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ARMY FLIER

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TAX CENTER EASES BURDEN

Offers free professional help, filing

By Nathan Pfau
Army Flier Staff Writer

Taxes may be a certainty in life, but preparing and filing them doesn't have to be a burden.

The Fort Rucker Tax Center, located in Bldg. 5700, Rm. 371F, will open its doors during a grand opening Jan. 30, and free help and electronic filing will be available by appointment only, Mondays-Fridays from 9 a.m. to 4 p.m. through April 15. People can start calling to make appointments Jan. 26.

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

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

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

Last year, more than 1,600 returns were filed through the tax center, and both federal and state returns can be handled at the tax center at no charge, added the tax coordinator.

"People should use a professional when filing taxes because they may miss some credits or deductions that they might be entitled to," said Clayton. "The service here is free and we're all trained by the [Internal Revenue Service] in certain aspects that deal with military personnel, so that's another advantage that people will have."

Something new the tax center is offering this year is a drop-off tax service for single Soldiers. Single Soldiers can come in and drop off their 2014 income tax paperwork, and return in 48 hours to go over their complete return with a tax representative, said Clayton. Soldiers must return between the hours of 9-11 a.m. Mondays-Fridays for their returns.

"We don't need a full one-hour appointment to do most single Soldiers tax returns, so this frees up a lot of time for us to serve as many people as we can," he said.

PHOTO BY NATHAN PFAU

Gail Evelyn, tax preparer at the Tax Center, helps CW2 Ralph Hernandez, from Fort Hood, Texas, and his wife, Brittany, with their tax return at the Fort Rucker Tax Center last year.

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

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

"Some people have gambling winnings or unemployment that they've received throughout the year and those are things that need to be filed, and sometimes people don't realize that," said the tax coordinator. "If they're in doubt about something,

SEE CENTER, PAGE A5

ARMY PHOTO

Russell Hall (right), U.S. Army Aviation Center of Excellence deputy to the commanding general, talks with members of the 128th Aviation Brigade during a tour of a new high-bay maintenance training facility at Joint Base Langley-Eustis, Va., Jan. 8.

GETTING BETTER

128th Avn. improves facilities, training

By Kelly P. Pate
Public Affairs Specialist

As Army Aviation evolves, so must the maintenance facilities and training aids that go along with it.

Russell Hall, U.S. Army Aviation Center of Excellence deputy to the commanding general, along with Sgt. Maj. Jesus Ruiz, Aviation Branch training sergeant major, visited USAACE's maintenance training brigade, the 128th Aviation Brigade at Joint Base Langley-Eustis, Virginia, Jan. 8.

The goal was to talk with personnel and see firsthand the progress made on necessary new facilities designed to support training requirements.

"I'm always thrilled to see the spirit and professionalism of the Soldiers we encounter at the 128th Aviation Brigade. They are an extremely dynamic team that sets the course on achieving success every day," Hall said.

SEE BETTER, PAGE A5

Post's cyber readiness praised

By David Agan
Fort Rucker Public Affairs

Inspections are a normal part of any Soldier's routine, but it was Fort Rucker's network that was under the magnifying glass in December during the Command Cyber Readiness Inspection conducted by the Defense Information Systems Agency.

During the week-long inspection, DISA sought to ensure the cyber readiness of Fort Rucker's network infrastructure and the post received high marks, said Shawn Foist, installation information assurance manager, Network Enterprise Center.

GRAPHIC BY DAVID AGAN

"Our scores were 86 and 85.3 on the respective networks," he said. "The maximum score an Army NEC can receive is an 87-88 percent, so we scored in the A+ level," he added. "It was a very intensive process, but Fort Rucker did amazing."

This particular inspection was new territory for the NEC, Foist said.

"Having never gone through a CCRI before, we didn't know what to expect. It's not something you fail and forget. You fail and it's bad," he added. "Fort Rucker came through with flying colors."

Foist said teamwork was the key that

SEE SUCCESS, PAGE A5

GOOD CITIZEN

Daleville honors Soldier firefighter

By Jay Mann
Fort Rucker Public Affairs

The City of Daleville honored a Fort Rucker Soldier Dec. 16 with its Citizen's Award for his selfless service after helping victims of a two-car automobile accident that occurred off post.

"I became an Army firefighter to help people," said Spc. Zachariah Christianson, Fort Rucker firefighter. "Helping people is really what we all join the Army to do. It was a great honor to be recognized by the city of Daleville, but it was more of a reward to see that the patient from the accident and her son were doing better."

The award ceremony was the first time Christianson had seen the patients since the night of the accident.

Nov. 25, he was driving off post with his family when they came upon the automobile accident.

"I saw that no emergency crews had arrived yet, so I blocked off the intersection with my vehicle to keep other cars from turning into the accident," he said. "My wife called 911 and helped take care of the little boy, who had minor injuries, while I determined which other people were injured. It was dark and raining, but when I entered the vehicle I could see a woman trapped in the passenger seat."

Christianson assessed the patient's condition and rendered assistance until emergency crews arrived at the crash.

"While they were using the Jaws of Life to try to get her out of the car, I sat in the backseat of the car trying to keep her conscious by talking with her," he said. "We lost her pulse at one point and she went limp – we thought she had passed away. But she came right back in a matter of seconds.

"The Daleville emergency responders were very professional and I loved working with them," said Christianson. "They were very concerned, not only for the patients, but for my safety as well. One of the volunteer firefighters even put his coat over me to protect me when they were breaking the windows out.

"Because of the medical terminology I used to brief them on the patient's status when they arrived, they knew I had training," he added. "This allowed them to focus on getting her out and not having to worry about two things at once."

COURTESY PHOTO

Spc. Zachariah Christianson, Fort Rucker firefighter, received the Citizen's Award for his selfless service from Daleville Mayor Claudia Wigglesworth Dec 16.

Rescue crews cut the roof off the vehicle, broke out all of the windows and cut the driver's seat out in order to get the victim out, Christianson said.

"I did not see her again until the city presented me the award," he said. "Seeing her again and seeing her son playing with toys was much more rewarding than any recognition I could receive. You can't compare the feeling to anything else – knowing that she is alive and doing well.

Army Firefighters get a lot of training in things like basic emergency responder, cardiopulmonary resuscitation and the Combat Lifesaver Course, said Staff Sgt. Megan Payton, military firefighter crew chief.

"Specialist Christianson saw the accident scene and kicked right into the firefighter mentality with what he has learned from the Army," she said.

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PERSPECTIVE

Historian corrects myths of Battle of New Orleans

By David Vergun
Army News Service

WASHINGTON — The British never sailed up the Mississippi River during the Battle of New Orleans fought 200 years ago on Jan. 8, 1815, according to a senior historian at the U.S. Army Center of Military History.

Instead, they came up through Lake Borgne, an estuary of the Gulf of Mexico, then across the bayous, said historian Glenn Williams.

Further, the Battle of New Orleans wasn't just one engagement, but at least five. And, unlike many school history textbooks state, the Treaty of Ghent ending the War of 1812 was not ratified before the Battle of New Orleans, Williams said. It was not ratified by both nations and peace proclaimed until Feb. 18, 1815 – a month and a half after the battle.

Gen. Andrew Jackson, the overall commander of the battle, gets most of the fame, especially since he later became president. However, Presidents William Henry Harrison, Zachery Taylor, John Tyler and James Buchanan were all also veterans of the War of 1812.

"William Henry Harrison also won several battles in the West, which we don't remember," Williams explained: the Siege of Fort Meigs in Ohio; the Battle of Thames in Upper Canada, now Ontario; and, recaptured Detroit. The Battle of Thames resulted in the death of the great Shawnee chief Tecumseh. The West, at the time, referred to the area now known as the Midwest.

Taylor was a captain, commanding a company that occupied Fort Harrison, a post in West Indiana Territory that withstood a pro-British Indian attack.

Jackson gets all the credit for the Battle of New Orleans because he had better public relations, Williams said, in jest. Actually, Jackson, then a major general, commanded the 7th Military District, which included New Orleans and the Gulf Coast. That made him the overall commander.

NATIONAL ARCHIVES
Artist Henry Bryan Hall's depiction of the Battle of New Orleans.

Jackson and his military staff suspected that the British might target New Orleans, following their Chesapeake Campaign, Williams said, providing some background.

On Sept. 13, 1814, the British fleet bombarded Fort McHenry in Baltimore. Americans today know of that failed action to take the fort because Francis Scott Key wrote about it in "The Star-Spangled Banner."

After the Chesapeake Campaign, which included the burning of Washington, D.C., the British weighed anchor and debated whether to attack Newport, Rhode Island, or go south to New Orleans, according to Williams. They chose the latter.

New Orleans was selected as the prize because it was a large seaport on the Gulf of Mexico, as well as a river port for most of the farm produce in the Midwest, which got to market via the Mississippi River through New Orleans, as a rail and road network wasn't yet in place, he said.

Another intent, Williams said, was to limit American expansion to areas east of the Mississippi. "They also wanted to set up an Indian buffer state between the U.S. and British North America," he said.

Combatants face off

Facing the Americans during the battle were British naval and land forces, along with their Indian allies. Spain, although a British ally in the war against Napoleon, was "nominally" neutral in the conflict against the United States, Williams said. Eastern and western Florida still belonged to Spain, which feared U.S. annexation of their colony.

On the U.S. side, the Choctaw Indians were allies, along with French-American Jean Lafitte's Baratarian privateers.

In all, there were around 4,700 U.S. forces, facing about 9,000 British, not counting British sailors on ships in the Gulf.

The British won the naval Battle of Lake Borgne, and "technically" at least one of the land engagements. When Jackson tried to attack the British camp at the Villere Plantation on the night of Dec. 23, 1814, the British "retained the field. Although Jackson punished them pretty good, the British got reinforcements so he pulled his troops back" to a more defensible position on a nearby canal, he continued.

Next, the British attacked Jackson's forces in the so-called Grand Reconnaissance engagement of Dec. 28, which wasn't a decisive battle.

On Jan. 1, the British commenced a massive artillery cannonade. "If they had been able to breech the parapet that the Army engineers had built along the Rodriguez Canal, they would have attacked with infantry, but the attack failed," Williams said.

The last British option was the Grand Assault, most of it on the east bank of the Mississippi, with a supporting attack on the west bank, south of New Orleans. The battle never actually reached the city, he said.

Lessons learned

The Army wasn't really prepared to go to war during the first months and years of the War of 1812, which commenced on June 18, 1812, Williams said. Battles were lost during the early days and the Americans were dismayed.

By 1814, "the regular Army was really, really good," he said. "On par with the British army," considered among the world's best. The militia by this time was also fairly well trained and units throughout the South streamed down to New Orleans and participated.

By militia, Williams said there were the volunteer militia, similar to the current National Guard, and the enrolled militia, which is every able-bodied male, 18 to 45 – draftees. Most at New Orleans were volunteer militia. Some of the drafted militia guarded the city.

The takeaway from the battle, Williams said, is that the U.S. fielded a pretty good combined-arms effort, with sailors and marines fighting on land, in coordination with regular Army and militia units. "Inter-service cooperation was excellent." As well, there was good coordination with the Choctaw allies and with Lafitte.

"Often overlooked, the Louisiana militia also had a few battalions of 'free men of color,'" he said. Some were refugees from the Caribbean and some were mixed blood creole-African Americans. "Both were heavily engaged in the battle."

Another plus for the Americans was fighting behind well-prepared positions, Williams said.

As for the British, the Royal Navy didn't send enough of their big guns to reinforce their artillery to breech those defenses, he said. They also underestimated the competence of the militia, which fought best from behind prepared positions.

Aftermath

Before the Battle of New Orleans, the U.S. had taken over Mobile (now in Alabama), as well as attacked Pensacola, both in what was then West Florida, mainly to keep the British from using the latter as a base from which to attack the U.S., Williams said. Spain ceded the rest of Florida to the U.S. in 1819, realizing it was indefensible.

Spain had never recognized the U.S. acquisition of the Louisiana Purchase from France, he said. Napoleon wasn't supposed to sell it to the U.S. and Great Britain didn't recognize any treaty Napoleon had signed.

Many historians think that had the British won the Battle of New Orleans, they may have probably given the Louisiana Purchase back to the Spanish, Williams pointed out.

Incidentally, the Battle of New Orleans was made famous in 1959 by the song written by Jimmy Driftwood and recorded by Johnny Horton, titled: "The Battle of New Orleans." It made the "Billboard" No. 1 song for that year. Despite the error in the song about the British running "down the Mississippi to the Gulf of Mexico," Williams said it was his favorite song when he was 6 and he still likes it today, historical inaccuracy or not.

All of CMH's War of 1812 series can be downloaded from: http://www.history.army.mil/catalog/index.html or ordered for purchase in hard copy from the U.S. Government Printing Office bookstore.

The Battle of New Orleans pamphlet, "The Gulf Theater: 1813-1815" by Joseph F. Stoltz III will be available soon.

Rotor Wash

"Martin Luther King Jr. Day is a day of community service. Why is it important to give back to the community?"

Jennifer Small, military spouse

"There have been so many who have given for future generations that it's important to pay it forward."

Tiffany Jacobs, military spouse

"If we aren't taking care of each other then what kind of example are we setting for our children?"

Angela Evans, military spouse

"Giving back to the community can humble yourself and keep you grounded as a person."

Spc. Julio Perez, U.S. Army School of Aviation Medicine

"There are so many before us who have made sacrifices and given to their community, it's only fair that we do the same."

John Kober, retired military

"It's always nice to do something for others."

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

BE PREPARED

Preparation increases safety during weather emergencies

By Nathan Pfau
Army Flier Staff Writer

Alabama is home to all kinds of weather, with temperatures that range from freezing to well over 100 degrees, to hurricanes and tornadoes, and has even been known to get an earthquake every now and then, and it's for those unexpected emergencies that officials urge people to be prepared.

Willie Worsham, Fort Rucker emergency response manager, said the key to getting through those emergencies is preparedness, and one way to be prepared is to have an emergency preparedness kit.

"During an emergency situation, things that people are accustomed to, such as water and power, are not as readily available as during a normal situation, so the best thing to do is be prepared by having a stockpile of nonperishable foods, water and things like that can help immensely during an emergency," he said. "People should make sure they have blankets in case their heat goes out and also have a plan in case they need to evacuate their home."

People in this area are used to hearing tornado sirens, but some things people aren't as accustomed to are things like freezing rain and temperatures, so people should do what they can to make sure they are ready for an emergency in case there is a power failure in freezing temperatures.

Early in the year is when the South can experience extremely cold temperatures, so people should make sure they have the necessary equipment and supplies in case there is a power outage or if their pipes freeze over, said Worsham.

COURTESY GRAPHIC

Emergency kits should include but not be limited to the following recommended items:

- One gallon of water per person per day for at least three days, for drinking and sanitation;
- Food, at least a three-day supply of non-perishable food;
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both;
- Flashlight and extra batteries;
- First aid kit;
- Whistle to signal for help;
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place;
- Moist towelettes, garbage bags and plastic ties for personal sanitation;
- Wrench or pliers to turn off utilities;
- Manual can opener for food;
- Local maps;
- Cell phone with chargers, inverter or solar charger; and
- Blankets to keep warm in cold weather situations.

Because of Mother Nature's unpredictability, Worsham said that people should always have a plan ready for an emergency situation, stay informed, listen for sirens and make sure everyone in their household knows what to do in the event of an emergency.

In addition to an emergency kit, Worsham suggests that people make sure they have a family communication plan and go over the plan regularly in case of an emergency, including establishing a meeting place inside or outside of the house, depending on the emergency.

These tips can be used for just about any emergency, said the emergency response manager, and regardless of the type of emergency, he said people need to be ready for anything because anything can happen.

For more information on emergency preparation, visit www.ready.gov or www.acsim.army.mil/readyarmy/ra_readiness.htm#natural.

CSA, SMA host virtual town hall

By Lisa Ferdinando
Army News Service

WASHINGTON —— Chief of Staff of the Army Gen. Ray Odierno and Sgt. Maj. of the Army Raymond F. Chandler III participated in a virtual town hall Jan. 6, answering questions from Soldiers on a variety of topics.

The town hall at Google's Washington headquarters started off with a question about U.S. military involvement in the fight against the Islamic State in Iraq and Syria.

About 3,000 U.S. forces are training and advising Kurdish and Iraqi forces. The Iraqi and Kurdish forces will "take the fight to ISIS," Odierno said.

"We're starting to see some progress, but it's going to take a long time. I think this is a two-or three-year process at least that's going to take us to have some success," he said. "Ultimately, it's their nation and they need to be the ones who fight for it."

He added there are "no plans to put U.S. forces on the ground other than to do training and advising."

Additionally, the United States is working on a training program expected to begin this year for the Free Syrian Army. The military is "still determining" how many U.S. forces will be used to train the Syrians, Odierno said.

