GATE HOURS CHANGE

Starting Jan. 26, there will be changes to operations at the Newton and Faulkner gates. Faulkner Gate will open Saturdays and Sundays from 6 a.m. to 2 p.m. There will be no changes to Faulkner Gate's weekday hours. Newton Gate's operating hours will change to 4:30 a.m. to 4:30 p.m. Mondays-Fridays.

RÉSUMÉ HELP

Employment readiness reveals job hunt essentials

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LIFEGUARD

Class offers chance at employment

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ARMY FLIER

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164TH TAOG DEPLOYS UNIQUE UNIT

Family, friends bid farewell before 9-month mission

By Carly Omenhiser
Army Flier Contributing Staff Writer

Families and friends of 14 Soldiers with the 164th Theater Airfield Operations Group gathered at Fort Rucker's Spiritual Life Center Friday to say farewell before the Soldiers deployed to Kuwait.

The Air Traffic Services Standardization Element and 597th Maintenance Detachment consists of a specialized group of Soldiers, and among them, Col. Douglas Van Weelden, 164th TAOG commander, said the best were selected for the nine-month mission.

"They are a phenomenal group of Soldiers," Van Weelden said. "We really chose among the best and brightest amongst us to fill out this team. They are well-led and well-prepared. I have every confidence in their ability to conduct this mission."

While the United States military continues to pare down its role in Southwest Asia, Van Weelden said the area still has a lot of requirements that need to be fulfilled by the U.S. military and the 164th TAOG.

"It is a place of dynamic unrest," he said. "We are going through periods right now of what are typically drawdowns, but then again with some trepidation. We send these Soldiers forth to do our nation's bidding in that effort."

The group will be in charge of air traffic control operations, as well as maintenance operations, not only in Kuwait, but all over Southwest Asia.

Maj. Michael Shannon, the team's officer in charge, said the team going over is a very unique group of Soldiers who specialize in the operation of Army airfields.

"We're the only unit of our kind in the Army," Shannon said. "Seven of us are experts in air traffic control and running airfields … and the other seven of us are experts in fixing air traffic services equipment like radars and radios."

One of the most difficult tasks the Soldiers will face during their deployment is leaving behind loved ones; however, technology has played a big role in closing that distance.

This is the fifth deployment for Shannon, who said now more than ever the Soldiers are better able to keep in touch with their families.

Staff Sgt. Corey Madden, who is on his second deployment, said this will be his first one having to leave his children.

"It's going to be rough. The first (deployment) was just me and my wife, but now we have two kids," Madden said. "We're going to (video chat) while I'm gone and that will be our means of communication."

Spc. Edward Pearson and his wife, Spc. Deiby Pearson, were married just six months ago and are expecting their first child.

"It's really sad missing your firstborn, especially since it's going to be a boy," Edward said.

One of the things he said the couple did together before he left was pick a name, Ares Alexander.

Deiby said it's upsetting to have to say goodbye to her husband and handle pregnancy and childbirth on her own, but it makes her feel better to think of the reason behind it.

"I won't be the first one to do it alone and I won't be the last," she said. "I've had some friends who've also had to do it alone, and if they can do it, so can I."

Van Weelden thanked the families for their sacrifices as the Soldiers set out on their deployment.

"Gen. (Raymond) Odierno (Army chief of staff) states that 'the strength of our Army is our Soldiers. The strength of our Soldiers is our families and together that makes us Army strong,' and I couldn't agree with that more," he said.

PHOTO BY CARLY OMENHISER

Soldiers from the 164th TAOG salute before deploying to Southwest Asia to complete a nine-month air traffic control and maintenance mission.

Event honors life, legacy of Dr. King

By Michele W. Forehand
Army Flier Contributing Writer

Fort Rucker recognized the life and legacy of Dr. Martin Luther King Jr. during a commemorative program Jan. 15 with the theme "Remember! Celebrate! Act! Remember the Dream – Non-violence."

"I want to thank all of you for coming today," said Sherie Trone, Fort Rucker Equal Employment Opportunity Office. "This event is held to honor Dr. King for his hard work and dedication in the Civil Rights Movement."

PHOTO BY MICHELE W. FOREHAND

Command Sgt. Maj. Crystal Turner, 1st Bn., 212th Avn. Regt., speaks to the audience during a ceremony honoring Dr. Martin Luther King Jan. 15.

Chaplain (Col.) John Kallerson performed the invocation and read several scriptures out of the Bible.

Chapter 7, a gospel music group, also performed during the event, putting a spotlight on the meaning of the program.

"We have very talented entertainment today," said Russell B. Hall, U.S. Army Aviation Center of Excellence deputy to the commanding general. "I also want to thank you all for attending this event. Today, we have a very talented and devoted guest speaker, Command Sgt. Maj. Crystal Turner."

"I am truly honored to be here," Turner, with the 1st Battalion, 212th Aviation Regiment, said. "We must remember this year's theme. We must remember to celebrate and act. Most importantly, remember the meaning of nonviolence. That is what it is all about.

"Nonviolence should not be linked to certain situations. It should be linked to all situations and bondage," she said. "Nonviolence is a powerful force. We must discover how to live in a way of peace – make way for the words of all of our fathers to be heard by all of us. Look at the color of character, not the color of skin.

"The dream does live on. Who would have thought one man's dream would become reality? Our celebration should be every day, not just one day," Turner continued. "I ask you to celebrate by practicing nonviolence. Celebrate by mentoring the young children of today. I encourage you to act on faith, act on making a difference, act on nonviolence and act on your legacy. I believe his legacy will continue to live through us if we remember, celebrate, act and remember the dream – nonviolence."

The event concluded with Trone thanking everyone who contributed their time and effort to making this year's event a success.

Training shift increases importance of simulations

By Kelly P. Pate
Public Affairs Specialist

Under the Army Force Generation cycle, deployments to Iraq and Afghanistan revolved around unit training events designed for a specific mission.

As deployments decrease, and the focus shifts to home station training, simulations play a major training support role to meet the demands of a wider array of potential missions.

