage or in the ring about to perform and all of that hard work you did for eight weeks of training, and you see it works, and we get a win. It's satisfying. It's the greatest feeling in the world."

He regularly expresses his gratitude to the Soldiers he trains.

"I always tell them, you guys help me more than I can ever help you guys," he said. "So I give them the skills of fighting and give them what I know about fighting, but they don't have an idea of the things that this does for me."

And the feeling is mutual among the fighters.

"He comes in and coaches a lot of us in boxing," said Sgt. 1st Class Colton Smith, combatives NCO in charge at the Kieschnick PFC. "He's helped me quite a bit. Being a command sergeant major coming in here and helping out Soldiers, no matter their rank, he comes in and he wants to help Soldiers, and he's talked about it multiple times how this helps him combat his demons.

"Seeing a senior noncommissioned officer that's done stellar things in his career, hearing him talk about his journey, his testimony, I think it shows young Soldiers not to be afraid to let it be known that you're having these issues, and combatives and boxing is the way he deals with it," Smith said. "You need to find you're outlet. Maybe combatives isn't it, so you'll find your outlet, because you know there's an outlet just right for you."

Nutrition

Continued from Page D1

"Good nutrition means a lot of things to people and food choices should be based on your energy needs. We think it's important to understand appropriate portion sizes but also making things taste good," said Andrea Jones, Lyster's chief of nutrition.

"Here at Lyster we conduct classes for basic nutrition and exercise information for service members and families," said Jones. "Please call us at 255-7986 for information on all classes we offer, to find one that is right for your needs."

Lyster's Nutrition Care Service kicked off National Nutrition Month by recognizing National Registered Dietician Day Wednesday, offering healthy snacks throughout the day for clinic visitors and employees.

Tuesday, everyone is invited to visit the Fort Rucker Commissary as Lyster takes their cooking demonstration into the Fort Rucker community. Nutrition services will be on site at 11 a.m. whipping up a healthy meal, offering samples and recipe cards that people can take home and recreate for their families.

If you fancy yourself as a healthy cooking guru, or simply enjoy cooking, consider submitting your best recipe with Lyster up until March 31 for the Performance Triad Healthy Recipe Competition.

"The Top 10 recipes will receive a prize and be submitted to the Performance Triad Nutrition Lead, Office of the Surgeon General to be included in their publicly available recipe database," said Capt. Angela Green, Lifespace Center chief. "The winner will receive a cookware set."

For more details, contact Green in the Lyster Lifespace Center (beside the Coffee Zone) at Lyster Army Health Clinic, or call 255-7726.

For more information, resources and tools on healthy eating, contact your local dietitian or health care provider or visit www.Nutrition.gov and visit Lyster Army Health Clinic's Facebook page and website for more information and tips for healthy eating throughout the entire year.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. About 770 mph
2. Peanut
3. "Apocalypse Now"
4. John Wayne
5. Shortness of breath
6. Hematology
7. English
8. Ricardo "Rico" Tubbs
9. Four: California, Arizona, New Mexico and Texas
10. Encore, a musical cadence

SPORTS BRIEFS

Shamrock Shuffle 5K/10K

The Fort Rucker Physical Fitness Center will host its Shamrock Shuffle 5K and 10K March 19. Race day registration will be from 7:30-8:45 a.m. The 5K and 10K will start at 9 a.m. at the Fort Rucker PFC on Andrews Avenue. Participants are encouraged to pre-register at either PFC. The fun run will begin after the race is complete and is open to all children, free of charge. Each fun run participant 12 and under will receive a medal. Costs are $12 for individuals with no shirt, $20 by Sunday with shirt, or $25 Monday and afterwards with shirt (while supplies last). Teams are $120 for teams of eight – each additional person pays normal registration fee – up to Sunday, which includes shirts, or $160 Monday and up to race day, which includes shirts (while supplies last). Refreshments will be provided. The event is open to the public. Trophies will be awarded in various categories.

For more information, call 255-2296.

Golf lunch and a lesson

Silver Wings Golf Course will host its lunch and a lesson special on Wednesdays in March and April from noon to 1 p.m. The special includes lunch, golf balls and a golf lesson for $20. There needs to be a minimum of three participants to conduct a lesson.

For more information, call 598-2449.

Gobbler Classic Turkey Hunt

Fort Rucker Outdoor Recreation will host its Gobbler Classic Turkey Hunt Tuesday to April 30. The entry fee is $25 and participants must have an Alabama State All Game License, Fort Rucker Post Hunting Permit and Hunter Education Completion Card. Alabama State Regulation and Fort Rucker Regulation 215-1 apply. The turkey must be harvested on Fort Rucker to qualify. People can register at ODR or MWR Central.

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