PHOTO BY STAFF SGT. MIKKI L. SPRENKLE

Sgt. Maj. of the Army Raymond F. Chandler III (right) listens to Army Chief of Staff Gen. Ray Odierno answer a question during a virtual town hall at the Google Headquarters in Washington, D.C., Jan. 6.

"We'll have to continue to assess that and play it by ear," he said. "I'm not going to ever take off the table that we might not have to put some of our own Soldiers on the ground fighting, but right now, that in fact is not the plan."

Chandler stressed the importance of Soldiers maintaining their readiness for any mission the Army may need. Soldiers must be prepared to operate in a "vague and ambiguous environment," he said.

"I would ask that you ensure, based off the resources that you have available, that your Soldiers are as trained as they possibly can to execute the missions that we're going to ask you to do," he said. "We'll be successful in whatever it is that we ask you to do" if Soldiers maintain readiness and focus on decisive action.

Soldiers interact with leaders

The Soldiers who participated in the town hall were from various Army locations throughout the United States and abroad. They asked about promotions, uniforms and other policy items.

Addressing the topic of sexual assault, Odierno said a culture needs to exist where such abuses are unacceptable.

"It's about not only sexual harassment, but it's about our profession, that as Soldiers we should be taking care of each other and watching out for each other," Odierno said.

"We should not have another Soldier attack another Soldier. That simply to me is unacceptable, incomprehensible actually," he said.

Chandler underscored the importance of Soldiers watching out for each another.

"We are our brother's keeper," he said, adding that upholding Army professionalism includes preventing sexual abuse. "Our duty is to one another, that's who we fight for. I believe this challenge can be greatly resolved or reduced if Soldiers recognize their true professional responsibility, their duty to their fellow Soldier."

Budget challenges

The Army is facing the challenge of reducing the size of the force, while balancing readiness and modernization, Odierno said.

"We'll continue to downsize until '18, and until we get to 450,000 in the active component, 335,000 in the National Guard and 195,000 in U.S. Army Reserve," he said.

The Army will continue to have the best officers and non-commissioned officers, Odierno said.

"We want to promote the right people so we maintain a strong Army," he said.

The Army's NCO corps, Odierno said, sets the force apart from every other army in the world.

"We want to maintain high standards in our non-commissioned officer corps," he said. "We want to make sure we're promoting those who are trained, who are experienced and who continue to lead in the future."

But as the Army downsizes, it will seek to cut where it can to best reduce its numbers. There will continue to be officer separation boards over the next few years, Odierno said.

Chandler said the Army will retain the best Soldiers as it reduces in size amid these fiscal challenges.

Soldiers participating in the town hall were from the 173rd Airborne Brigade Combat Team, I Corps, the 82nd Airborne Division, the Maneuver Center of Excellence, U.S. Army Special Operations Command, the Sustainment Center of Excellence, and the 2nd Infantry Division.

News Briefs

Gate closure

The Enterprise Gate will be closed Saturday from about midnight to 9 a.m. for maintenance. Those needing to access post during that time will need to use the Daleville Gate or Ozark Gate instead.

AAFES facilities conduct inventory

Army and Air Force Exchange Service on Fort Rucker will conduct a self-counted inventory in January that will necessitate the closure of facilities on certain days.

- Jan. 26 – Closure of Fort Rucker Post Exchange. The food court and concessions will remain open for business during their normal hours.
- Jan. 27 – Closure of the Class Six store and Triangle Express – gas will be available for pay at the pump.
- Jan. 28 – Closure of the Mini-Mall Express – gas will be available for pay at the pump – and closure of military clothing sales.

Boy Scouts sign-ups

Fort Rucker's Boy Scouts of America Troop 50 will hold sign-ups Friday and Saturday in the Scout building behind the commissary. Friday, sign-ups will be conducted from 6-8 p.m. and Saturday from 10 a.m. to 3 p.m. The sign-ups will feature refreshments and information about Scouting.

For more information, call 447-3791 or visit frtroop50.wix.com/troop50.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony Jan. 23 at 2 p.m. in the U.S. Army Aviation Museum. All are invited to attend and honor Fort Rucker's latest retirees.

Thrift shop

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

For more information, call 255-9595.

ID card section

Those who need a military or military dependent ID card may make an appointment by calling 255-2437 or 255-2182. Walk-ins are served on a first-come, first-served basis. People may experience delays in service from 11 a.m. to 1 p.m.

Alcoholics Anonymous

Alcoholics Anonymous meets Thursdays at 7 p.m. at the Spiritual Life Center, Bldg. 8939, Rm. 38. AA is described by chapel officials as a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from the use of alcohol. The program is focused on spirituality and religion, having an impact on changing a person's life.

For more information, contact the religious support office at 255-2989.

Huey restoration

The U.S. Army Aviation Museum is planning to restore the only remaining prototype Huey. The aircraft was called the XH-40, tail No. 54459. Museum officials describe the aircraft as the grandfather of the UH-1 series helicopters, and added that it represents the leap from reciprocating engines to the turbine technology that changed the world of rotary wing Aviation and the Army. The helicopter is currently missing a number of parts, including all instrumentation and console equipment.

People who have these components and would like to donate them to the museum or know where like items may be found can contact Robert Mitchell, curator, at 255-1060 or Robert.d.mitchell3.civ@mail.mil; or Steve Maxham, director, at 255-1078 or robert.s.maxham.civ@mail.mil. Any other information in the form of photographs, tech manuals, etc. would be helpful, officials said.

Volunteers needed

Lyster Army Health Clinic is looking for volunteers to drive patients to and from the parking lot in its golf cart. The golf cart was donated in 2011 by the mayor of Dothan after a retiree noticed that patients often needed assistance when walking to and from the clinic parking lot. Those interested in volunteering can call Capt. Brian Turner at 255-7245.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

Marriage 101

Marriage 101, a premarital seminar and training, will be held on the second and fourth Tuesdays and Wednesdays of each month from 1:30-4:30 p.m. at the Spiritual Life Center, Bldg. 8939. Marriage 101 is mandatory for those wishing to get married at Fort Rucker, according to Chaplain (Capt.) Troy D. Allan.

For more information, call 255-3447 or 255-3903.

Legislation changes UCMJ

By David Vergun
Army News Service

WASHINGTON — The fiscal year 2015 National Defense Authorization Act signed into law last month significantly changes the Uniform Code of Military Justice in cases pertaining to rape and sexual assault.

All of the UCMJ amendments contained in the NDAA pertain to investigating and prosecuting sexual assault crimes and victim care, said Lt. Col. John Kiel Jr., chief of policy branch, criminal law division, Office of the Judge Advocate General.

A big change involves Article 32 preliminary hearings, Kiel said.

The purpose of an Article 32 investigation was at one time "to provide discovery to the defense," he said. Then, the FY14 NDAA directed that the purpose of an Article 32 be "to determine whether probable cause exists to believe that an offense under the UCMJ has been committed and that the accused committed it."

Article 32 hearings are now modeled after preliminary hearings in the federal criminal system, Kiel said. The FY15 NDAA requires that the preliminary hearing be conducted by a preliminary hearing officer who is a judge advocate and that qualifying victims, as defined in the statute, have a right not to testify at the hearing should they so choose. This right applies to both military and civilian victims.

Special victims counsel

Over a year ago, the defense secretary directed that each of the services create a special victims' counsel program, whereby each victim of sexual assault would be entitled to free legal counsel to represent them during all phases of the investigation and courts-martial proceedings.

"By all accounts, the services and Congress are pleased with the success achieved by these programs thus far," Kiel said.

The FY15 NDAA made three additional modifications.

First, Congress directed that the military rules of evidence be amended to reflect that wherever a victim has a right to be heard, the victim may exercise that right through his or her counsel, he said.

Second, Congress directed the service secretaries to publish procedures to ensure that special victims' counsel receive adequate notice of the scheduling of hearings, trials and other courts-martial proceedings, Kiel added.

Third, victims may now petition the service court of criminal appeals for a writ of mandamus in cases where the victim believes the military judge erred in a ruling pertaining to rape shield evidence under Military Rule of Evidence, known as MRE, 412 or violating the psychotherapist-patient privilege under MRE 513. Writ of mandamus is an order from a superior court to a subordinate government court to do or refrain from doing something, he said.

Regarding MRE 513, Kiel said the NDAA requires that the existing privilege between a psychotherapist and patient be expanded to include other licensed mental health professionals. It also requires that before any protected information may be released, a military judge conduct a closed hearing and apply a number of legal factors first before ordering the production or disclosure of any information.

In the FY14 NDAA, Congress required that commanders who have the discretion to dispose of offenses committed under the UCMJ can no longer consider the general military character of the accused in doing so, he said.

In this year's NDAA, Congress went even further by prohibiting the consideration of general military character during the findings phase of courts-martial proceedings except for a limited number of enumerated offenses where that kind of character evidence would be relevant to the charged offenses, Kiel said.

Convening authority

Congress also created a system in the FY14 NDAA whereby any decision not to refer a sexual assault offense to court-martial by a convening authority will be reviewed by a superior competent authority, he said. In the case where the convening authority and his or her staff judge advocate disagree about the referral decision, the case will then be sent to the service secretary for review. In the case where both the convening authority and the staff judge advocate agree not to refer, the case will be reviewed by the next higher convening authority.

The FY15 NDAA created an additional review mechanism, Kiel said. It mandates that in any case where a convening authority decides not to refer a sex assault offense, the chief prosecutor of the service may request that the service secretary review it, and if such a request is made, the secretary must review it. The judge advocate general of each service may designate a chief prosecutor for purposes of this provision if such a position does not already exist within their respective service.

Care for victims

Two other changes in the FY15 NDAA apply to the treatment and care of victims of sex assault.

The first mandates that victims of sexual assault crimes be given an opportunity to express a preference as to whether their case is tried by the military or by the local prosecutor, Kiel said. If the victim chooses the latter, the convening authority must ensure that the local prosecutor is made aware of the victim's preference, understanding that the preference is not binding on the prosecutor. The convening authority must inform the victim about the prosecutor's decision to prosecute or not.

Second, he said, Congress recognized that, in the past, some victims of sexual assault may have been discharged from the service and given a discharge less than honorable. The FY15 NDAA directs that the service secretaries develop a confidential review process utilizing boards for the correction of military records to review the characterization of the discharge or separation of any individual who wants to challenge the characterization of their discharge on the grounds that it was adversely affected by the individual being the victim of a sex-related offense.

Finally, there are some congressionally appointed panels and a panel appointed by the defense secretary to study various aspects of sexual assault in the military and the military justice system in general, Kiel said.

"Those panels have and will continue to make recommendations in an effort to continue to improve our system. It is important to note that the military remains cognizant of that fact and continues to seek ways to improve itself," he said.

"A number of the most significant reforms contained in the FY13, FY14 and FY15 NDAAs originated in the Department of Defense," Kiel continued. "Congress codified them later. The military will continue to seek ways to improve how it handles the investigation and prosecution of sexual assault crimes and how it cares for the victims of such crimes. It will also remain vigilant in protecting the constitutional rights of the accused as it does so."

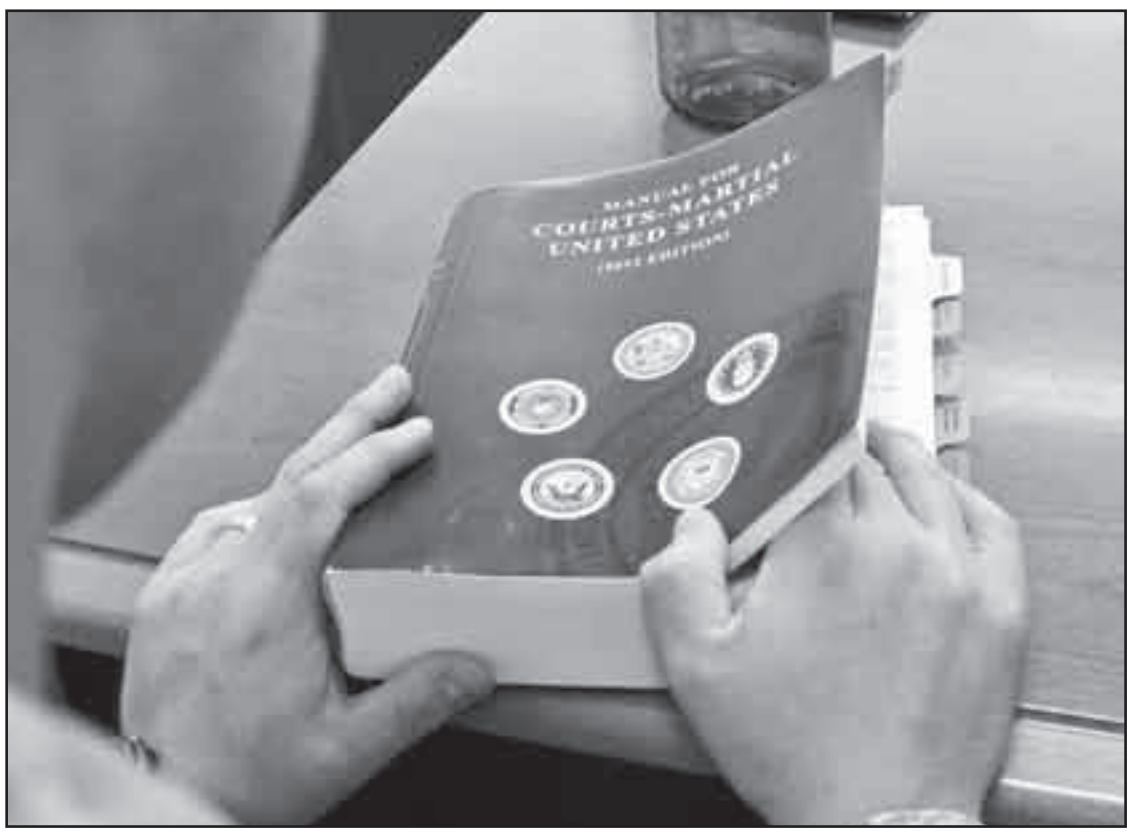

PHOTO BY AIR FORCE STAFF SGT. NICHOLAS RAU

Changes to the Manual for Courts-Martial have been brought about by the National Defense Authorization Act for fiscal year 2015, which became effective Dec. 26.

AER accepting scholarship applications

Army News Service
Staff Report

ALEXANDRIA, Va. — Army Emergency Relief is accepting applications for scholarships for the next school year through May 1.

Last year, AER awarded 3,637 scholarships, totaling more than $8.8 million to the spouses and children of Soldiers, according to Tammy LaCroix, manager for AER's scholarship programs.

AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Specific details on the scholarship and the applications are available on AER's website, she said.

The Spouse Scholarship can be used for full- or part-time students, while the Ursano Scholarship is only for full-time students.

"The entire scholarship process is online," LaCroix said. "Last year, we found that the online process worked best for those who downloaded the step-by-step instructions and used them as a checklist.

"Applicants are able to create their own profile, submit their documentation online, and check their status," she said. "This proved to be a huge timesaver for both the applicants and the scholarship staff."

The entire application package for the 2015-2016 school year must be submitted online by May 1. This includes the application as well as all required supporting documents. Most applicants will need to provide transcripts (through the fall semester), and a Student Aid Report from the Free Application for Federal Student Aid, known as FAFSA. Active-duty Soldiers will also need to provide a leave and earnings statement, LaCroix said.

AER awards "needs-based" scholarships, based on FAFSA and transcripts, officials explained. The amount of the award varies, based on the number of qualified applicants and scholarship funds available. Last year, the average award was $2,600 for children and $1,900 for spouses.

Army Emergency Relief is a private, non-profit organization dedicated to providing financial assistance to Soldiers, active and retired, and their families. Since its incorporation in 1942, AER has provided more than $1.6 billion to more than 3.6 million Soldiers, families and retirees.

PHOTO BY TODD LOPEZ

Army Emergency Relief is accepting applications for next school year's scholarships through May 1.

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Center: Free service provides extra tax tool

Continued from Page A1

just bring it to us and ask questions."

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

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

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

For more information or to schedule an appointment after Jan. 26, call 255-2937 or 255-2938.

Soldier: Firefighter takes charge, goes beyond call of duty

Continued from Page A1

"He did not have to stop. He took charge, and went above and beyond. If he had not been there, I do not know what would have been the outcome of that situation.

"People join the Army to become part of something bigger than themselves – they want to help out." Payton added. "Often, they don't know the scope of their help while it is happening. Christianson sat in the backseat to aid and protect the patient as they were breaking glass and ripping the vehicle apart around him. But he was only thinking about what he could do to get the patient out and to better treatment and better aid. As firefighter Soldiers, we go to a chaotic scene, and take the chaos and try to minimize it as much as we can."

Christianson said that as a Soldier he just kicked into work mode. "I saw that people needed help and I went to help them."

Better: New facilities improve training quality, quantity

Continued from Page A1

That success includes the disposition of Kiowa Warrior equipment, on-boarding new Military Occupation Specialties and bringing in new teams, and establishing a partnership with the local Air Force wing to construct new facilities, according to Hall.