In the past, the U.S. Army Aviation Center of Excellence Directorate of Simulation hosted culminating training events, known as Aviation training exercises, to train deploying combat Aviation brigades. Now, the focus of the DOS has shifted to training students in various courses, according to Col. Stephen Seitz, Director of Simulation for USAACE.

ARMY PHOTO

Students from the NCO Academy train in the Universal Mission Simulator.

"The USAACE now conducts a dozen simulation-based exercises that recur on a weekly, bi-monthly or quarterly cycle. The result is that Aviation officers, warrant officers, non-commissioned officers and enlisted Soldiers are all being challenged with dynamic and interactive course capstone exercises, in accordance with the Army Learning Model, and they're being exposed to training enablers and examples

SEE TRAINING, PAGE A5

New commissary construction on time

By Michele W. Forehand
Army Flier Contributing Writer

Construction continues to progress on time and on target on the new Fort Rucker commissary, and officials estimate the facility to be complete in the spring and open to customers in the summer.

"The new building will have a lot to offer our customers," said Bobby Ward, store manager. "I should be handed the keys to the new building around April 15, and the time frame to have the store stocked and ready to open is 45 to 60 days following receiving the keys."

The current commissary is about 46 years old and sports around 36,000 square feet of sales area, Ward said. The new commissary will have about 50,000 square feet of shopping area, with the total constructed building being around 85,000 square feet.

"We are very excited about the new location," he said. "We will offer a larger selection of items. Our bakery and delicatessen area will be larger, as well. The aisles will be larger, which is always a huge plus to our shoppers. We will also sell rotisserie chicken in our new location. We have not done that in our current location and that will also be a huge benefit.

"The building will have 96 skylights, which will allow the natural sunlight to flow through the building," Ward said. "The flooring used in the new building is great. Our shoppers will truly be amazed – it will be a state-of-the art facility."

The construction project began 14 months ago, and

PHOTO BY MICHELE W. FOREHAND

Construction continues to progress on the new Fort Rucker Commissary. Officials expect the new facility to open for business in June.

although Fort Rucker families will benefit tremendously from the new commissary, others will reap the benefits, as well, said Col. Stuart J. McRae, Fort Rucker garrison commander.

"The old commissary was built around 1969 and it was designed more as storage. Basically, it was designed to fit the time it was built. It was built as a warehouse. The new commissary is built with state-of-the art equipment -- it will be a fine facility. We are basically doubling the space, which will allow for additional items to be available.

"You have to realize, we have around 130,000 individuals utilizing this facility," the commander added. "This commissary not only serves Fort Rucker, it also serves military in portions of Alabama, Florida, Georgia and Mississippi. Those families will benefit, as well. This is truly a project that will benefit numerous families."

A grand opening time will be announced at a later date, McRae said.

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Perspective

OH DEER!

JAG briefs deer strike safety, policies

By Michael R. Murphy
Fort Rucker Office of the Staff Judge Advocate

It's almost that time of year again, when the deer are running amuck and behaving erratically, such as jumping in front of moving cars.

Deer have minds of their own -- they react unexpectedly when near roads and this unpredictable behavior increases during the fall and winter months. Data collected from insurance reports show most deer strikes occur in November, with October and December following close behind.

According to one insurance company, the odds of having a deer strike incident have dropped 4.3 percent in the last year. This reduction is not because of fewer deer strikes, a number which remains roughly similar to previous years, but instead reflects more vehicles on the road, which reduces the likelihood of a deer incident. In Alabama, a one-in-146 chance exists that an Alabama driver will have an impact with a deer this year.

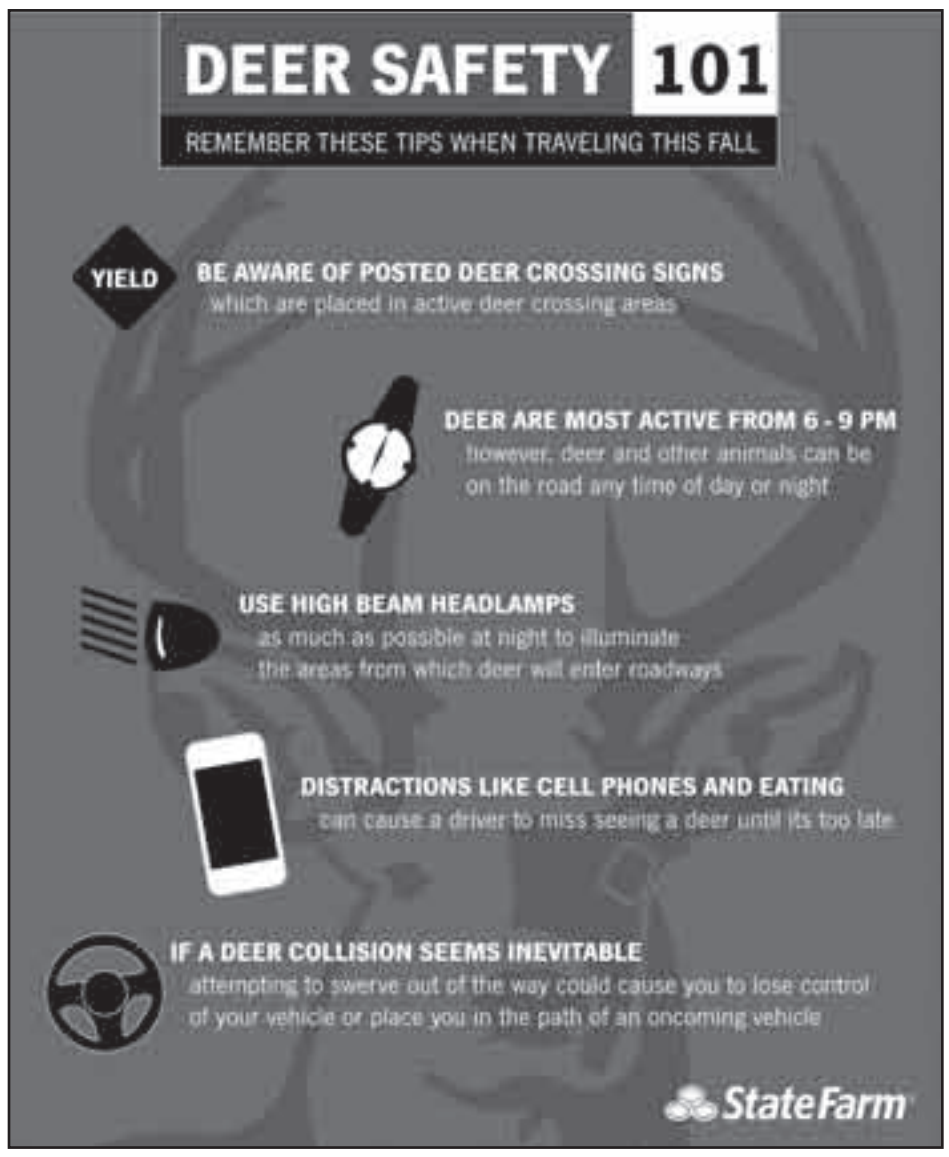
Even good drivers can take steps to minimize the likelihood of a crash or reduce the severity of a collision. The first step in prevention is awareness of the danger. Remember that deer travel in herds -- when you see one, usually more are nearby.