"Aviation is a team sport and maintainers are combat essential to your total mission. It takes the maintainer, and a team of teams to ensure the airworthiness of our aircraft so that the pilots can have confidence that the piece of equipment they have learned to fly is ready to go from a maintenance standpoint," Hall said.

The 128th Avn. Bde. trains enlisted and warrant officer Aviation Soldiers to become world-class maintainers for USAACE. In fiscal year 2014, the brigade trained more than 6,000 students.

The tour of new facilities included barracks, proposed workout facility and high-bay maintenance training facilities.

"As we go forward with the Army's Aviation Restructure Initiative, we have to make sure as a higher headquarters we are on the same sheet of music with our supporting organizations," Ruiz said.

Mark Jones, 128th Avn. Bde. deputy to the commander, pointed out the limitations of the older buildings.

"Those were built in the 1950s and 1960s when we had single-engine airplanes and single-engine helicopters – real small stuff. That's why there weren't a lot of high-bay facilities here," Jones said. "We designed the new facilities with a high bay so as our load changes, our mission changes, we can get a Chinook anywhere. That's the long pole in the tent."

PHOTO BY KELLY P. PATE

Staff Sgt. Brigitta Gardner, NCO in charge of Troop Medical Clinic No. 1 at Joint Base Langley-Eustis, Virginia, talks with Russell Hall, U.S. Army Aviation Center of Excellence deputy to the commanding general, about the current aid station facility during Hall's visit to the 128th Aviation Brigade Jan. 8, while Dr. Paul Duch, medical director, and Staff Sgt. Matthew Vecchione, NCOIC for Troop Medical Clinic No. 2, look on.

The three new maintenance training high-bay facilities the 128th received in 2014 are climate controlled to support high-tech training devices.

"We've come a long way from just having old aircraft sitting here. The new facility allows us to have the electronic trainers. Before, we had them in a non-air conditioned space and they were breaking down all the time because they were overheating. Even though they have their own air-conditioning unit for the each device, that whole environment needs to be air conditioned. It allows us to train more. We can potentially run three shifts through there," Jones said.

The new high-bay facilities include thermal-heated floors and Virtual Immersive Environment training where Soldiers can completely take apart an engine, turn it around and spin it up on the big screen, which allows more diagnostic type training, according to Jones.

"It's a 70-percent hands-on course, so 30 percent of the time they're in the classroom. Then they go out and work through the VIE, and then they work hands-on on the actual training device or aircraft. In the case of avionics, it's usually a training device because we don't usually put electricity to our Category B aircraft," Jones said.

Ruiz said he looks forward to seeing the brigade, with the help of Training and Doctrine Command, the wing and the garrison, to move the aid station closer to the Soldiers.

"That aid station is there for Soldiers. The closer it is, the easier it is for Soldiers to use the facility, minimizing the impact on the Soldiers training. We owe the field quality trained Soldiers, and the sooner we can get them through and out to the combat aviation brigades – that's our job," Ruiz said.

Soldiers have dubbed it the "green mile" – where the road runs from the old barracks Soldiers used in the past, to the cluster of new buildings cropping up that reflects a new era of training. That mile will be drastically reduced when they move into the new barracks near the mess hall, according to Ruiz.

"As the Army goes to the campus style of training, I look forward to the 128th Soldiers having a campus where they can train and sustain as we go through this," Ruiz said. "It's not going to happen overnight. As long as we keep pushing in the right direction – and that's our job here at headquarters, to set the conditions for them and help them out as much as we can."

Responsible: End-users asked to remain vigilant

Continued from Page A1

allowed Fort Rucker to score as high as it did during the inspection.

"Our score is evidence of a post-wide team effort — from Maj. Gen. Michael D. Lundy (U.S. Army Aviation Center of Excellence and Fort Rucker commanding general) all the way down. Col. (Robert C.) Doerer, the (USAACE) chief of staff, was very much engaged in the process, and with that we saw the rest of the post interested in the process," Foist said. "The command emphasis from Fort Rucker was amazing."

It was all hands on deck at the NEC in the period leading up to the inspection, said Foist.

"People that normally answer service desk calls were out working with protected distribution systems, outside plant worked nonstop and the network guys on the technical side were great," he said. "Physical security jumped in and helped us educate people on how to inspect PDSs, what paperwork is required and how those are to be stored — how they're routed. We did very well on physical security, which is where some installations run into trouble. We had no issue there."

And while the inspection is over and Fort Rucker did well, the threat to the Army's network remains. There are steps that everyone using a computer or mobile device on Fort Rucker should take in the course of their daily duties to ensure that the network remains protected from cyber threats and malicious actors, said Foist.

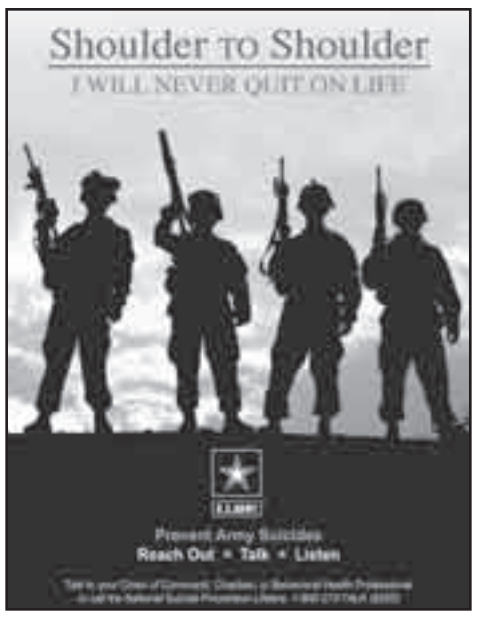
"The security of the network is a daily thing," said Foist. "These (daily) steps and procedures help to thwart exploits and keep them from happening."

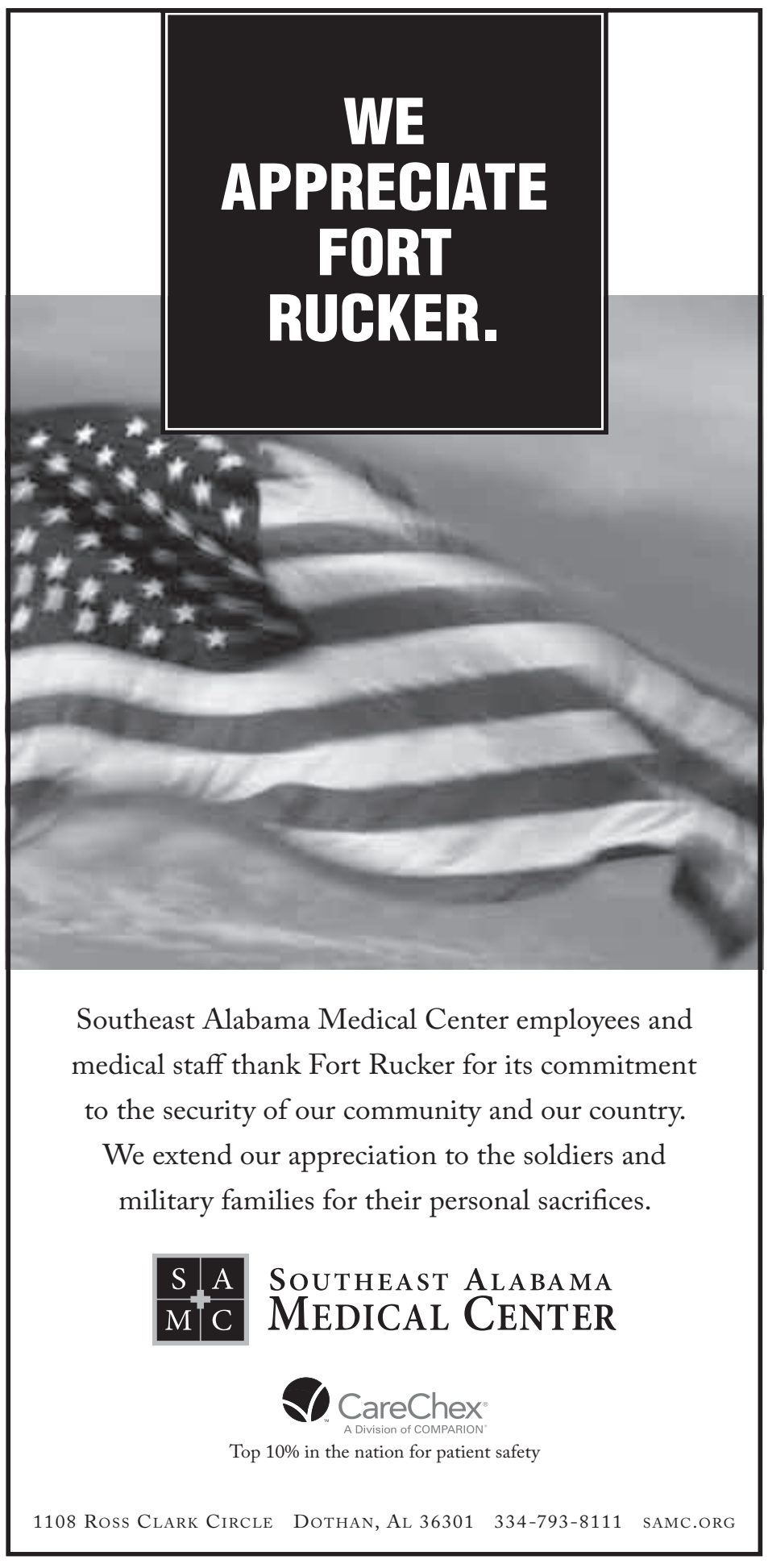
Users should always lock their computers and remove their common access cards anytime they leave their desk, even if only for a minute, and never share their password or PIN with anyone. People should also never open email attachments that arrive from unknown or unverified senders, as they could contain viruses, malware or other malicious code.

Personal mobile devices, such as cellular phones, iPods, iPads or Blackberries, or any other unapproved USB device should never be connected to government systems.

If end-users do not remain vigilant or become complacent when it comes to following these simple guidelines, it can leave the network vulnerable, according to Foist.

"What we need to do is maintain what we did right. If (end-users) continue doing that, we'll be very well positioned for the next CCRI, which should land some time 24-36 months from now," he added.





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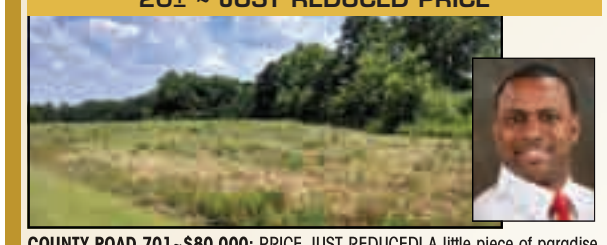

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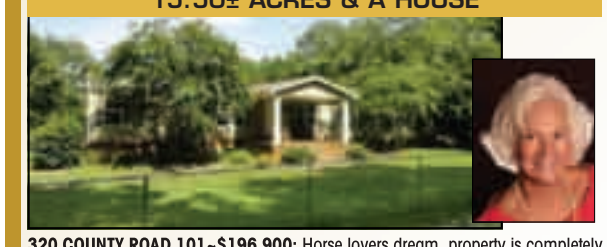

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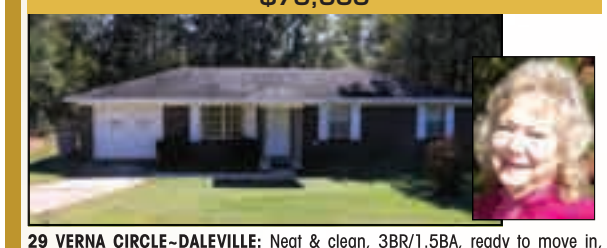

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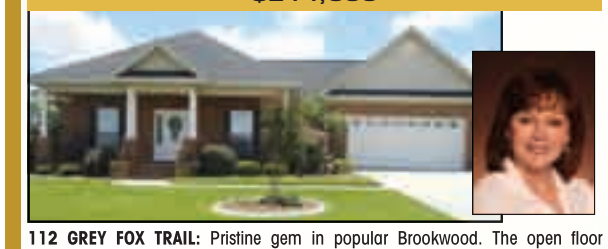

112 GREY FOX TRAIL: Pristine gem in popular Brookwood. The open floor plan includes granite counter tops & tile flooring in kitchen & bathrooms w/ hardwood flooring elsewhere. Eat-in kitchen, formal dining & awesome light fixtures throughout. Separate master shower, Jacuzzi tub & double sinks. A 12x12 shop w/power located in backyard. Hours of hard work & inspired design have transformed the backyard into a haven for entertaining & relaxing. The patio was expanded & screened in. Come see all it has to offer. **JAN SAWYER 406-2393**

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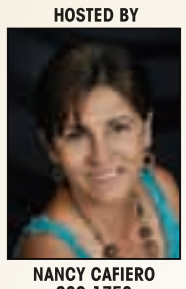

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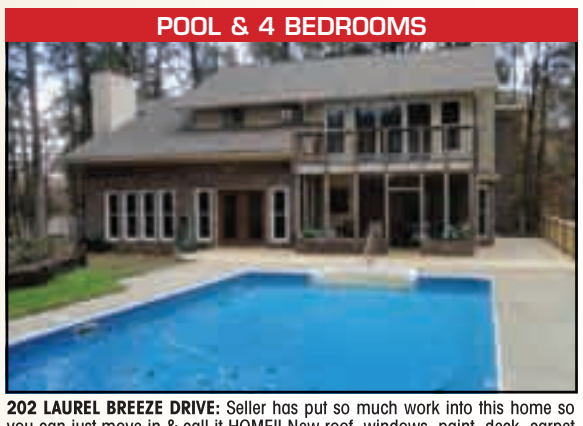
POOL & 4 BEDROOMS



202 LAUREL BREEZE DRIVE: Seller has put so much work into this home so you can just move in & call it HOME!! New roof, windows, paint, deck, carpet on the stairs & upstairs, wood flooring downstairs & all new tile in the kitchen, laundry & bathrooms. Kitchen cabinets, back splash & countertops have also had a great facelift. There are 2 fireplaces (living room & den), 2 HVAC units, wet bar off the den & laundry room with sink & ironing board. 3 skylights brighten the house & the pool is AWESOME!!

Directions: Hwy 167N, right on Laurel Breeze Drive

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206 DEER RUN STRUT: Very large spacious home with many amenities in a private setting. Owner has updated with a tankless gas water heater, gas stove & oven. Steel reinforced storm shelter off the double garage. 125 gallon propane tank underground. Full walk out basement. This 4BR/2BA home has a slit floor plan with a must see master bedroom leading to the deck. Original hardwood floors & extra-large formal dining room, with an additional eat-in kitchen. Home Owners Association, fish all you want.

Directions: Boll Weevil Circle turn right on Shell Field Road proceed to Gateway turn left, go to dead end, turn right onto Deer Run Strut property is last house on right.

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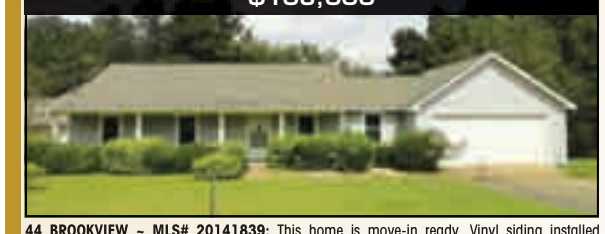

44 BROOKVIEW ~ MLS# 20141839: This home is move-in ready. Vinyl siding installed 8/2014, double pane/double hung windows, fenced yard in a cul-de-sac, you have three nice sized bedrooms with a walk-in closet in the master bedroom. Tiled floors in baths, foyer & Florida room. Oversized 2-car garage. All kitchen appliances. Just call for your personal showing. Priced to SELL!!!

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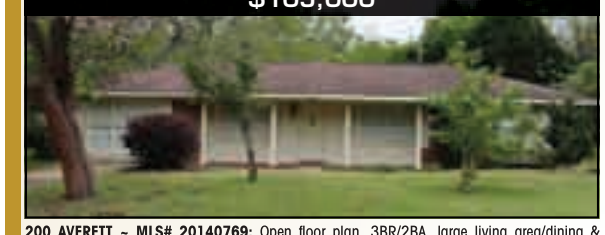

200 AVERETT ~ MLS# 20140769: Open floor plan, 3BR/2BA, large living area/dining & kitchen. Laminate floors, large storage/laundry room that is heated & cooled. Covered patio to enjoy the numerous flowering shrubs & grape vines. Detached 3-car garage that could be used as a workshop. Available now.