Deer are most active in the evening between about 6-9 p.m. Research shows that drivers should not rely on car-mounted deer whistles for protection. During high deer activity times, high-beam headlamps should be used to illuminate areas where deer are likely to enter the roadway. Be extra cautious near posted deer crossing signs.

Finally, remember that distractions, like cell phones and eating while driving, can cause a driver to miss seeing a deer until it is too late to prevent a collision.

In addition to preventative measures, drivers should prepare for a potential deer accident by mentally rehearsing reactions, driving defensively and verifying coverage with your insurance company in this type of scenario.

Studies report that in a situation where a deer darts in front of you, the only thing you can control is your reaction to seeing the deer in your path suddenly. Never swerve to avoid hitting a deer. Swerving puts you at a much greater risk of hitting oncoming traffic, a tree, a guard rail, a light post, or running into a ditch, especially in icy or wet road conditions. The damage from hitting a deer is often less in comparison to hitting one of these other objects. Injury is also more likely when you swerve to miss a deer and collide with a stationary object or another vehicle. The potential for losing control of your vehicle and crashing greatly outweighs the consequences of the deer strike.



GRAPHIC COURTESY STATE FARM INSURANCE

Fort Rucker is not immune from its share of deer and car collisions. In the event a driver gets into an accident with a deer while driving on Fort Rucker, the driver should call the military police to report the incident and consult his or her insurance carrier to pay for any vehicle repairs.

When a deer strike happens on post, one of the first questions many people ask is whether the Army is responsible and if a claim can be paid to cover the damage. The short answer is no, because hitting a deer is neither an unusual occurrence nor is there negligence on the part of a U.S. government employee.

Under Chapter 11 of Army Regulation 27-20, Claims, "[c]laims resulting from unusual occurrences are generally payable when they result in losses at quarters, damage to vehicles while properly on post or while being driven for the convenience of the government, or other types of loss or damage to a proper claimant's property while the claimant was acting incident to their service. Unusual occurrences include but are not limited to fire, flood, hurricane, earthquake, or weather phenomena that are unusual for the location of the loss."

In addition, Department of the Army Pamphlet 27-162, Claims Procedures, specifically states, "collisions are not unusual occurrences." For example, it is not an unusual occurrence for a parked vehicle to be struck by a shopping cart in the commissary parking lot or by a hit-and-run driver, nor is it an unusual occurrence for a motor vehicle to strike a deer on the installation -- rather, these collisions are simply considered inherent risks to operating a motor vehicle.

Claims for damages arising from collisions may be paid as personnel claims only when the vehicle was being used under orders for the convenience of the government, under a tort claim authority. In order for a driver to claim that he or she was using their personally owned vehicle "for the convenience of the government," written orders must exist before the travel begins stating that fact.

Deer strikes are also not paid under Chapter 4 of AR 27-20, the Federal Tort Claims Act, which ordinarily protects individuals from the negligence of government employees. Under Alabama law, visitors to Fort Rucker are entitled to not be willfully or negligently injured while on post.

For business invitees and employees, the government has a duty to maintain the premises in a reasonably safe condition, or to warn them of all non-obvious or unexpected dangers, which become known to the government.

For instance, if a large pothole exists in the road, the government must repair the pothole within a reasonable time after it learns of it or post warning signs to alert drivers of the possible danger. Deer crossing warning signs are posted on Fort Rucker roads. However, while potentially dangerous and often resulting in costly repairs, deer unexpectedly crossing the road do not qualify as a hidden danger requiring the government to warn drivers. Drivers are cautioned to slow down and be aware of their surroundings, especially in adverse weather or road conditions.

For any questions you may have regarding filing a claim or the government's potential claims coverage, call the claims office at the Fort Rucker Office of the Staff Judge Advocate at 255-2517.

Rotor Wash

"Do you prefer to do your taxes yourself or have them professionally done and why?"

Katherine Carver, Army spouse

"I get them professionally done because my mother-in-law does them for us."

Jerry Cameron, retired military

"I have mine done professionally because I'm a property owner."

Robert Mudrich, retired military

"I get mine done professionally for free on post because they know what they're doing."

Pfc. Edward Yorgey, TDY

"I do it myself online because it's quick and easy."

Samantha Rasper, Army spouse

"We were going to get it professionally done, but we decided to do it ourselves because it's pretty simple and quick."

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FORT RUCKER COMMANDING GENERAL

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

'Reveille,' 'Retreat' keeps post steeped in tradition

By Nathan Pfau
Army Flier Staff Writer

PHOTO BY NATHAN PFAU

Soldiers of the NCO Academy fold the flag during the "Retreat" ceremony on Howze Field last year.

From the bugle call early in the morning to the cannon fire in the evening, people on military installations across the U.S. have become accustomed to these familiar sounds daily, and Fort Rucker is no exception when it comes to upholding this centuries-old tradition.

That tradition is something that returned to Fort Rucker in 2011 after an extended absence, according to Sgt. Maj. Marvin Pinckney, U.S. Army Aviation Center of Excellence G-3 sergeant major.

"Customs and courtesies, and rendering honors to the flag and nation, are obviously big parts of being in the military, and tradition is what runs our Army," said Pinckney. "'Reveille' and 'Retreat' have been used by the military for centuries, but more importantly it was used by the United States forces during the days of the Continental Army during the Revolutionary War to communicate to the troops and make sure they were up in the mornings, went to mess and make sure they were bedded down at night."

Today, the familiar sound of the bugle and boom of the cannon are mostly ceremonial, but technically do signify the beginning and end of the duty day on the installation, added the sergeant major.

"Today, we can communicate readily, but back then they needed other means to communicate with the Soldiers," said Pinckney.

The daily ceremony takes place on Howze Field where a seven-man group of Soldiers raise the flag during "Reveille" at 06 a.m. Mondays-Fridays and on holidays. "Retreat" is sounded at 5 p.m. Mondays-Thursdays, and 4 p.m. on Fridays and holidays.

The seven-Soldier detail is switched out twice a month and cycled through four different units on Fort Rucker: members of the 1st Aviation Brigade, Warrant Officer Career College, NCO Academy and 110th Avn. Bde.

According to Army Regulation 600-25, during "Reveille," Soldiers in uniform and not in formation must come to attention and salute in the direction of the flag upon the first note. If the flag cannot be seen, Soldiers should face the direction of the music. Soldiers in formation should follow the command of their senior Soldier who should call the group to attention.

During "Retreat," Soldiers in uniform who are not in formation should come to attention upon the sound of the first note, remain at attention until the cannon blast is heard, then salute. If no cannon is heard, the Soldiers should salute upon the first note of "To The Colors."

The same rules apply for Soldiers in civilian clothes, but Pinckney said that a salute is not required. Instead, they should stand with their hand over their heart, facing the direction of the music.

All vehicles on the installation should come to a stop, including civilians, but Soldiers who are in a vehicle during "Reveille" or "Retreat" are required to stop and dismount their vehicle to render honors, added Pinckney.

CG's New Year's Reception

Maj. Gen. Michael D. Lundy, U.S. Army Aviation Center of Excellence and Fort Rucker commanding general, and his wife, Paula, speak with attendees of the Commanding General's New Year's Reception Jan. 15 at The Landing.

PHOTO BY MICHELE W. FOREHAND

News Briefs

Office moves

Fort Rucker's equal employment opportunity office, equal opportunity office, security division and G-4 will move within Bldg. 5700 in the near future. The following are the move dates, dates of closures and phone numbers for the offices involved.

- **EEO –** Moves from Rm. 260 to Rm. 373 Monday. The office will be closed Friday and Monday. The phone number remains 255-9219.
- **EO –** Moves from Rm. 260 to Rm. 373 Monday. The office will be closed Monday. The phone number remains 255-9862.
- **Security division –** Moves from Rm. 275 to Rm. 260 Feb. 2. The division will have limited operations for emergencies only Jan. 30 and will be closed Feb. 2. The phone number remains 255-2854.
- **G-4 –** Moves from Rm. 220 to Rm. 275 Feb. 11. It will be closed Feb. 11. The phone number remains 255-3160.

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.

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

Retirement ceremony

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

Retiree council meetings

The Fort Rucker Installation Retiree Council meets the first Thursday of each month in The Landing at 11:30 a.m. The meeting is an open forum and all retirees are invited to attend.

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.

Siren test

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

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.

Fire extinguisher servicing

The Fort Rucker Fire Department is unable to provide people portable fire extinguisher service, but it is still able to conduct annual inspections and tag replacements. For six-year maintenance, recharges and hydrostatic testing, there are local businesses that can assist people.

For more information, call 255-3316.

1st women to attend Ranger course

By C. Todd Lopez
Army News Service

WASHINGTON — The Army announced Jan. 15 that female Soldiers will be allowed, for the first time, to attend the Army's Ranger Course and possibly earn the coveted Ranger tab.

Some of the women who may attend the Ranger Course this spring began a 16-day "Ranger Training Assessment Course" Friday. The RTAC is meant to prepare Soldiers to succeed in the Ranger Course and it's the first time it has included women.

"Secretary of the Army John McHugh approved the participation of both men and women in the Spring 2015 Ranger Course assessment," said Army spokesperson Wayne Hall. "The assessment will be conducted during Ranger Course 06-15, which is scheduled to begin on April 20. The course has a 60 women scheduled to participate. Those who meet the standards and graduate from the course will receive a certificate and be awarded the Ranger tab."

According to Monica L. Manganaro, a spokesperson for the Maneuver Center of Excellence's Airborne and Ranger Training Brigade at Fort Benning, Georgia, the 2015 "Ranger Course assessment" is a regular Ranger Course, with all the same physical requirements. The current Ranger Course completion standards, to include prerequisites, phase performance requirements and graduation standards would not change for the assessment, she said.

Manganaro said the course is being called an assessment due to the first-time participation of female Soldiers. Both male and female students will participate in the assessment.

The Army released an All Army Activities message in September, requesting units forward the names of female volunteers to attend the spring Ranger Course assessment. At the time, the final decision to include women in a Ranger Course had not yet been made.

"The response was overwhelmingly positive," Manganaro said. "When the Army asked for women who had interest, the interest outweighed the number of slots available."

Forty women began the preliminary Ranger Training Assessment Course Friday. Of the 120 slots available for students in the RTAC, up to 40 are now allotted for women.

There are three additional RTACs scheduled before the Ranger Course begins in April.

With an endorsement from their unit, Soldiers who successfully complete the RTAC will be eligible to attend the 62-day Ranger Course, Manganaro said. Historically, she said, about half of those who enter the Ranger Course will succeed in earning the Ranger tab.

Not all Soldiers who attend the Ranger Course are required to attend an RTAC, Manganaro said. But all female Soldiers who attend the Ranger Course Assessment must first attend and successfully complete an RTAC.

"The RTAC is mandatory for the women who want to go to Ranger school," Manganaro said. "It is going to reinforce those Ranger skills, and familiarize the female Soldiers with the skill sets they may not have had in other courses they have gone through."

Manganaro said the requirement to attend the RTAC will "level the playing field," in the Ranger Course, allowing women to better familiarize themselves with the skills they will need to succeed there.