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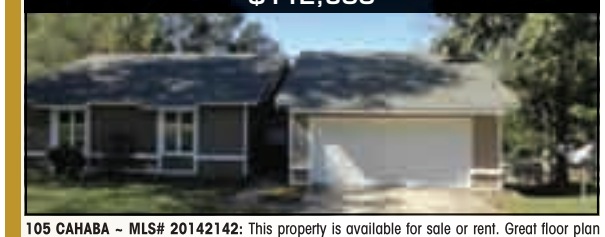
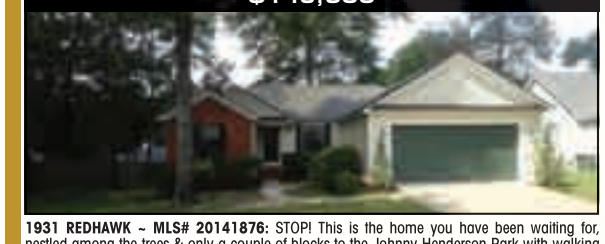


105 CAHABA ~ MLS# 20142142: This property is available for sale or rent. Great floor plan featuring a grandroom with fireplace, kitchen with dining area, & built-in desk unit in first bedroom & built-in storage boxes in corner bedroom closet. MBR features a separate area for tub & commode, but has a double vanity, dressing area with closets across the back wall. Bring your groceries in from the garage right to the kitchen. Enjoy the double decks on the back w/ plenty of room for play or for the dogs to run.

$146,900



1931 REDHAWK ~ MLS# 20141876: STOP! This is the home you have been waiting for, nestled among the trees & only a couple of blocks to the Johnny Henderson Park with walking trails & playground. 3BR split floor plan that the owner has just installed all new floor covering, stainless steel appliances in the kitchen, metal roof & vinyl siding. Immaculate condition, priced to sell. Call today to set up your appointment for your personal showing.

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105 SKYLARK ~ MLS# 20141418: Custom built, 1-owner home with no wasted space. Open concept grandroom w/gas log fireplace, dining area & sun room. Kitchen has new cabinets with pull-out drawers in the one floor to ceiling unit next to cooktop, granite countertops & tile backsplash, all new appliances. Pass through opening from kitchen to sun room. Jack & Jill bath separates the 2 bedrooms on the one side of the house with separate vanity areas for both bedrooms. Full wall built-in unit at front door for storage.

4th CAB Soldiers earn Humanitarian Service Medal

By Sgt. William Smith
4th Infantry Division Public Affairs

FORT CARSON, Colo. — More than 60 Soldiers from the 4th Combat Aviation Brigade, 4th Infantry Division, were awarded Humanitarian Service Medals Dec. 22 for their work during the 2013 Colorado floods.

Secretary of the Army John M. McHugh recently approved the Humanitarian Service Medals for the 4th CAB's operations in support of the floods – Operation Centennial Raging Waters – during the period of Sept. 13-20, 2013.

"The service these Soldiers gave during the Boulder Floods was amazing," said Lt. Col. Tyler Smith, commander, 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th CAB. "That part of Colorado is still recovering from that catastrophic damage."

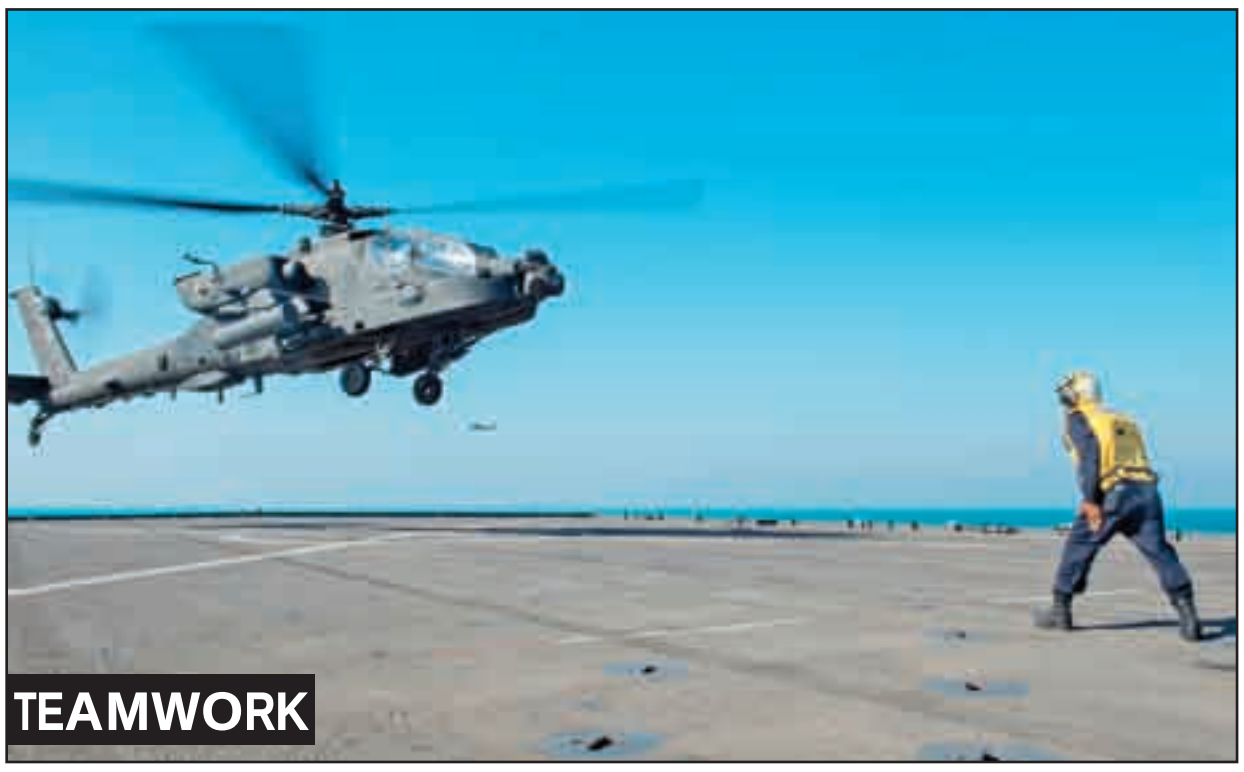
One of the awardees said it was a great feeling to be recognized for the "small part they played," during the floods.

"I didn't expect to see so much damage when we got up there," said Staff Sgt. Naomi Thompson, crew chief, B Company, 2nd

SEE MEDAL, PAGE B4

PHOTO BY SGT. JONATHAN C. THIBAULT

Sgt. 1st Class Keith Bart, a UH-60 Black Hawk helicopter crew chief with C Company, 2nd General Support Aviation Battalion, 4th Aviation Regiment, 4th Combat Aviation Brigade, 4th Infantry Division, carries an animal to safety during flood rescue and recovery operations in Boulder, Colo., Sept. 16, 2013.



NAVY PHOTO BY MASS COMMUNICATION SPECIALIST 3RD CLASS LENNY LACROSSE

Boatswain's Mate 2nd Class Carlglo A. Rula, a native of Bacolod City, Philippines, signals an Army AH-64 Apache attached to 4th Battalion, 501st Aviation Regiment, to land on the flight deck of dock landing ship USS Comstock (LSD 45) Dec. 31. Comstock is part of the Makin Island Amphibious Ready Group and, with the 11th Marine Expeditionary Unit, is deployed in support of maritime and theater security cooperation in the U.S. 5th Fleet area of responsibility.

QUICK RECOVERY

82nd CAB conducts downed aircraft recovery training

By Capt. Adan Cazaerez
82nd Combat Aviation Brigade

KANDAHAR AIRFIELD, Afghanistan — Leading into their deployment, the Troopers of D Company, 2nd Aviation Assault Battalion, 82nd Combat Aviation Brigade, conducted constant training in the event of a downed aircraft.

The Troopers of Delta Company finally recently got their chance to validate their performance in a simulated training event in an outpost near Kandahar Airfield. To achieve this critical mission, the Troopers rely on the skills and dedication of its downed aircraft recovery team.

"The DARTs are a mixture of aviation mechanics and a technical inspector," Staff Sgt. Joshua Main, UH-60 helicopter repairer and D Co. NCO, said. "Our team is fully trained to repair all forms of aircraft flown by the 82nd Combat Aviation Brigade."

During the simulated training event, Soldiers from Headquarters and Headquarters Company, 2nd Battalion, 327th Infantry Regiment, 1st Brigade Combat Team, 101st Airborne Division (Air Assault), provided the aerial reaction force.

"Our job as the aerial reaction force is to ensure the site of accident is secure," 1st Lt. Neal Brady, infantry platoon leader with HHC, said. "It's important for my guys to quickly provide security in order to allow the DART or Army medical evacuation helicopter to be inserted safely to conduct their mission."

The first DART member to arrive at the scene was the technical inspector.

"The TI is the eyes on the ground before the DART arrives at the scene," said Main. "After the TI determines if the aircraft can be flown back or the TI will need the rest of his team, the DART will then be launched."

During this time, the DART will have equipment pre-staged to allow the DART to complete its mission, he added.

Spc. Vince Giallombardo, aircraft powertrain repairer with D Co. who is serving in his first deployment, said pre-deployment training proved beneficial.

"We have trained to know our task proficiently," said Giallombardo. "As a member of the DART we have to work as a team, in the event of a real DART mission we can do our job quickly and smoothly."

Capt. Daniel Johnson, commander of D Co., said simulating this type of event is important.

"We have trained for this mission in garrison; however, our Troopers now have the challenge of terrain and the addition of being in a combat environment," said Johnson.

Once the DART was airborne and flown to a remote location, the scenario would require the Soldiers to extract two vehicles by sling-load, simulating an aircraft broken into two sections.

"As we arrived at the scene, I quickly broke my team into two sections one on each vehicle," said Main. "We then determined that one will be sling-loaded by a cargo net and the other by a 25k sling set."

After the team successfully secured and rigged both vehicles, B Company, "Flippers," 3rd General Support Aviation Battalion, 82nd CAB, extracted the vehicles with their CH-47 chinooks.

"Today's validation training event is as realistic you can get," said Johnson. "Regardless of the amount of time we train for this type of scenario, there is always room for improvement in our techniques and procures."

PHOTOS BY CAPT. ADAN CAZAEREZ

Soldiers with D Company, 2nd Aviation Assault Battalion, 82nd Combat Aviation Brigade, prepare to attach sling-load ropes to a CH-47 Chinook as part of sling-load operation during a downed aircraft recovery team training exercise recently at Kandahar Airfield, Afghanistan.

Soldiers with D Company, 2nd Aviation Assault Battalion, 82nd Combat Aviation Brigade, secure a cargo net to a vehicle simulating a broken aircraft for extraction recently at Kandahar Airfield, Afghanistan.

LASTING BONDS

Soldiers mentor youth, create memories

By Pfc. Chung Il Kim
2nd Combat Aviation Brigade Public Affairs

CAMP HUMPHREYS, South Korea — The winter in Pyeongtaek can get intense. Thick, heavy snow flakes cover the ground this time of year. What adds even more to the frosty weather is a Soldier's detachment from his family back home.

Nevertheless, Soldiers from 2nd Combat Aviation Brigade always reach out to their South Korean neighbors, who also feel the bite from the cold December winter.

On Dec. 29-30, Soldiers from Headquarters and Headquarters Company, 2nd CAB, visited the Aehyang Children's Welfare Center and reached out to the children in the local community.

When the Soldiers first arrived to the center, they watched a promotional video about the child care center. The center was first founded by Yeon-Heung Yoo in 1953, after the Korean War to take care of orphaned and abandoned children. In the midst of post-war misery, Yoo's altruism was indeed a light of hope to the thousands of war destitute children. Currently, 65 children whose ages range from preschool to high school live in the center.

After watching the video, Soldiers started cleaning. Some washed the windows and vacuumed the floor while others organized the miniature library. Spc. Romeo Remy, a flight operation specialist from the Headquarters and Headquarters Company, 2nd CAB, was amazed by the amount and quality of resources available for the children. He said he was surprised to see so many books in the library, and some amazing resources such as a physical training room and music room.

As the cleaning ended, Soldiers went to the dining room. Sweet smells of pancakes and the freshness of tangerines welcomed the Soldiers. Then, even sweeter faces of children timidly greeted them.

One by one they sat beside the Soldiers. Despite the differences in age, language, and appearance, the Soldiers and the children instantly became friends. A

SEE BONDS, PAGE B4

PHOTOS BY PFC. CHUNG IL KIM

A Soldier from the 2nd Combat Aviation Brigade visits with a child from the Aehyang Child Care Center near Camp Humphries, South Korea.

A Soldier from the 2nd CAB plays a board game with a child from the Aehyang Child Care Center near Camp Humphries, South Korea.

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To apply visit: www.enterpriseal.gov
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Medal: Soldiers humbled by recognition, ceremony

Continued from Page B1

GSAB, 4th Avn. Regt. "It was a very uplifting experience to be a part of. To see all of the people of the community come together to make sure everyone was OK was truly inspiring. It feels great to have been a small part of the overall picture."

Another award recipient echoed Thompson's sentiment.

"It feels good to be recognized for our part," said Maj. Eric Carlson, operations officer, 4th CAB. "The Soldiers that continued to go out on mission after mission despite their fatigue are deserving of this medal. We played a small role in the overall effort. This small group represents the whole of what it means to be a Soldier on Joint Task Force Carson."

The Humanitarian Service Medal is a military service medal of the U.S. Armed Forces, which was created on Jan. 19, 1977, by President Gerald Ford, under Executive Order 11965. This medal is awarded to any member of the U.S. military – including Reserve and National Guard Soldiers – who distinguish themselves by meritorious participation in specified military acts or operations of a humanitarian nature.

PHOTO BY SGT. WILLIAM SMITH

Col. Robert T. Ault, commander of the 4th Combat Aviation Brigade, 4th Infantry Division, awards more than 60 Soldiers Humanitarian Service Medals Dec. 22 for their relief efforts during the 2013 floods in Boulder, Colo., and the surrounding areas.

Bonds: Soldiers learn valuable lessons from humanitarianism

Continued from Page B1

Soldier picked up pancakes with chopsticks to feed one of the children who could hardly hold the chopsticks. Another Soldier spoke with a child sitting on his lap while another gave a piggy-back ride to a tiny child who eventually fell asleep in the Soldier's arms.

Sgt. Ashely Defreites, a Defense Travel System specialist from the HHC, said, "I had so much fun being able to play with kids. I feel like we are building bonds with the local community." While hugging the kid on her lap, she said, "We are here to make them feel safe and assure that the people at the center love and care about them."

While feeding tangerines to a child, Pvt. Miguel Bernardo, an information manager from HHC, said, "Such activities like this to better the relationship between the U.S. Army and local community should occur more in other countries."

By the time the Soldiers had to leave, the children and the Soldiers had become so close that they expressed a hint of sadness during the departure.

The 2nd CAB participates in many community events in support of the alliance between the Republic of Korea and U.S. The Soldiers, and the children created a bond that will continue as more visits come in the future. The warm support and love they shared for one another will be able to warm them through this cold winter in South Korea.

OUTREACH
Chaplain ministers to Soldiers in Liberia

Story on Page C3

JANUARY 15, 2015

COMEDY LIVE

Show brings 'fun, laughter, stress relief'

By Nathan Pfau
Army Flier Staff Writer

If there's any truth to the idiom that laughter is the best medicine, then people will be feeling fine at an upcoming Fort Rucker event.

The Directorate of Family, Morale, Welfare and Recreation brings back its popular Comedy Live show at The Landing Jan. 23 at 8 p.m., and it promises to put a smile on the most sour of faces, according to Brian Jackson, DFMWR program manager.

"Comedy Live has been known as a great stress reliever and a chance for patrons to enjoy a night of fun and a lot of laughing," he said. "We've held over 15 shows in the last few years and Comedy Live has become one of the crowd favorites amongst several events we run."

This will be the first show of 2015, with more to come throughout the year, and will feature an emcee, and two entertainers in Chris Killian and Tyler Boeh.

Killian is a native of Nashville and was has a comedic style that has been described as "edgy and smart," according to his bio. He performs with a guitar and sings comedic songs that use acoustic melodies to "launch into an array of satirical and self-deprecating lyrics."

Chris Killian

Boeh started his career performing stand-up comedy in Portland, Oregon, where he proved himself by taking second place in the Portland Comedy Competition and winning the International Comedy Competition just a few short months into his comedy career. He's been featured in magazines and was also featured on the New England Sports Network's Comedy All-Stars.

Boeh has performed across the country and has a comedic style that's been described as high-energy, intelligent, physical, silly and fast-paced with a shotgun delivery.

Although the event is for ages 18 and up, people can expect a cleaner-than-normal show than they might experience at other comedy shows.

"We inform the entertainers to try their best to perform clean, funny comedy," said Jackson. "Over the years, patrons that have attended this event have expressed that they prefer comedians that can make them laugh without vulgar language."

People can also expect some audience participation, he added.

Providing events like Comedy Live is just one way DFMWR strives to keep members of the Fort Rucker and surrounding communities entertained, said the program manager.

"My job is to provide the Fort Rucker community new and revamped events that they enjoy and want to attend," he said.

Tyler Boeh

"It's a new year, and what a better way to start it by laughing it up and enjoying a fun evening with friends and family."