"The RTAC gives them an azimuth on their skill set, on what they will need to go to Ranger school," she said.

For the Ranger Course assessment this spring, the Airborne and Ranger Training Brigade selected 31 female Soldiers to serve as observers and advisers. Of those, there are 11 officers and 20 NCOs.

The observer and advisers will be integrated into the Airborne and Ranger Training Brigade staff during the Ranger Course assessment, for the purpose of assisting with the execution of the assessment, and to help capture "lessons learned" from both men and women training together.

PHOTO BY STAFF SGT. TRAMEL S. GARRETT

Sgt. Amanda Carrasco, 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, crosses the finish line during the 25th Infantry Division pre-Ranger female screening in Hawaii.

The female observer and advisers underwent a weeklong evaluation in November before being selected to move on to a modified Ranger instructor training program, meant to prepare them to work in assigned areas during the Ranger Course assessment. Observer and advisers will also observe two cycles of an all-male Ranger Course as part of their preparation for the April 2015 Ranger Course assessment.

Manganaro said that female Soldiers who successfully complete the April Ranger Course assessment will earn a certificate of completion for the course, and will have earned the privilege of wearing the Ranger tab on their uniform.

However, she said, those Soldiers will not get the Ranger skill identifier, nor will they be able to transition to a military occupational specialty that requires the Ranger skill identifier, as those MOSs are not yet open to women.

The move to assess female Soldier performance in the Ranger Course is part of an ongoing Army effort called "Soldier 2020." That effort is meant to allow the Army's best-qualified Soldiers the opportunity to serve in any position where they are capable of performing to standard.

"In 2011, the Army began assessing barriers to service for women," said Col. Linda K. Sheimo, chief, Command Policy Division at Army G-1. "In 2012 we opened approximately 14,000 positions that were closed due to the removal of the collocation rule, which includes opening six MOSs and executing the exception to policy program in the maneuver battalion headquarters of maneuver battalions in nine BCTs [basic combat training].

"Since 2012, approximately 55,000 positions have been opened. Now, we continue our efforts with the assessment of women attending the Ranger Course this spring," she said. "We'll use the data and lessons learned from this pilot to inform our way ahead in a deliberate, measured, and responsible manner. We're upholding standards and ensuring every Soldier has the opportunity to maximize their potential."

TRADOC commander addresses Army civilians

By Harry Sarles
Fort Leavenworth Public Affairs

FORT LEAVENWORTH, Kan. — Gen. David G. Perkins, commander of the Army's Training and Doctrine Command, spoke to more than 300 students and faculty members from the Army Management Staff College at Fort Leavenworth Jan. 12, emphasizing leadership, the new Army Operating Concept and professionalism.

"Leaders have to contextualize the world for their subordinates," he said, and did that for the students currently attending courses at the Army's college for civilian employees.

TRADOC, he said, is in the business of designing and building the Army. The Army Capabilities Integration Center is his primary tool for designing the Army. Based on the design, Army Recruiting Command and Army Cadet Command then procure the men and women who will be the basic material for building the Army. The building begins when recruits and cadets enter the Army and go through initial military training or basic officer leader's courses said the general.

PHOTO BY DAN NEAL

Gen. David G. Perkins, commander of the Army's Training and Doctrine Command, speaks to more than 300 Army civilians at Fort Leavenworth, Kan.

Perkins then related that shortly after taking over his current command he was tasked by the Chief of Staff of the Army to develop a new Army Operating Concept that would be the basis for building the future Army.

He said the last fully developed operating concept – AirLand Battle – was created in the 1970s. It was based on a known enemy, the Soviet Union; a known part of the world, Europe; and known coalition partners, NATO.

Given what was known, developers focused on the tactical and operational levels of war and came up with the AirLand Battle concept that was verbalized as "Fight outnumbered and win!"

The assumptions that AirLand Battle were built on no longer exist. The Army of the future will encounter unknown enemies at locations yet to be determined with coalitions that come together for a specific purpose. The new concept would also have to address the strategic level of war that was not considered in AirLand Battle.

The new concept, "Win in a Complex World," was published in October as TRADOC Pamphlet 525-3-1. The concept "has everything to do with you," Perkins told his audience.

To deal with the unknown, "we will have to do things differently," he said.

He then outlined a couple of the key pieces of the concept. Complex means that things are not only unknown, they are unknowable, and constantly changing. A Swiss watch, with its multitude of gears, is complicated, he said, but if you study it enough you can figure it out. One sweep of the second hand always produces one advance of the minute hand. In a complex environment, one sweep of the second hand may produce one advance of the minute hand today, but tomorrow it may produce 20 jumps of the minute hand or something completely different.

Win was another word the concept developers debated. Perkins said he was asked recently if winning was possible. He responded that not only is winning possible, he finds it desirable.

Perkins said the new operational concept incorporates the concept of Mission Command and the Army Leader Development Model that are recent products of Fort Leavenworth.

He also said one reason all of it can work is the Army Profession, the combination of military expertise, honorable service, trust, esprit de corps, and stewardship that is the core of America's soldiers.

"The profession is the secret sauce of America's Army," he concluded.

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Soldiers' 'sacrifice, service' spark success

By Sgt. 1st Class David Wheeler
U.S. Forces-Afghanistan
Public Affairs

BAGRAM AIRFIELD, Afghanistan – Secretary of the Army John McHugh visited service members in Bagram Jan. 14 during his first trip to Afghanistan since the transition from Operation Enduring Freedom to Resolute Support.

"Because of the courage and resilience of the American Army and its partners, the world and the nation are safer," McHugh told service members. "And because of men and women like the American Soldiers serving in Afghanistan, the Afghan people have a precious gift: the gift of a chance – a chance to stand on their own … a chance for freedom … for liberty … a chance for a better tomorrow."

PHOTO BY JOHN MARTINEZ

Secretary of the Army John McHugh conducts a town hall with Soldiers from the Wisconsin National Guard at Bagram Airfield, Afghanistan, Jan. 14.

While learning firsthand about the recent transition to Operation Resolute Support, the secretary pointedly told the Soldiers he met with how appreciative he was of their continued service and sacrifice. He carried well wishes of other senior military leaders, President Barack Obama and Defense Secretary Chuck Hagel.

"As always, we are all in awe of their courage and dedication," McHugh said. "The reason I come has always been to see Soldiers. "Whether it's Soldiers out there guarding the perimeter, Soldiers doing administrative duty, and in between. The American Soldier, as always, makes me so very proud."

McHugh took the opportunity to engage in discussions about the mission with Gen. John Campbell, Resolute Support and commander of U.S. Forces Afghanistan, and Maj. Gen. John Murray, U.S. Forces Afghanistan deputy commander for support.

"The Afghan Security Forces have taken the lead since June 2013," McHugh said. "They are going out and taking on the enemy and they have shown their ability to overmatch the enemy in just about every situation."

McHugh emphasized that getting to this point didn't happen overnight, but was achieved because of the work put in over the past 13 years.

"This came about because of the great training, the great preparation that the American military has provided them," McHugh said. "It's an Afghan opportunity once more to secure the future that they have been given an opportunity to pursue."

The mission might have transitioned, but McHugh's pride in Soldiers will never change.

"I'd be remiss if I didn't tell all the men and women here at Bagram, and throughout Afghanistan, of how proud I am of them, but all of our senior military leaders, the president, the secretary of defense, all of the folks that ask them to come out and do the mission," McHugh said. "They have done it in incredible ways. They have done it at a level that, frankly, none of us really imagined. We are so proud of them, and proud, too, of their families back home that give them the support to let their loved one come and serve the United States of America through these very challenging and often very dangerous missions."

Training: Simulator fleet transforms to meet new requirements

Continued from Page A1

of how they can be employed at their home stations," Seitz said.

Students who are exposed to Army simulations while attending courses at the USAACE gain a better understanding of what they can do at home station to support an array of possible missions, according to Seitz.

Recent technology upgrades to the Aviation Combined Arms Tactical Trainer, including Aircraft Survivability Equipment upgrades, improve the fidelity and scope of collective training capabilities.

The AVCATT, which is Aviation's collective training device, can link to the Live, Virtual, Constructive-Integrated Training Environment at home stations to provide interoperability with other training systems to include virtual tank simulators.

Students gain exposure to the AVCATT's home station training capabilities during the Aviation leadership exercise, which is the culminating exercise for student pilots who are earning their Aviator wings.

The AVCATT is used to conduct the capstone exercises for the Aviation Warrant Officer Advanced Course, the Aviation Mission Survivability Officer's Course, and the Aviation Master Gunner's Course.

Development efforts for the AVCATT focus on concurrency – matching the cockpits, including hardware and software, with the current fleet fielded at each home station, according to Seitz.

The Army's Aviation Restructure Initiative is also driving changes to simulation-based support requirements by adding Shadow Unmanned Aircraft Systems to restructured attack reconnaissance troops and squadrons. The plan is for these units to use a combination of AH-64 Apaches and Shadow UAS to conduct missions formerly executed by OH-58D Kiowa Warriors, which are being phased out of the Army's inventory.

USAACE is also developing the Aviation Reconnaissance Leader's Course with UAS simulation integrated throughout each phase of the exercise. The course will be driven by use of the Army's new gaming-based training system, Virtual Battlespace 3, and the AVCATT. Efforts are also under way to make the AVCATT interoperable with the Longbow Crew Trainer and the Universal Mission Simulator, which is the high-fidelity Shadow/Gray Eagle UAS simulator.

The Kiowa aircraft divestiture brought another change to the simulations scene. As Kiowa training is no longer conducted at Fort Rucker, the aircraft and supporting cockpit procedure trainers and flight simulators have been taken out of service.

The ARI includes transition to a replacement helicopter for the TH-67A Creek trainer. The first UH-72A cockpit procedure trainer is now in service at Fort Rucker. The plan is for the new cockpit procedure trainers and simulators to be phased in to support training of instructor pilots initially and later student pilots.

The simulator fleet in Warrior Hall is also being transformed to meet new throughput requirements. The plan is for CH-47D full-motion simulators to be replaced by more CH-47Fs, since the majority of the Army's fleet has been upgraded. As Black Hawk training transitions to a hybrid course with students flying L models and M models, the UH-60A/L full-motion simulators will be replaced by UH-60Ms.

"Over the last fiscal year, USAACE Aviators and student pilots conducted more than 114,000 simulated flight training hours using crew and collective flight simulators," Seitz said.

Simulation support continues to evolve to meet training requirements.

"Using the Army Learning Model Concept, we have developed more interactive training and executed 89 exercises in support of more than 2,400 students during the last year," said Maj. Steven Waldrop, DOS Exercise Branch chief and simulation operations officer.

The goal is to keep Army Aviation on the cutting edge through simulations training.

"We are improving an array of simulation-based exercises to train future leaders to exploit home station training capabilities," Seitz said. "These efforts enable the Aviation Branch to lead the Army in executing innovative simulation-based training."

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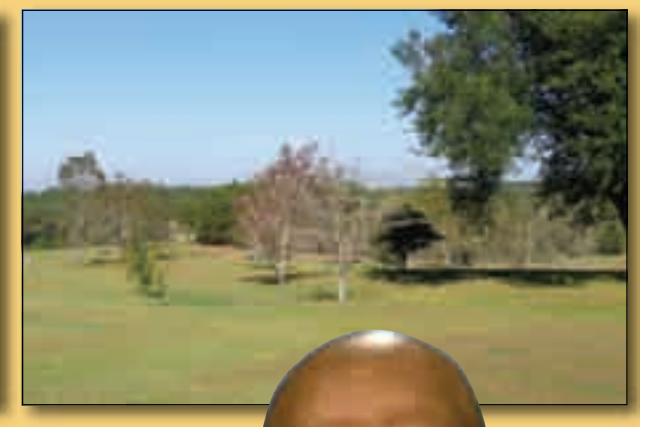