Advanced tickets can be purchased at the discounted price of $12 until Jan. 21 at The Landing, Coffee Zones in Bldg. 5700 and Lyster Army Health Clinic, as well as MWR Central. After Jan. 21, the price for tickets will increase to $16. People also have the option to purchase a VIP table near the stage for $150, which can seat a group of 10. The show is open to the public.

For more information, call 255-9810.

RESILIENCE

Training helps Soldiers, families handle life's stresses

By Nathan Pfau
Army Flier Staff Writer

Army Community Service exists to support the Soldiers, families and community members of Fort Rucker, and one way it does so is by offering a better outlook on life through resilience training.

In the past, ACS held family resilience training quarterly as two-day sessions to help families be more resilient in tough times, but now it will offer monthly resilience workshops to better serve the community, said Ruth Gonzalez, relocation readiness program manager.

"The resilience training that we do is training for anyone who wishes to get the skills they need to make them able to face challenges, whatever they may be – simple or extreme," said Gonzalez. "It gives them the skills to face those challenges that we all face challenges throughout their lives, be it of a positive or negative nature."

One way resiliency helps people get through those challenges is by focusing on the positive aspects of daily life, said the program manager.

"One of the skills that we work on is real-time resilience. If you begin doubting yourself and you have that inner voice saying that you're lousy or that you're really messed up, you can fight those thoughts with the skills that we give you," she said. "We help you see that those thoughts aren't true and we help you see a more positive way to look at something. We give you the skills to fight those negative thoughts and to not go down too deep into them – those thoughts of self-doubt, whether professionally or at home, you can fight those."

Lots of times, people tend to focus on the negative aspects of their day, but if that habit can be reversed to focus on the good, then people tend to not notice the bad as much, said Gonzalez.

"We teach these skills that are really common, but people really don't think about it until their in training and see that they can think of something a different way," she said. "This training is focusing on skills that lots of people have and have heard of, but as life goes on and gets busy, and issues and challenges come up, they forget and lose their focus. We help them get that focus back."

With these year's mini workshops, Gonzalez said she hopes to help more people and see them more often to help them work on their situations.

During the mini workshops, the attendees will go to a two-hour training session, once a month, which gives them time to work on those skills before they come back to the next session, she said.

One thing that people do from session to session is to "hunt the good stuff," Gonzalez said. During the time between sessions, people must not only go over the skills that were discussed, but also hunt the good stuff throughout their day and keep a journal of at least one or two things that have gone well in their day.

"When they come back (the next month) they have a list of good things, things as simple as their spouse washing the dishes or the kids picked up after themselves," she said. "Rather than focusing on the negative, they get to see the positive things in their lives."

The first resilience training of the year will be held Jan. 27 from 9-11:30 a.m. at The Commons, Bldg. 8950, and will focus on goal setting, activating events through consequences and hunting the good stuff. To attend, people must sign up for the session by Jan 23.

"This type of training is necessary because there are just so many different stressors throughout the work day," said Gonzalez. "With civilians it could be about workloads or personnel cuts –having to do more with less. So how do you deal with that and still be positive?

"The military side has its own challenges," she continued. "Being a training installation, many students are focused on their training and studies, so that can put stress on families. What can you do to overcome that frustration? That's what resilience training is here to help with."

For more information or to sign up, call 255-3817.

ACS RESILIENCE TRAINING

Below is the resilience training schedule through June .

Jan. 27
Resilience Training: 9-11:30 a.m.
Deadline: Jan. 23

Feb. 15
Resilient Couples: 5:30-8:30 p.m.
Deadline: Feb. 9

March 15
Resilience Training: 9-11:30 a.m.
Deadline: March 6

April 13-14
Family Resilience Training: 8:30 a.m.-3 p.m.
Deadline: April 9

May 12
Resilience Training: 9-11:30 a.m.
Deadline: May 8

June 10
Resilience Training: 9-11:30 a.m.
Deadline: June 5

All resilience training will take place at The Commons, Bldg. 8950. For more information or to sign up, call 255-3817.

On Post

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

COURTESY PHOTO

USS Alabama battleship trip

Fort Rucker Outdoor Recreation will host a trip to the USS Alabama and the USS Drum in Mobile Jan. 24. Visitors will have an opportunity to eat lunch, and if people don't want to pack their own, the galley at the USS Alabama sells food and drinks. After the battleship visit, the tour will go to the Fort Conde Museum and the History Museum. Buses will depart Fort Rucker at 7 a.m. and return around 8 p.m. The cost is $35 for ages 12 and up, $27 for ages 6–11 and $20 for those under age 6. The cost includes transportation to and from Mobile, admission to the USS Alabama and USS Drum, as well as admission to the Fort Conde Museum and History Museum. This event is open to the public, but limited to the first 24 people to register. Deadline to register is Wednesday. For more information or to register, call 255-4305 or 255-2997.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Jan. 22. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about at 10:15 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.

Comedy Live

Comedy Live at Rucker returns to the post Jan. 23 at The Landing. The doors to the ballroom will open at 7 p.m. and the show will be kicked off by the emcee at 8 p.m. This year's show will feature two headliners — Chris Killian and Tyler Boeh. The event is open to the public, ages 18 and older. Tickets will cost $12 through Wednesday. Tickets will be $16 after Wednesday and on the day of the show. VIP tables that seat 10 and are guaranteed to be close to the stage are available for $150. Tickets may be purchased at The Landing Zone, The Landing, Lyster Coffee Zone, or MWR Central.

For more information, call 255-9810.

Mother Rucker's birthday

Mother Rucker's will celebrate its fourth birthday Jan. 23. The facility will offer drink specials from 5-7 p.m. For more information, call 503-0396.

Resilience Training

Army Community Service will host resilience training Jan. 27 from 9-11:30 a.m. at The Commons. The training will teach people the skills that will make them and their family resilient. Participants will receive training in two to three skills, such as goal setting, activating events through consequences and hunt the good stuff. People need to register by Jan. 23.

For more information and to register, call 255-3735.

Right Arm Night

The Landing Zone will host Right Arm Night Jan. 29 from 4-6 p.m. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome. For more information, call 598-8025.

Alabama Shakespeare Festival day trip

MWR Central will host a day trip to the Alabama Shakespeare Festival in Montgomery Jan. 31. A ticket to the production of "Alice in Wonderland" at 2 p.m. and transportation are included. The cost is $30 per person for ages 3 and older -- children under 3 will not be able go on the trip. Buses will depart from Fort Rucker at 11:30 a.m. and return at about 6:30 p.m. To sign up, visit MWR Central in Bldg. 5700. Registration will not be taken over the phone and will be done on a first come, first served basis. The event is open to the public.

For more information, call 255-2997.

Super Bowl party

Mother Rucker's hosts a Super Bowl party Feb. 1, complete with food and drink specials, door prizes and more. The event is open to the public, ages 18 and older. For more information, call 503-0396.

ScreamFree Marriage Workshop

Fort Rucker's Family Advocacy Program will host its ScreamFree Marriage Workshop Feb. 5 from 6–8:30 p.m. at the Wings Chapel. The workshop is designed to provide couples with techniques to stay calm in the face of common marital conflicts. Attendees will learn the keys to creating and enjoying a deep, lifelong connection, along with a fresh approach to marriage. The workshop is free to authorized patrons and free childcare is available at the 24-hour child development center for couples attending the workshop.

For more information, call 255-9636.

ScreamFree Marriage train the trainer

Army Community Service will host a train the trainer session for its ScreamFree Marriage course Feb. 4-5 from 8:30 a.m. to 4:30 p.m. at Wings Chapel. The train the trainer sessions is designed for family professionals who assist families in navigating the stresses of military life. The program provides an effective curriculum that engages men and women to embrace their roles as spouses. Family professionals will obtain practical, repeatable techniques with proven results. The sessions are limited to 20 people and people should sign up by Feb. 2.

For more information, call 255-9636 or 255-3898.

African American History Month reading

Center Library will host a reading for African American History Month Feb. 6 from 10:15–11 a.m., along with a craft activity for children ages 2–5.

For more information, call 255-3885.

Financial readiness training

Army Community Service will host its financial readiness training Feb. 6 from 7:20 a.m. to 4:15 p.m. at the Soldier Service Center, Bldg. 5700, Rm. 284. The training provides a practical approach to help Soldiers manage their money more effectively. The training is required for all first-term junior enlisted Soldiers – E-1 through E-4. Spouses are also encouraged to attend.

For more information, call 255-9631 or 255-2594.

Florida Caverns State Park Trip

Outdoor recreation will host a day trip to explore the Florida Caverns State Park in Marianna, Florida, Feb. 7. This is one of the few state parks with dry (air-filled) caves and the only park in Florida to offer tours to the public. The trip will include a tour of the caves and, after lunch, a hike through the trails at the state park. Cost is $25 for ages 13 and up, and $22 for children ages 3–12. Price includes admission to the cavern tour and hiking, as well as transportation. Estimated departure time is 10 a.m. The event is open to the public. There are only 24 slots available, so people need to sign up by Feb. 2.

For more information or to make a reservation, call 255-4305 or 255-2997.

DFMWR Spotlight

FORT RUCKER Movie Schedule for Jan. 15 - 18

Thursday, Jan. 15	Friday, Jan. 16	Saturday, Jan. 17	Sunday, Jan. 18
The Penguins of Madagascar 3D (PG) ....7 p.m.	The Hunger Games: Mocking Jay Pt. 1 (PG-13) ....7 p.m.	Interstellar (PG-13) ....4 p.m.	Wild (R) ....2 p.m.

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

DOD reports progress in awareness

By Terri Moon Cronk
Department of Defense News

WASHINGTON — Defense Department awareness of slavery and human trafficking issues is paying off significantly because of mandatory employee training, the program manager for DOD's Combating Trafficking in Persons program has reported.

As DOD observes National Slavery and Human Trafficking Prevention Month in January, Sam Yousef noted how annual training for DOD's military, civilian and contractor workforce is driving home the department's zero tolerance for slavery and human trafficking.

DOD defines human trafficking as using fraud, force or coercion to recruit, harbor, transport or obtain a person for commercial sex or labor services.

Increase in workforce awareness

Surveys indicate a jump in DOD workforce awareness of slavery and human trafficking issues, from 72 percent in 2008 to nearly 90 percent today, he said.

Yousef said when people hear the term human trafficking, they often relate it to sex trafficking, but he noted that DOD's training emphasizes that people also can be susceptible to labor trafficking.

Occurring particularly overseas rather than stateside, labor trafficking has led DOD's Combating Trafficking in Persons program to develop new specialized training for acquisition professionals.

"The training is primarily for contractor officers and contracting officer representatives" on foreign soil, Yousef said. "It gives them highlighted awareness of their responsibilities in managing contracts as they relate to human trafficking."

Using the phrase, "If you see something, say something," he said awareness training helps all DOD employees identify potential victims of the crime.

Common practices in labor trafficking, for example, include confiscating workers' passports, withholding wages and creating "inhumane" living conditions.

Training helps alert employees

While such indicators might not be obvious to some, DOD's training helps to alert employees to the potential of such scenarios, Yousef said.

"You might not think much of it before you take our training," he added. "But through increased awareness, you're able to connect the dots a little more."

DOD employees can file reports with the DOD Inspector General Hotline at http://www.dodig.mil/hotline or by calling 800-424-9098, 703-604-8799 or DSN 664-8799.

Leadership plays a role

In addition to DOD's mandatory annual training, the military's leadership also plays a critical awareness role in preventing such crimes, Yousef said.

The 7th Air Force in South Korea, for example, issued a policy earlier this year restricting service members from buying drinks for "juicy bar" workers, and patronizing establishments that have been connected to prostitution and human trafficking, he said, adding that the policy now covers all of U.S. Forces Korea.

"It's a very significant accomplishment," Yousef said of the policy. "In a 2003 DOD-wide survey, we reported that 52 percent of our service members were aware of bars placed off-limits by their leadership, but in 2013 we reported it at 92 percent."

In addition, programs with nongovernmental organizations also are increasing awareness, he noted.

One such effort will partner the Defense Health Agency with the nonprofit Polaris Project, which combats human trafficking around the world. During January in the national capital area, DHA and the Polaris Project will conduct a drive to benefit international victims of slavery and human trafficking, Yousef said.

Chaplain ministers to Soldiers in Liberia

By Sgt. Ange Desinor
13th Public Affairs Detachment

PAYNESVILLE, Liberia — Singing, clapping, praying and the reading of words in a Bible are all commonplace in a church service. That scene hasn't changed, even in Liberia.

Chaplain (Maj.) Alfred Grondski, assigned to Headquarters and Headquarters Company, 36th Engineer Brigade, Fort Hood, Texas, provides religious support to all service members at the National Police Training Academy in support of Operation United Assistance in Liberia.

"I minister closely with people I work with," said Grondski, a Trenton, New Jersey, native. "That usually doesn't happen back in the states like it is here, because in garrison a lot of the Soldiers go to their home church. There isn't a home church here. This gives us an opportunity to come together as a family and worship."

PHOTO BY SGT. ANGE DESINOR

Chaplain (Maj.) Alfred Grondski talks to Army Spc. Tamisha Cook, both of Headquarters and Headquarters Company, 36th Engineer Brigade, and Army Pfc. Addison Cook, 50th Signal Battalion, 35th Signal Brigade, Fort Bragg, N.C., during a prayer breakfast at the National Police Training Academy in Paynesville, Liberia, Dec. 31

Spiritual support

Grondski said his mission in Liberia is to provide spiritual support to the Soldiers while they conduct their missions to build Ebola treatment units. He's been to several sites, seeing the Soldiers' hard work for a good cause.

"My son told me that he was proud of me because I'm out here helping people that need help," he said. "I remind the Soldiers about the mission and the difference we make in Liberia."

There were a high number of cases of Ebola here and now the number has dropped significantly, Grondski said. "No matter how big or how small our job here is, we all have important roles." the chaplain said.

In a deployed environment, it's not like Soldiers can go home and unwind, the chaplain said, adding that being resilient is one of the key factors in mission readiness and sustainment.

"We give people a sacred place to have some time off from work in a deployed environment," Grondski said. "That way, they can decompress and get more time with God."

Assisting Soldiers, commanders

Grondski said he asks Soldiers how they are doing, observing the environment and supporting the commander.

"Some Soldiers are more comfortable talking to me rather than going directly to their leadership," he said. "I'm kind of like the eyes and ears of the commander. I just hint to the commander that, 'Hey, maybe you might want to check out the company and see how they're doing.' Pretty-much gauge morale."

Grondski said he works with the other chaplains and provides support, such as services during the holidays, adding that the Christmas candle-lighting was his favorite.

CW3 Ezekiel Sheridan, chief officer of human resources for HHC, 36th Engineer Brigade, said he enjoys supporting the chaplain.

"Being around him is very enlightening," said Sheridan, who hails from Angie, Louisiana. "You can tell that he's very authentic. He has real love for what he does and real love for Soldiers."

Grondski said he's learned a lot about Liberians during this deployment.

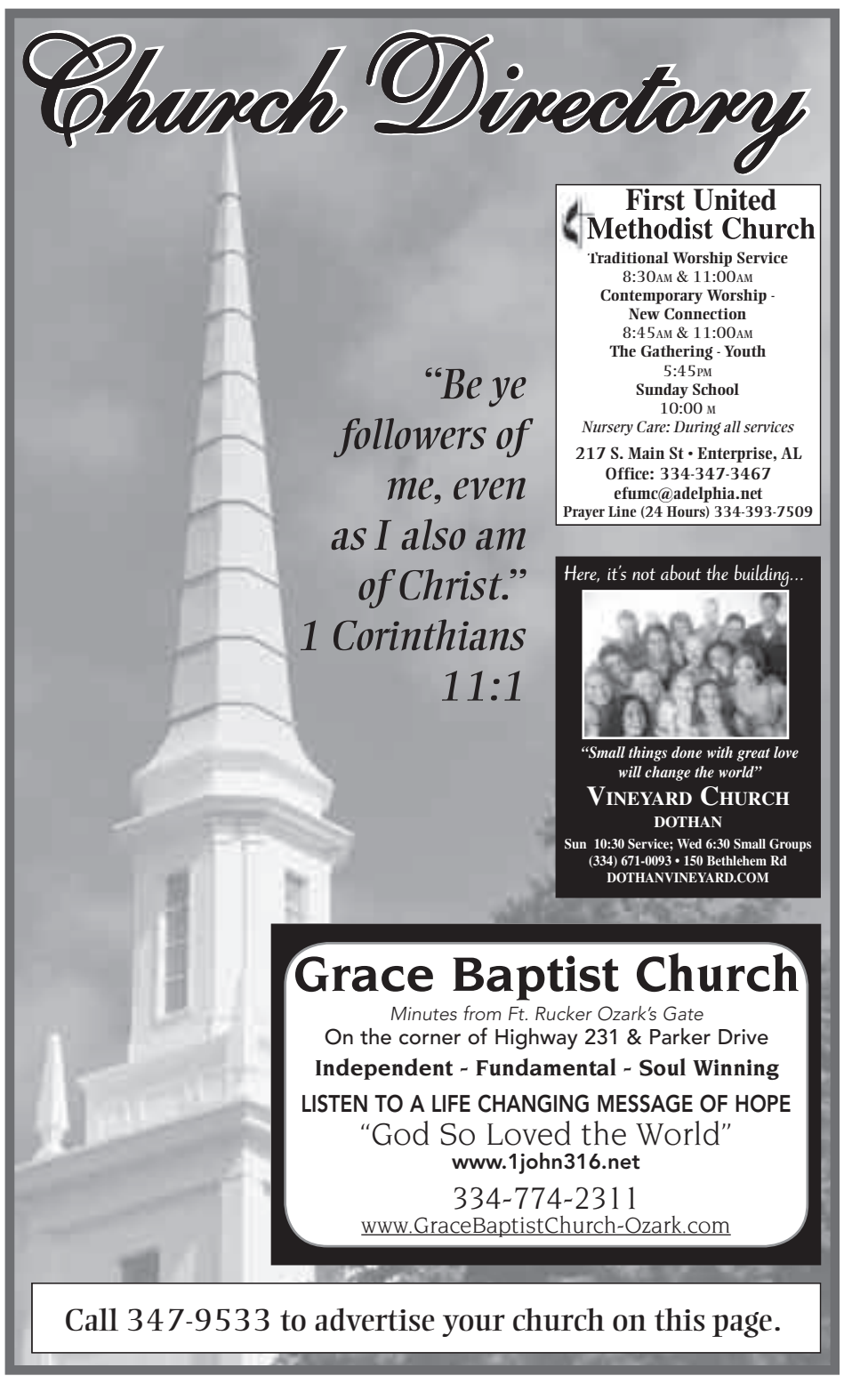
"I see smiles on their faces – lots of places of worship – their spiritual morale is very high," the chaplain said.

COURTESY PHOTO

Pick-of-the-litter

Meet Emma. She is a 2-year-old, short-hair female Tortoiseshell cat available for adoption at the Fort Rucker stray facility. She is extremely friendly and affectionate. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

ALWAYS SUPPORT YOUR FELLOW SOLDIER.
REMEMBER ACE –
ASK, CARE AND ESCORT.



Fort Payne: The view from Lookout Mountain

By Brian S. Jones
Alabama Tourism Department

The largest city along the Alabama portion of Lookout Mountain Parkway is Fort Payne.

For more information, call 887-805-4740.

It is located on what was originally an important village in the Cherokee Nation and was home to Sequoyah, who created the Cherokee alphabet that made reading and writing in that language possible. History tells us that Sequoyah is the only person ever to conceive an alphabet in its entirety.

A canvas of scenic beauty year-round is the best way to describe the Lookout Mountain area of northeastern Alabama, especially in DeKalb County, near Fort Payne. Native poplars, dogwoods, maples and hickories explode throughout the area in the fall and provide a panoramic showcase of vibrant yellow, gold and orange. Chock-full of natural splendor, the area is also known for its protected forestlands, which are rich with greenery in the spring. Little River Canyon, considered a marvel of nature and a recreational wonder, boasts a river that begins and ends entirely on top of a mountain and attracts visitors throughout the year.

History of Fort Payne

Fort Payne derived its name from the fort commanded by Maj. John Payne that was built in the 1830s by the U.S. Army and used to house American Indians, whose Cherokee ancestors had lived in the area for thousands of years before removal to the West. As a stop on the railroad line between Birmingham and Chattanooga, Fort Payne flourished and became a boomtown during the late 1880s. Unlike the gold rush out West, this area experienced a coal and iron rush when an influx of workers came here from New England with the lure of instant riches. Many of the town's historic buildings date from this period, including the Fort Payne Opera House, the W.B. Davis Mill Building and the Fort Payne Depot Museum.

Sadly, the boom that brought attention to the town in the latter 1800s was soon a bust. The area fell into decline before coming back in the early 1900s as the center of hosiery manufacturing — an industry that earned Fort Payne the nickname of "Sock Capital of the World."

Fort Payne is credited with developing athletic socks.

Fort Payne Depot Museum

When visiting the area, there are a number of attractions you'll want to be sure to see. Among them is the Fort Payne Depot located at 105 Fifth St. N.E. For more information, call (256) 845–5714. Constructed in 1891 out of pink sandstone in the Richardson Romanesque style of architecture, the depot was a main stop on the railroad line with two express mail trains and six passenger trains passing through daily. With its central location, the depot also became the town's unofficial community center. Locals used it as a gathering place to catch up with friends and family who would come into town from their farms.

Fort Payne Opera House

The Fort Payne Opera House located at 510 Gault Ave. North. For more information, call (256) 845–3137. It was built in 1889 and is still in use today. It began life as a venue for live performances and was used for public forums before being converted to use as a theater during the silent movie era. The Fort Payne Opera House has been completely restored and is today used as a cultural center for the community. It is on the National Register of Historic Places and the National Register of 19th Century Theaters in America.

Mountain Music

"My home's in Alabama," so sing the members of the legendary music group who grew up in Fort Payne and took the state's name for their band. When visiting their hometown, you'll find life-sized bronze statues of group members on display on the corner of Union Park facing the intersection of Gault Avenue and Fourth Street North downtown.

A must-see for any fan or country music lover is the Alabama Fan Club and Museum located at 101 Glenn Blvd. S.W. For more information, call (256) 845–1646. It is located at the intersection of Alabama Highway 35 and U.S. Highway 11 less than a mile off I–59 at Exit 218. This museum houses the group's many awards, collections from their touring days and a great gift shop.

Little River Canyon National Preserve

Little River Canyon was carved out by the river after thousands of years and is one of the deepest canyons in this part of the United States. To get there via AL Highway 35, take the I–59 exit and go east about 10 miles.

There are three major waterfalls in Little River Canyon. Little River Falls marks the beginning of the canyon and is located off Highway 35 next to the bridge separating the town of Gaylesville from Fort Payne. This is your first stop on a scenic tour entering from the north. An expanded boardwalk project completed in 2012 leads you directly to the 45-foot waterfall. Next is DeSoto Falls, which is located on the West Fork of the river and is 104 feet high. Grace's High Falls is the last of the major three and is Alabama's highest waterfall at 133 feet. The falls are seasonal. The best time to view them is in the fall, winter or spring. Lack of rain often diminishes the falls in the summer.

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 bingo nights Tuesdays and Fridays at the Legion Hall, 32335 N. US Hwy. 29, from 4:30 to 9 p.m. The organization also has a dance, with live music, every Saturday from 7:30 to 11:30 p.m. All proceeds from the bingo events go to help local veterans and their families, as well as causes such as Girls State, Boys State and scholarships for high school students. For more information, call 222-7131 or visit www.andalusialegion-post80.org.

ONGOING — The American Legion Post 80 has regular meetings the second Monday of the month, starting at 6:30 p.m., at the Legion Hall. For more information, call 222-7131 or visit www.andalusialegion-post80.org.

DALEVILLE

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

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

DOTHAN

JAN. 27 — The Dothan Civic Center will host "The Gala of the Royal Horses" at 7:30 p.m. For more information, visit www.dothanciviccenter.org or call 615-3175.

The event is billed as combining the most beautiful horses in the world with live performers to create a breathtaking event for the entire family – a must see for horse lovers and families.

Tickets start at $25 and there are a limited number of VIP seats available. Tickets are available at the Dothan Civic Center Box Office and online at www.DothanCivicCenter.org.

FEB. 24 — The Dothan Civic Center will host the Harlem Globetrotters at 7 p.m. Ticket prices range from $25 to $222. Tickets can be purchased at the Dothan Civic Center Box Office, by calling 615-3175 or online at www.dothanciviccenter.org.

ENTERPRISE

FEB. 21 — The Enterprise Chamber of Commerce and Medical Center Enterprise invite the community to the 43rd annual Enterprise Area Community Health Fair from 8 a.m. to noon at Enterprise High School.

ONGOING — Veterans of Foreign Wars Post 6683, John Wiley Brock Post, membership meetings are at the post headquarters on County Road 537 every third Tuesday of the month at 7 p.m. For more information, call 406-3077, 393-6499 or 347-7076, or visit the VFW Post 6683 on Facebook.

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 — Disabled American Veterans Chapter 99 maintains a DAV Service Office in the New Brockton Police station located at 202 South John Street Tuesdays and Wednesdays from 10 a.m. to noon. The office assists veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pension, death benefits, VA medical care, Social Security disability benefits, veterans' job programs, homeless veterans services and other services. All veterans services provided are free of charge. For more information, call 718-5707.

ONGOING — The New Brockton Disabled American Veterans Chapter 99 offers college scholarships of $500 to applicants that are children of U.S. military veterans who have fallen or were wounded, medically discharged wounded veterans and spouses of fallen Soldiers. Applicants may already be attending college or have been accepted at a certified college or university. Applications and additional information can be picked up at the New Brockton Police Department Tuesdays and Wednesdays from 10 a.m. to noon.

OZARK

ONGOING — The Volunteer Income Tax Assistance Program at the Dale Baptist Association is looking for volunteers to help prepare tax returns for people with low to moderate income who cannot prepare their own returns. Volunteers will spend two to four hours a week volunteering from February to April 15. There are numerous benefits for volunteers, including helping those in need and adding a new skill to their resumes. For more information or to sign up, send an email to wi.spec.bhampartners@irs.gov with the volunteer's name and contact information, and asking for the Ozark location as the place to volunteer.

ONGOING — The Carroll High School class of 1965 (Ozark) reunion committee is planning its 50th reunion June 12-13. The program will include recognition of the class' Vietnam veterans and teachers. Classmate Joe Kelley will be the keynote speaker, followed by a tour of the new Carroll High School building. Organizers need some classmates' current information. Those who have not received a recent email should send an email to Judy Miller McLaughlin at judybobmcl@hotmail.com, or call 774-2752.

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 — The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum's Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is $15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

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

WIREGRASS AREA

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

ONGOING — Veterans Of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke begins at 6 p.m. For more information, call 793-7912.

Beyond Briefs

'Always Patsy Cline'

The Alabama Shakespeare Festival in Montgomery will host a production of "Always Patsy Cline" Tuesday through Feb. 8. The award-winning musical is billed as a "heart-warming and funny foot-stomp through the music and memories of country music's greatest female singer as told by the Texas housewife she befriended two years before her untimely death."

Ticket prices vary from $30-60 based on play, date and availability of seating. For more information, including dates and times, call 334-271-5353 or visit www.asf.net.

The Alabama Shakespeare Festival is located at 1 Festival Dr. in Montgomery.

'The Love Songs of Elvis and Buddy'

The songs of Elvis Presley and Buddy Holly return to the Alabama Shakespeare Festival Feb. 14 at 7:30 p.m. for a special Valentine's Day concert featuring the love songs of the two rock'n roll giants. Elvis' songs will be performed by Scot Bruce and Buddy's songs will be performed by John Mueller. Tickets range from $35-60 and can be purchased online, by phone at 800-841-4273, or by visiting the ASF box office.

For more information, including online ticket purchasing, visit www.asf.net.

101 Inventions That Changed the World

The U.S. Space & Rocket Center in Huntsville will host the 101 Inventions That Changed the World exhibit now through March 25. Center officials said that certain turning points in humankind's history have been defined by the creation or discovery of something profound. From stone tools to the birth of the Internet, driven by necessity and accident people have shaped their own destiny through invention. These inventions act as historical punctuation points in the story of 101 Inventions That Changed the World. The exhibit's story explores not only the inventions themselves, but also suggests the reasoning behind their development and their subsequent effect on humankind. The exhibit has been made available by Grande Exhibitions of Australia.

To get to the center, take Exit 15 off of I-565. For more information, visit http://www.rocketcenter.com.

Ark of India exhibit

Ark of India: An Alabama Artist Explores Southern Asia is an exhibit about discovery at the History Museum of Mobile. It is an account of late 19th and early 20th century India as seen by Alabama artist Roderick D. MacKenzie, using his paintings, drawings, sculptures, photographs and writings. MacKenzie spent more than a decade in India, a place he described as exotic, dangerous, and colorful. He rode with princes on tiger hunts, climbed mountains along India's Northern border, and swam in the sacred Ganges River.

The exhibit runs now through September. Admission costs $7 for adults, $6 for senior citizens and $5 for students.

The History Museum of Mobile is located in historic downtown Mobile at 111 South Royals Street. Traveling on I-10 East or I-10 West, exit Water Street/Downtown, Exit 26B. Turn left at the first traffic light onto Government Street. Turn left at the next traffic light onto S. Royal Street. The History Museum of Mobile is on the left.

For more information visit: http://historymuseumofmobile.com/ark_india_exh.php.

Army Game Studio creates virtual training environments

Army Marketing and Research Group
Press Release

REDSTONE ARSENAL — Becoming a software developer for the "America's Army" video game at the U.S. Army Game Studio was an unlikely career choice for Matt Roberts, who was not a "big gamer" growing up.

But after serving as a Soldier in the Army, Roberts was drawn to this career as a way to empower others.

"I was looking around for what I could do and found that I wanted to keep helping Soldiers to do their jobs. Simulations training in virtual environments was a great opportunity to do that," Roberts said.

Roberts served in the Army as a combat medic, and after a tour in Iraq, he attended a graduate program at Southern Methodist University, which led him to his current position as a software developer at the Army Game Studio.

The Army Game Studio develops games, comics and apps to showcase the true life of a Soldier by exploring Army values, careers and technology. Artists, Soldiers and gaming experts collaborate in the studio to bring the reality of being a Soldier to life.

The studio is best known for developing "America's Army," the free online official U.S. Army video game that launched more than a decade ago. Since then, the Army Game Studio has continually developed the game, innovating to the extent of applying the gaming technology to training simulations for real Soldiers.

At the Army Game Studio, Roberts' primary responsibilities include designing new systems, game levels and environments, while functioning as the glue between programmers and artists. His design work ranges from developing 3-D characters with motion capture suits to creating accurate digital portrayals of how a weapon should behave while firing. Roberts' combat experience aids him in providing the authentic experience on a broad range of design elements.

"What I'd want civilians considering the Army to realize from my work is that it's always about the team – it's never about you. It's about the deed, not the glory," Roberts said.

A challenge Roberts faces is to create a game with entertainment value, while maintaining a realistic, authentic experience. With his subject matter expertise and field experience, he relies on collaboration with the team to create a finished product that strikes the perfect balance between entertainment and realism.

"The Army Game Studio did a really good job of implementing what we use in the real world into their simulation. The simulated battle space is similar to what they'd see in the real world," said Joel Gwinn, systems engineer, joint product manager reconnaissance and platform integration. "It allows them to go downrange and do everything that you would do in an actual vehicle. It pretty much builds up the same level of stress and the same need to make decisions quickly, and you have to be concise with everything you're doing."

Part of that realism also includes incorporating Army values such as loyalty, duty and respect to remind players about the real benefits of being a Soldier. The Army Game Studio embodies those core Army values, and their work is centered on collaboration and teamwork.

"Inside the game, a lot of Army values are portrayed, like selfless service, courage and teamwork," said Lt. Col. Joseph Crocitto, Army Game Studio subject matter expert developer. "Within the game, if you don't stick together, you're going to have a hard time winning against the other team. That whole teamwork concept builds on all the Army values that make us successful in combat and successful as an organization."

The team at the Army Game Studio continues to develop new and innovative applications, repurposing the gaming technology to create interactive training environments for Soldiers and engaging outreach products. Developing this new technology for training vehicles and simulations allows Army program managers to economically train their systems without putting Soldiers at risk going into combat.