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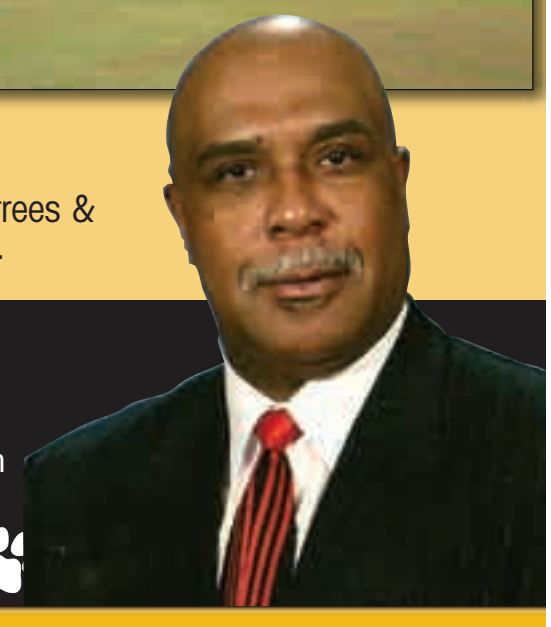

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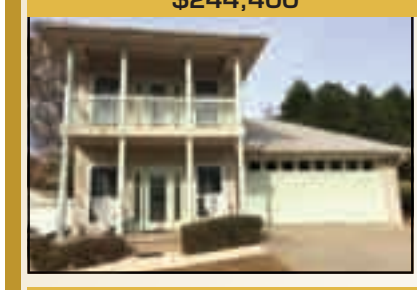
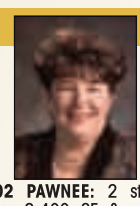

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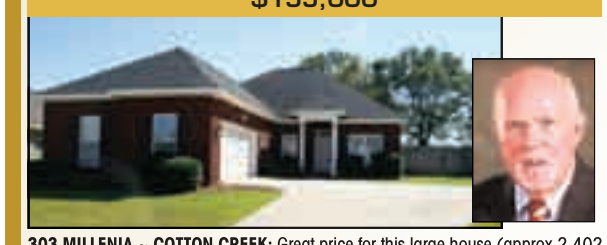

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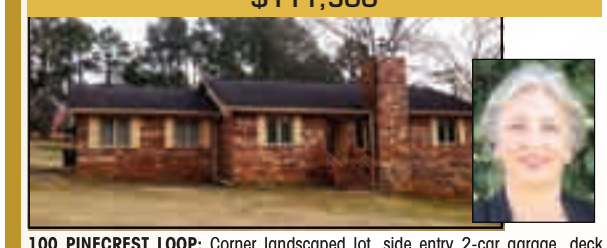

100 PINECREST LOOP: Corner landscaped lot, side entry 2-car garage, deck overlooking fenced yard, crawl space…call now to take a look inside. House with open living area with wood burning fireplace, dining area opening onto deck & split bedrooms. A wonderful home to call your own. **JUDY DUNN 301-5656**

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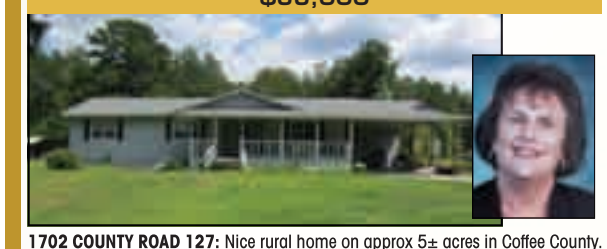

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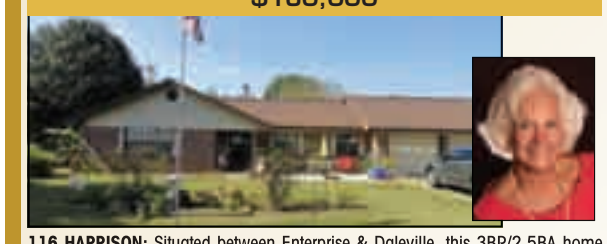

116 HARRISON: Situated between Enterprise & Daleville, this 3BR/2.5BA home features formal & informal areas, as well as, a screened porch & covered deck for outdoor enjoyment. Present owner has chickens, so there is a covered area for the hen houses, as well as a workshop for the do-it-yourselfer. Priced to sell, make your appointment today. **EVELYN HITCH 406-3436**

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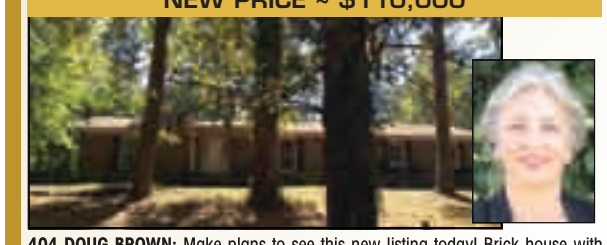

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SERVICE REVIEW

Women in Service Review rollout due January 2016

By Amaani Lyle
Department of Defense News

WASHINGTON — Following the 2013 repeal of the Direct Ground Combat Definition and Assignment Rule, the secretary of defense is scheduled to announce final decisions to integrate remaining closed occupations and any approved exceptions to policy on or about Jan. 1.

Juliet Beyler, the Defense Department's director of Officer and Enlisted Personnel Management, reported "good progress" in the Women in Service Review, which validates all occupational standards to ensure they are operational, relevant and gender-neutral by September.

"Throughout the course of the review of the regulations governing women in the military, we determined that the time had come to do away with the direct ground combat rule and open all positions to women instead," Beyler said.

The goal, she explained, is to expand opportunities to ensure that all service members are eligible to serve in any capacity based on their abilities and qualifications, and to "remove those old gender-based barriers to service that no longer made sense."

When Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey and former Defense Secretary Leon E. Panetta removed the direct combat ground rule in 2013, they realized the need for a deliberate and measured approach to ensure the smoothest transition, Beyler said.

PHOTO BY AUSTRALIAN ARMY WO2 ANDREW HETHERINGTON

First Lt. Audrey Griffith points out an area of interest during a force protection drill to Spc. Heidi Gerke along the perimeter of Forward Operating Base Hadrian in Deh Rawud, Afghanistan, in 2013.

The services, she said, have been conducting various studies in order to review, validate and complete their occupational standards by the fall of 2015.

"We're on track and moving toward that goal," Beyler said.