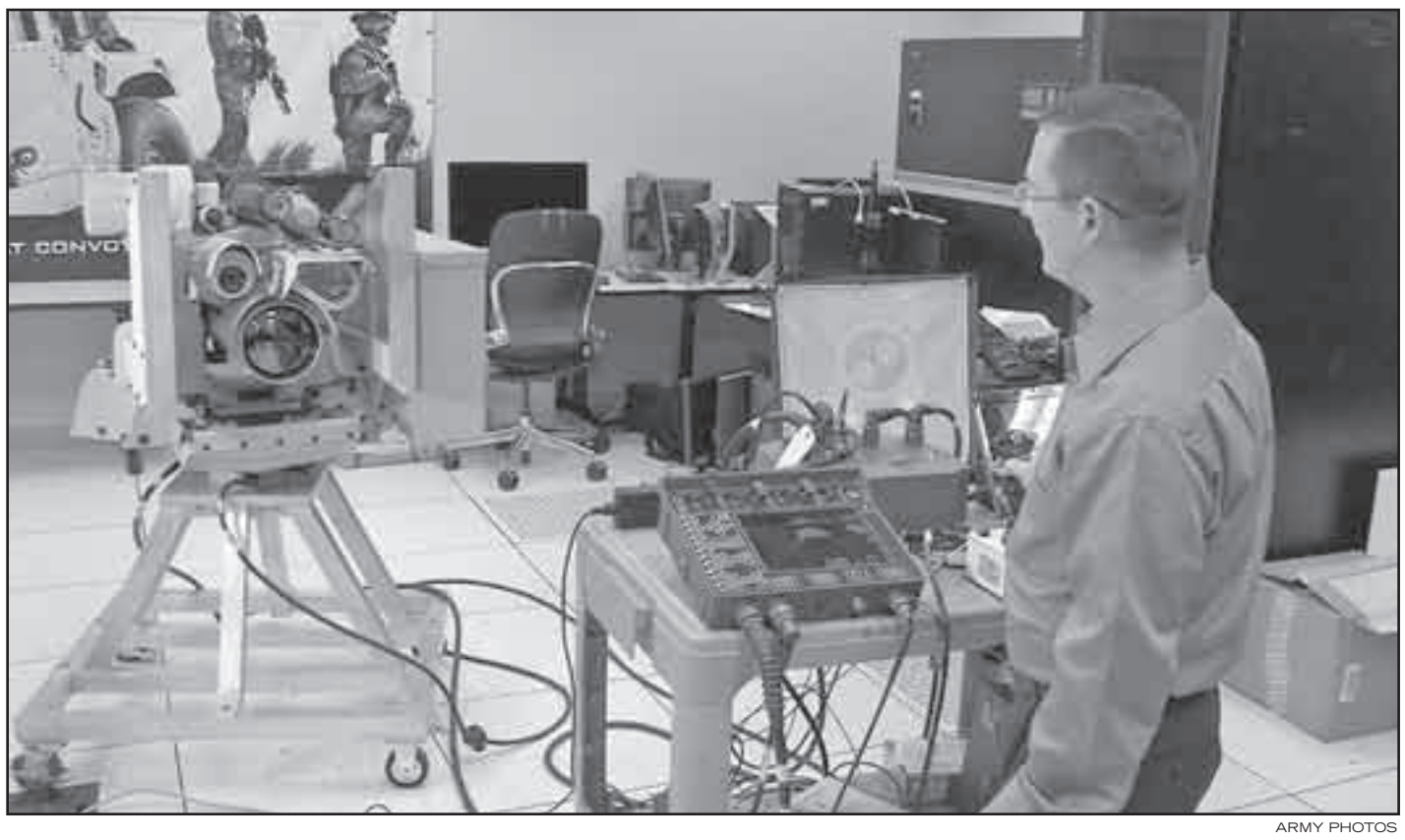
"If program managers can test the validity of their tactics, techniques and procedures in simulation, then it's much easier to take the investment and go out on the real range and validate it with real weapons, real equipment, real systems and real impacts," Crocitto said.

Roberts takes pride in his work and doesn't take his job lightly.

"I feel an immense sense of responsibility working here because on the game side I'm talking to kids about the Army. I'm representing the Army I was a part of and so I've got to get it right on that side," Roberts said. "On the simulation side in particular, I'm helping train Soldiers to do their jobs better, use a piece of equipment more effectively."

ARMY GRAPHIC

America's Army: Proving Grounds is the latest installment in the U.S. Army's popular small unit tactics simulation series. It focuses on the small self-contained, full-spectrum units that carry out a variety of objectives during missions. In the America's Army game, players are bound by rules of engagement as they take part in multi-player force on force operations.



ARMY PHOTOS

Archie Johnson, project manager of Crew Served Weapons - CROWS product support manager, demonstrates CROWS technology provided by the U.S. Army Game Studio in Huntsville. Program managers are looking to the game studio to provide them with ways to simulate their systems, and provide training vehicles and technology to economically train Soldiers without having to go into combat.

Former Soldiers Matt Roberts and Ben Day, along with Steve Ross, lead animator, are suited up at the Army Game Studio helping create Motion Capture content that artists and developers will use to produce authentic content for the America's Army Game. Roberts and Day now work as game developers helping to showcase the true life of Army Soldiers by exploring Army values, careers and technology.

READY ARMY

- Have a Family disaster plan and supply kit.
- Build or identify a safe room in your home.
- Purchase and use a NOAA weather radio with a tone alert feature. This will alert you to warnings issued by your local National Weather Service office.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

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

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

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

Spiritual Life Center, Building 8939
9:30 a.m. Protestant Sunday School
10:45 a.m. CCD (except during summer months).

BIBLE STUDIES

Tuesdays
9 a.m. Protestant Women of the Chapel, Wings Chapel
5:30 p.m. Youth Group Bible Study, Spiritual Life Center
6 p.m. Protestant Women of the Chapel, Wings Chapel
7 p.m. Adult Bible Study, Spiritual Life Center

Wednesdays
11 a.m. Above the Best Bible Study, Yano Hall
11:30 a.m. 164th TAOG Bible Study, Bldg 30501
12 p.m. Adult Bible Study, Soldier Service Center
6 p.m. Adult Bible Study, Spiritual Life Center

Thursdays
9 a.m. Adult Bible Study, Spiritual Life Center
6:30 p.m. Latter-Day Saints Bible Study, Wings Chapel
6:30 p.m. Wings Bible Study (Meal/Bible Study), Wings Chapel

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HEALTHCARE
UA transitions training to partners
Story on Page D3

JANUARY 15, 2015

Resolution EXECUTION

Fitness marathon kickstarts 2015 fitness goals

By Nathan Pfau
Army Flier Staff Writer

One of the most popular New Year's resolutions people make every year is to improve their health with exercise, and the Fort Rucker physical fitness centers are spearheading the charge to success with Resolution Execution.

Resolution Execution was held at Fortenberry-Colton Physical Fitness Center Monday from 10 a.m. to 4 p.m. to give people a taste of the different fitness classes available to them on the installation, said Aimee McDonough, fitness specialist at Fortenberry-Colton Physical Fitness Center.

"This gives a sampling of everything, so if you want to start working out and you haven't been to the gym and don't know what you want to try, this was a good way to sample all the classes without having to commit to the whole hour of classes," McDonough said, adding that the classes offered throughout the sampling were only a half hour long. "It's also good for people who have resolutions for the new year to start exercising - this is a good kickoff for that."

The day of exercise started off with some light stretching and then went straight into a Strong Bodies class, which works each muscle from every angle, utilizing bands to add resistance to the workout.

PHOTO BY NATHAN PFAU

Shauna Attaway, fitness specialist at Fortenberry-Colton Physical Fitness Center, leads a kickboxing class during Resolution Execution Monday.

From there, the participants went into a kickboxing class, which is a high-energy workout designed to keep people moving throughout the duration of the class.

Participants didn't have to attend every class -- they were free to pick and choose which they wanted to attend. Katelin Jackson, military spouse, took on both the Strong Bodies and kickboxing classes to get her workout in for the day.

"I normally go to the classes here – three or four on a weekly basis – and I noticed this was happening today and it seemed like a good way to try out to get all my fitness in at one time," she said. "I like to stay healthy and stay fit because you only have one body, and you should take care of it by eating healthy and exercising when you can."

Although Jackson works out regularly, she said the all-day event was beneficial for her because it gave her the opportunity to try something she hadn't done before.

"I've never done kickboxing before and I was really excited to get to try it, even for just a half hour to see how difficult it was," she said, adding that she's thinking of adding kickboxing to her regular exercise schedule because of how much she enjoyed it.

That's the goal of the program, said McDonough, to get people to try new things.

"Some people don't like walking into a class when they're new to a place because they're self conscious," she said. "It really helps to be with a large group of people who are all on different fitness levels, which they experience here, so they don't have to be intimidated.

"It's just important to make fitness a part of your life," continued the fitness specialist. "Exercise is part of a well-rounded life. You should have exercise in your life and if you're not doing enough then this is a good way to start."

Other classes available include Cardio Strength Intervals, which alternates athletic cardio workouts and strength training; Functional Athletic Strength Training, which builds strength and conditioning through challenging workouts; Hip Hop Workouts, which utilizes hip hop dance moves to get a good cardio workout; Ultimate Conditioning, which combines weight-lifting, cardio and functional lifting; Yoga, which is a complete body workout that strengthens both body and mind; and a plethora of combination classes that combine multiple workouts to give a full workout experience.

The fitness centers also provide personal training, with trainers who are dedicated to making sure participants get the workouts they're looking for.

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

Drink up: Hydrating vital during winter workouts

By Col. Joanna Reagan
Registered Dietitian
U.S. Army Public Health Command

Although temperatures can be brisk this time of year, that's no reason to slow down on your winter health plan.

Winter is a great time to join a gym, try a new class or get into a new winter sport. Winter is also a time to prevent dehydration.

It is important for warrior athletes to remember their sweat rate does not change just because the temperature drops. This is because sweat rate is determined by numerous factors, including fitness level, pace and acclimatization – not just ambient temperature. Warrior athletes are just as likely to become dehydrated during winter workouts as summer workouts.

The message to drink water is easy in the summer, but not so much in the winter. Dehydration can come because warrior athletes feel less thirsty during winter workouts. Second, some may overdress for cold-weather exercise sessions by wearing too many layers of clothes. Third, athletes may convert to indoor workouts during the winter, and sweat more while inside.

Warrior athletes can check for dehydration by checking the color of their urine. If the urine looks like lemonade, this indicates proper hydration. If it is darker and looks like apple juice or pale ale, then more fluids are needed. In contrast, if the urine looks clear, this can indicate over hydration and drinking too much.

Other symptoms of dehydration may include: drowsiness, headaches, dry skin, dizziness or nausea. Remember, don't rely on thirst as an indicator of hydration status. Usually an individual is already 3-percent dehydrated when they become thirsty.

So what are the recommendations for healthy drinks? Water is the best choice – it's calorie-free, inexpensive and it's easy to find. It is the perfect choice to re-hydrate athletes and restore fluids lost during a workout.

As a basic guide, an adequate intake of total water from fluids and foods is 12 cups a day for men, ages 19-30 years old, and nine cups a day for women of the same age, based on the Dietary Reference Intake. For most people, about 80 percent of this water volume comes from beverages – the rest comes from food.

Sports beverages are designed to give athletes carbohydrates, electrolytes and fluid during high-intensity workouts greater than one hour. For other folks, they're just another source of sugar and calories.

If your workout consists of moderate-to-heavy intensity for 45-60 minutes, then a sports drink would be recommended. Examples would be activities where you have minimal conversation, an increased sweat rate, heavy breathing and a high heart rate.

Try to avoid drinks that have added sugars for flavor, such as sugar-sweetened soda, sweet tea or energy drinks. One bottle of regular 16-ounce soda has about 185 calories, one 16-ounce bottle of sweet tea has 200 calories and one 16-ounce energy drink has about 250 calories.

Energy drinks have as much sugar as soft drinks. They contain caffeine to raise your blood pressure and additives whose long-term health effects are unknown. For these reasons, it's best to skip energy drinks. Over time, the extra calories add to weight gain and increased risk of Type 2 diabetes, heart disease and gout.

For some people who are accustomed to drinking flavored beverages, water can initially taste bland. One recommendation is to increase water consumption without losing flavor or increase daily water intake by trying infused water. Instead of purchasing expensive flavored waters in the grocery store, infused water can be made at home by adding sliced citrus fruits or zest (lemon, lime, orange, grapefruit), or crushed fresh mint. One could also add sliced fresh ginger, sliced cucumber or maybe crushed berries for some other ideas. Sparkling water with a splash of juice is another idea to increase fluids.

Other drinks to try in the winter are sugar-free apple cider or sugar-free hot chocolate. Coffee and tea, without added sweeteners, are healthy choices, too. Try carrying a water bottle throughout the day, to sip at work or at home. Also try eating foods high in water content, such as oranges and grapefruit.

Winter is a great time to focus on your health. Remember, it is also a time to drink more fluids to stay hydrated and achieve your performance goals.

PIGSKIN PICKS

	Green Bay vs. Seattle	Indianapolis vs. New England
Col. Tom von Eschenbach, *TCM UAS* (77-39)	Seattle	New England
Jim Hughes, *PAO* (73-43)	Seattle	Indianapolis
Brian Jackson, *DFMWR* (66-50)	Seattle	New England
Capt. Mike Simmons, *DPS* (73-43)	Seattle	New England
Sharon Storti, *NEC* (71-45)	Seattle	Indianapolis

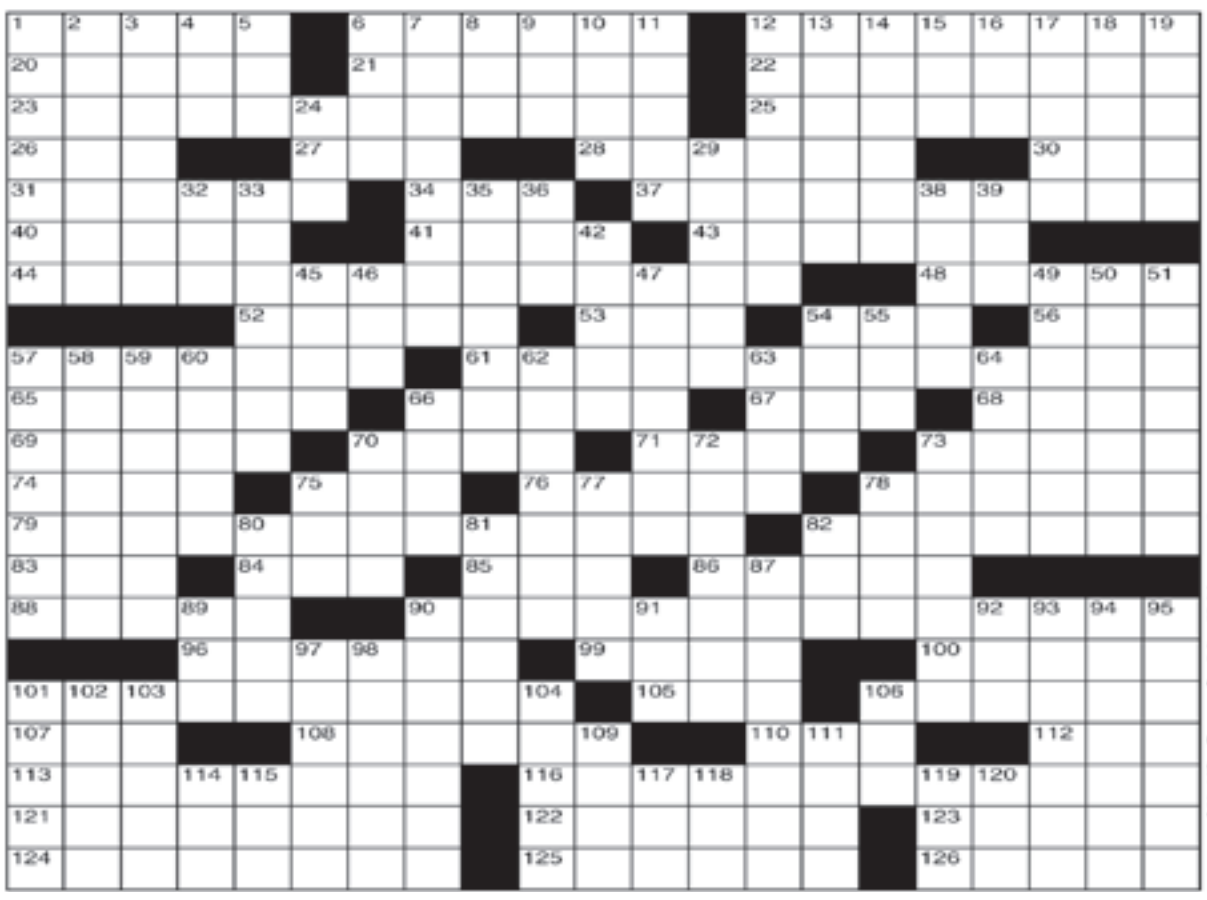
Down Time

Super Crossword

SITCOM MOMS

ACROSS
1 Lundgren of "Rocky IV"
6 Bathers' scrubbers
12 Like alcoves and nooks
20 Mr. T's TV group, with "The"
21 Approach and speak to boldly
22 Loathed one
23 Vinton, Eunice and Ellen's mom
25 Planted again
26 — Lingus (Irish carrier)
27 "It's cold in here!"
28 Hold together firmly
30 Also
31 Outpatient facility
34 "Allow me, — may ..."
37 Bud and Kelly's mom
40 — acid (fat product)
41 Garcia of fashion
43 Applies, as a coat of wax
44 Wednesday and Pugsley's mom
48 Proficient
52 Salad green
53 Suffix with bureaucrat
54 May honorees
56 Curly's buddy
57 Casino client
61 Rudy, Vanessa, Theo, Denise and Sondra's mom
65 Scented
66 Long green
67 Work with
68 Milk, in Paris
69 Comic Leary
70 Coin of Chile
71 Sped
73 TV actress Jennie
74 Pizzazz
75 In favor of
76 Pious person
78 — jumping (extreme sport)
79 Portrayer of 23-Across
82 Big vultures
83 Once — blue moon
84 Outlaw Rob
85 Reindeer kin
86 Like single-purpose committees
88 Slow, to Solti
90 Portrayer of 61-Across
96 How blackbirds may be baked?
99 Otoscope views
100 Pollen piece
101 Portrayer of 37-Across
105 Assembled
106 Wildlife
107 From — Z (thoroughly)
108 Brunei ruler
110 Post-op area
112 Muhammad —
113 Whale's kin
116 Portrayer of 44-Across
121 Precise
122 Little hills
123 Physicist Mach
124 They include Saturdays
125 Least crazy
126 Alloy of zinc and copper

DOWN
1 Digital transmission, for short
2 Literature's "Moor of Venice"
3 More wary
4 Bud
5 "Let's see now ..."
6 Oz Lion player Bert
7 Wind instruments with finger holes
8 Bar code scanner: Abbr.
9 Dandy dude
10 "Hang on —"
11 Razor sharpener
12 Krypton, e.g.
13 Force
14 Stengel and Kasem
15 Summer, to Jules
16 The lady
17 Many a taxi
18 Edit
19 Pa
24 Easy as —
29 "A Doll's House" family name
32 Louse-to-be
33 Winter spikes
35 Giant flops
36 Ky. neighbor
38 Talk big
39 German for 30-Across
42 "I thought we had —!"
45 Street — (urban acceptability)
46 Suffix with court or hotel
47 Like part of Russia
49 Official ban
50 Less rude
51 Cuts canines
54 Be reflective
55 Wood splitter
57 Kid's sled
58 "Sweet —" (barbershop song)
59 Monte Carlo resident
60 Very edge
62 How pajamas fit
63 Harm
64 — flowing with milk and honey
66 Feline call
70 Address God
72 Four roods
73 Firearm storage item
75 Mahmoud Abbas' gp.
77 Often-sprained joint
78 Churlish type
80 Literary twist
81 Nuke, maybe
82 "— -ching!"
87 Purifies, as whiskey
89 Even score
90 Baby oinkers
91 "— shocked!"
92 Health facility
93 Biblical shout of praise
94 Innocent
95 Halts
97 Allocate
98 Took a break
101 "Bam!"
102 Right wrongs
103 Eggy cake
104 Doesn't have
106 Hot dog base
109 Mom's mom
111 Abnormal body sac
114 Plen-T- — (Wrigley's gum unit)
115 Metal deposit
117 Pitchman Popeil
118 Pelota cheer
119 Brother of George Bush
120 Bobby of hockey



See Page D3 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. LITERATURE: How many daughters does King Lear have in Shakespeare's play?
2. MUSIC: When did MTV make its debut?
3. GEOGRAPHY: What is the tallest mountain in Western Europe?
4. ANATOMY: What is the biggest bone in the foot?
5. HISTORY: Who founded the abolitionist newspaper "The North Star"?
6. LANGUAGE: What does the Latin phrase "non compos mentis" mean?
7. GENERAL KNOWLEDGE: What was the site of Coca-Cola's first bottling company?
8. COMICS: What is the name of Dennis' younger buddy in the "Dennis the Menace" comic panel?
9. SCIENCE: How fast can a bolt of lightning travel?
10. TELEVISION: In what fictional city does the soap opera "All My Children" take place?

See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D3 for this week's answers.

Kid's Corner

SPELLBINDER

SCORE 10 points for using all the letters in the word below to form two complete words:

NITROGEN

THEN score 2 points each for all words of four letters or more found among the letters.

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

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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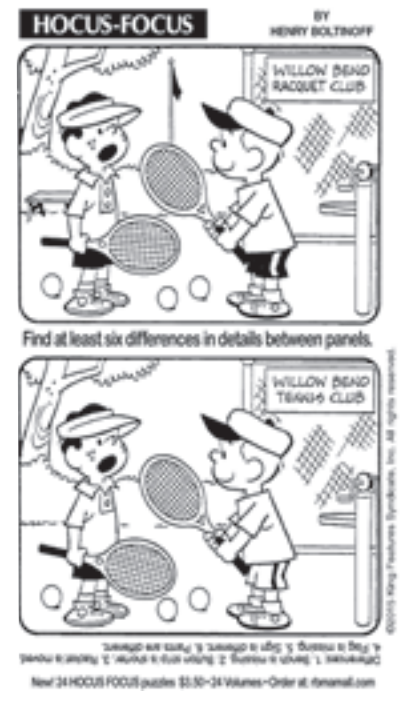

UA transitions training to partners

By Sgt. 1st Class Nathan Hoskins
Army News Service

MONROVIA, Liberia — The Department of Defense Ebola Treatment Training Team, the joint-service team tasked by the Department of Defense to train health care workers to staff Ebola treatment units, is scheduled to transitioned its critical mission for the Joint Forces Command -- United Assistance Jan. 1.

Initially split between the DET-3 and the World Health Organization, the training mission was transferred back to the WHO, who provides the course for the Liberian Ministry of Health, the Ebola Treatment Unit, health care workers who were trained as trainers, and PAE, a contracting company.

Since the start of their mission Oct. 27, the DET-3, comprised of service members from the Army, Navy and Air Force, has trained more than 1,500 between the course offered at the National Police Training Academy facility and the mobile training teams, which reached out to the remote regions of Liberia.

"The mission here is to train workers who will go into an Ebola treatment unit to be prepared to take care of the patients," said Col. Laura Favand, the chief of training, DET-3. "Whether they're a clinician, a nurse, a doctor or [physician assistant], or whether they're on the hygienist side where they're cleaning and doing maintenance - it's to ensure that they're safe for themselves and that they're actually doing the patient care that's required for them to recover."

The DET-3 executed their mission without the advanced technology found in the U.S., where patients were seen being encapsulated in pressurized rooms, receiving state of the art medical care.

Favand's team and the WHO found that this disease is controllable through low-tech methods in austere environments with the right training. It's the procedures that are important – not the technology available, said Favand.

Here, the DET-3 started from scratch, working for the U.S. Agency for International Development, with the government of Liberia, the WHO, the Armed Forces of Liberia as well as numerous nongovernmental and intergovernmental agencies.

PHOTO BY SGT. 1ST CLASS NATHAN HOSKINS

Trainers from the Department of Defense Ebola Treatment Training Team put health care workers through their final practical exam in a mock Ebola treatment unit at the National Police Training Academy, Paynesville, Liberia, Dec. 23.

Though the WHO started conducting the training, it was necessary that the JFC-UA DET-3 arrived to help support this mission, said Foday Kanneh, a physician assistant working as the training coordinator for the Ebola Case Management Unit under the Clinton Health Access Initiative, or CHAI, a non-profit organization initially set up to help save the lives of people living with AIDS and HIV in the developing world. The focus of CHAI shifted in Liberia when the Ebola endemic hit.

Since March, Kanneh has been assisting the Liberian Ministry of Health facilitate all aspects of the training and support to partners – such as the WHO and DOD – in their work to fight this deadly virus.

When the DET-3 arrived, they were able to fine tune the program and focus the training plans, said Kanneh.

They were also able to help grow the program throughout the country, reaching more health care workers than previously possible with mobile training teams, which conducted classes in Voinjama, Zwedru, Ganta, Zorzor and other remote locations.

The training mission was and is critical, as it is one of the primary objectives, along with the construction of ETUs, as part of Operation United Assistance. And it didn't matter what level of training the health care workers already had, Favand said.

This class is required for even the most seasoned physician because of how deadly and infectious the Ebola virus is, she said. Basic use of personal protective equipment – such as goggles and latex gloves – can be the difference between life and death.

Without the necessary training, health care workers ended up becoming patients instead of treating them, said Favand.

When the health care workers first started trying to treat Ebola patients, many of them became infected with Ebola, said Kanneh, a native of Liberia. If health care workers are ill and fighting to survive, who will care for the patients?

"[The DET-3] was important because there was a need in training health workers in the country," said Kanneh.

Health care workers were dying; they had no idea how to fight the virus. The very fact that they should have been the ones caring for infected people, but instead, were the ones getting infected and dying of the virus, was proof enough.

Along with proper procedures and the use of personal protective equipment, health care workers are taught to work as a team, providing the patient the utmost attention and care while looking out for each other.

"It's the team concepts. It's learning how to work as partners. It's the safety of having a buddy system," said Favand. "You don't do something independently based on your own knowledge. It's having the whole team having the same mindset going into it."

The DET-3 also focuses on patient care. They ensure the patient feels like human being and not a disease – a feeling that can be difficult to communicate through a mask, goggles and gloves.

"Patients still need that contact; they still need to feel like they're a human being," she said. "And when we're in these moon suits, it's hard for them to get that feeling of comfort. So it's important that we not only train the skills, but we train the cultural aspect of the care."

That's where the expert patient trainers came into play, said Favand. An expert patient trainer is a survivor who role plays as a patient in one of the numerous scenarios conducted during the training. These personnel have first-hand knowledge of the disease and what it's like to go through treatment in an ETU, making their feedback invaluable to the trainees.

"They know how well or poorly they were treated in an ETU," she said. "They help the health care workers focus on the patient and not the disease."

The WHO will continue the training as 2015 begins and the DET-3's mission ends – successfully, said Favand.

"The reason we feel that we've accomplished our mission is because after each class we get feedback, and sometimes it's from the NGOs; sometimes it's from U.S. citizens who came over here to work in ETUs; sometimes it's the Liberians," she said. "And every one of them – even if they've already had experience in an ETU – they all say how valuable this training is, and how it helps them be safe, how it helps them know what they need to do to work in an ETU.

"We got that daily feedback from day one about how important our job was," she said. "We definitely feel that we've had an impact."

Kanneh has his own feedback about the DET-3's mission and presence.

"Their presence also brought more hope and motivation to me, Liberians and the Ministry of health," said Kanneh.

Performance Triad helps Arctic Wolves overcome Alaska challenges

By David Vergun
Army News Service

WASHINGTON — Polar bears thrive in Alaska, as do Arctic wolves – particularly the Arctic Wolves of 1st Stryker Brigade Combat Team's 1st Battalion, 5th Infantry Regiment, at Fort Wainwright, Alaska.

Thanks to the Performance Triad – the Army surgeon general's prescription for building readiness and resilience through adequate sleep, activity and nutrition – the two-legged variety of Arctic Wolves are thriving even more in their harsh environment, according to 1-5th's commander, Lt. Col. Thomas M. Hough.

Sleep

Soldiers in the lower 48 experience a good balance between night and day, but go north to Fort Wainwright, which is close to the Arctic Circle, and light and darkness fluctuate wildly from about three hours of sunlight around this time of year, to around 22 hours of sunlight mid-summer, Hough said.

People in Alaska are at greater risk of having sleep problems because of this fluctuation, according to Heidi Knode, the technical director at Alaska Sleep Clinic in Anchorage, a city 358 miles south of Fairbanks. She explained that it has to do with circadian rhythms of the body's sleep/wake cycle.

The Arctic Wolves know this, so they developed a sleep plan, said Hough said. "You can't let the environment master you, you have to master it.

"In the summer we teach our Soldiers and their families how to construct heavy drapes and sun shades so they can get some sleep even when the sun is up for 22 hours," he explained. "All these techniques passed from one Soldier to another enable the brigade to actively manage the incorporation of new Soldiers into this unique environment."

Hough admitted that getting sleep isn't always a guarantee in the Army, especially now that the Arctic Wolves are headed south for a rotation through the National Training Center at Fort Irwin, California, where heavy drapes won't be needed and training isn't constrained to a comfy workday schedule.

Activity

Keeping fit can also be challenging in Alaska this time of year, where temperatures average 2 degrees for a high and minus 18 for a low. That would make for a chilly morning run.

"[Physical Training] outdoors can be challenging," Hough said. "To combat the extreme environment, the brigade has resourced additional indoor physical fitness facilities as well as resourced training programs to educate leaders in how to conduct innovative physical fitness training with limited resources."

The brigade has a wellness center, which recently opened, so Soldiers now have a full range of indoor fitness equipment.

"The indoor space really helped us," he said. "The younger generation understands functional fitness. You don't have to really talk them into it. They get it. They're motivated about it."

Nutrition

The younger Soldiers also recognize that eating the right food is also an important part of being fit, Hough said.

It wasn't that long ago that the brigade dining facilities didn't have a breakfast salad bar, he said. They now do. "It sounds small, but it gives Soldiers a lot more choices and opportunities."

Hough summed everything up, "What we know is that the proper balance of nutrition, fitness, and sleep leads to a well-balanced and healthy Soldier and family. Balance is best achieved when the Performance Triad is a way of life, a behavioral change that over time becomes organizational culture. This concept is even more important to the Soldiers of the Arctic Wolf Brigade with the dramatically changing environment."

"Without the Performance Triad as a core custom, you are likely to find the Alaska environment mastering you versus you mastering your environment," Hough said.

SPORTS BRIEFS

Winter Fling Disc Golf Tournament

The Fort Rucker Physical Fitness Center will host a disc golf tournament at Jan. 24 at 10 a.m. at the disc golf course. The tournament will be 18 holes with people paired randomly followed by another 18 holes paired by age, group and score. Trophies will be awarded in a number of categories. The cost is $20 for those who sign up before Saturday, or $25 after Saturday. All pre-registered competitors will receive a T-shirt. Competitors registering after Saturday will receive T-shirts while supplies last.

For more information, call 255-2296.

Stars and Strikes

Rucker Lanes will host Stars and Strikes in honor of Martin Luther King Jr. Day Monday from 10 a.m. to 10 p.m. The event features bowling for 25 cents per person and 50-cent shoe rental. Regular pricing applies to other menu items. There will be limited lane availability beginning at 5 p.m.

For more information, call 255-9503.

Fitness challenge

Fortenberry-Colton Physical Fitness Center instructors will hold a two-hour fitness challenge each month, with the first session Tuesday at 5:30 p.m. The challenges are open to all authorized PFC patrons. Each class is $3.50 or people can use their class card. Each session will feature door prizes and refreshments.

For more information, call 255-3794.

Boot Camp Winter 2015

The six-week Winter Boot Camp program will run Tuesday-Feb. 27. The program will take place five days a week from 8:30–9:45 a.m. – rain or shine. The cost is $100 per participant and includes: weekly consultations to keep track of progress; a variety of outdoor and indoor fitness activities planned and executed by certified personal trainers; and free access to all group fitness classes during the six weeks. Activities will focus on functional training, endurance, strength and more. T-shirts will be available to all participants. Orientation will be held Tuesday at 8:30 a.m. at the Fort Rucker Physical Fitness Center. Registration forms will be available at either PFC.

For more information, call 255-2296.

Youth sports registration

Fort Rucker Child, Youth and School Services' Youth Sports and Fitness Program is taking registrations for youth baseball, softball and jump roping Feb. 1-28 at parent central services in the Soldier Service Center, Bldg. 5700, Rm. 193. The baseball season runs from April through May. The teams will be broken down into the following age groups: Tee Ball (co-ed, ages 5–6), Machine Pitch (co-ed, ages 7–8), Dixie Minor (co-ed, ages 9–10), Dixie Youth (co-ed, ages 11–12), Dixie Ponytails Girls (girls, ages 9–12), Dixie Belles (girls, ages 13–15). If there are not enough girls to field a Ponytail team, players will be put on a baseball team. Costs are $25 for jump roping, ages 7–18; $45 for baseball, co-ed, ages 5–12, age control date May 1st of the current year; $45 for softball, girls ages 9–15, age control date Dec. 31 of the previous year. A current sports physical and a valid CYSS registration are required for participation. A multiple child rate will be determined at registration. Special requests for coaches and players cannot be honored.

For more information, call 255-9638, 255-2257 or 255-2254. Coaches for the teams are needed. People interested in volunteering should call 255-0950.

PUZZLE ANSWERS

Super Crossword

Answers

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

R	E	C	E	S	S	E	D	■
A	N	A	T	H	E	M	A	■
R	E	S	E	E	D	E	D	■
■	C	O	H	E	R	E	■	A
P	E	G	G	Y	B	U	N	D
L	A	Y	S	O	N	■	■	■
■	■	A	D	E	P	T	■	■
M	A	S	■	M	O	E	■	■
C	L	A	I	R	H	U	X	T
U	S	E	■	L	A	I	T	■
T	O	R	E	■	G	A	R	T
B	U	N	G	E	E	■	■	■
C	O	N	D	O	R	S	■	■
A	D	H	O	C	■	■	■	■
A	R	A	S	H	A	D	■	■
■	S	P	O	R	E	■	■	■
M	E	T	■	B	E	A	S	T
I	C	U	■	■	A	L	I	■
C	A	R	O	L	Y	N	J	O
K	N	O	L	L	S	■	E	R
S	A	N	E	S	T	■	B	R

Weekly SUDOKU

Answer

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

Trivia

Answers

1. Three
2. Aug. 1, 1981
3. Mont Blanc
4. The heel bone, or calcaneus
5. Frederick Douglass
6. Not of sound mind
7. Chattanooga, Tenn., 1899
8. Joey
9. 3,700 miles per second
10. Pine Valley, Pennsylvania

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