Since rescission of the definition and rule, Beyler said, the DOD has notified Congress of the integration of about 71,000 positions previously closed to women. This development can positively affect the force by allowing people to serve based on their ability.

"Expanding opportunities to women, to include the 71,000 we've already opened since 2013," Beyler said, "[gives] a wider pool of qualified people so that commanders have greater flexibility … and it'll strengthen the all-volunteer force."

More than 280,000 women have been deployed to Iraq and Afghanistan, including Beyler, who's a two-time combat veteran.

"I like to say that women have been serving in combat since the Revolutionary War, but the 280,000 that we've recently seen deployed have contributed in immeasurable ways," Beyler said.

She said there were various ways in which women were restricted from occupations under the direct ground combat

SEE REVIEW, PAGE B4

PHOTO BY MANFRED MEYER

Soldiers from 12th Combat Aviation Brigade participate in an aircraft confined-spaces training course in December at Ansbach, Germany.

CLOSE QUARTERS

Aircraft confined spaces pose unique safety challenges

By Spc. Alex Skripnichuk
7th Mobile Public Affairs Detachment

ANSBACH, Germany — Thirty-nine members of Team Ansbach participated in an aircraft confined-spaces training course in December at the Urlas Fire Fighting Training Site and inside Hangar 3 at Katterbach Airfield.

A confined space is defined as an area large enough for an employee to enter and perform work, but has limited or restricted means of entry or exit and is not designed for continuous human occupancy. Examples include storage tanks, aircraft fuel cells, crawl spaces, grain and sand bins and silos, pipelines, construction sites, trenches, sewers and tunnels.

Maureen Pikal, an industrial hygienist with the Occupational Health Sciences Portfolio, Public Health Command Region-Europe, facilitated the training. The course was a joint venture among Public Health Command, 12th Combat Aviation Brigade and the U.S. Army Garrison Ansbach Safety Office.

The three-day course covered the principal hazards associated with entering confined spaces, and how to protect workers entering the spaces from engulfment hazards, oxygen enriched or deficient environments, flammable and toxic atmospheres, or other physical or environmental hazards. Trainees learned how to use atmospheric testing equipment and how to properly set up exhaust ventilation systems.

Additionally, members were medically cleared and fit tested for airline respirators.

According to Pikal, confined-space training is required for persons supervising confined-space entry. This includes entrants – employees entering and working within a confined space – and attendants – those tasked with assisting with the entry, but not actually entering themselves. Rescue teams, whether it is an organizational team or the installation fire department, must also be trained on confined-space entry, she added.

"Working on aircraft is not without

SEE CLOSE, PAGE B4

PHOTO BY SPC. RASHENE MINCY

Soldiers assigned to B Co., 2nd Bn., 501st Avn. Regt., 1st AD, TF Iron Knights from Fort Bliss, Texas, fuel a UH-60 Black Hawk from their CH-47 Chinook in Tappita, Liberia, in December. The team of crew chiefs set up a forward arming refueling point from their CH-47 Chinook to ensure the commander of Joint Forces Command – United Assistance and crew made it to Ebola treatment unit sites throughout Liberia. United Assistance is a Department of Defense operation in Liberia to provide logistics, training and engineering support to U.S. Agency for International Development-led efforts to contain the Ebola virus outbreak in western Africa.

Army researchers discuss Aviation initiatives

By T'Jae Ellis
U.S. Army Research Laboratory Public Affairs

ABERDEEN PROVING GROUND, Md. — Army researchers and engineers gathered at Redstone Arsenal, Alabama, Jan. 14 to Friday to discuss research initiatives and focus on closing technology gaps on futuristic Aviation-sustainment concepts that could forever change Army Aviation – from air-vehicle design to usage and maintenance and real-time mission planning.

The U.S. Army Research Laboratory has partnered with the U.S. Army Aviation and Missile Research, Development and Engineering Center, to organize the Zero-Maintenance/Fatigue-Free Workshop to "foster collaboration and transition from basic and applied science and technology to higher levels of research, development, test, and evaluation over the mid-2017 to 2021 and far-term, 2021 to 2030," said Dy Le, the mechanics division chief at ARL.

"In Huntsville, industry and academia will continue to assess technology gaps, identify science and technology research needs, and formulate roadmaps and potential collaborations to support the Army Aviation-sustainment goal of achieving near- or zero maintenance for future vertical-lift aircraft," said Le. "Additionally, attendees will also continue to assess ARL's Virtual Risk-informed Agile Maneuver Sustainment framework/architecture, and its program-focus areas to solidify research strategies and initiatives to make this concept a reality."

PHOTO BY SGT. DUNCAN BRENNAN

Soldiers like Spc. David Roberts, air-traffic controller with the 101st Airborne Division (Air Assault), and his counterparts in maintenance, could benefit from Army Research Laboratory technology by acquiring better, more relevant, and more immediate information about their systems' health and capabilities.

Le is the ARL sustainment focus lead, supporting the ARL Sciences for Maneuver-Logistics and Sustainment focus.

The event was a follow-on workshop to an August meeting hosted by ARL at Aberdeen Proving Ground. Attendees expected to refine taxonomies, or basically how to group things together, such as required capabilities, technology gaps, and metrics. The workshop also fostered collaboration strategies and established integrated product teams.

Focus areas in the workshop included design methods and standards, including additive manufacturing, predictive health and monitoring data-analysis damage precursors, maintenance processes – VRAMS, and material genome self-healing.

ARL's VRAMS is being designed to enable an integrated capability embedded within vehicles (ground, air and autonomous systems) and other materiel to automatically gauge changes in their functional state, assess that functionality in the context of upcoming or even ongoing missions, and react accordingly to achieve mission requirements

SEE AVIATION, PAGE B4

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OPENING DATE:
January 15th, 2015
CLOSING DATE:
January 29nd, 2015

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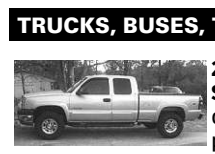
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Review: More positions to open throughout next year

Continued from Page B1

rule, primarily preclusion from assignments to combat units below the brigade level.

"But there were other restrictions, such as for physical requirements or positions associated with special operations or long-range reconnaissance," she added. "We are reviewing all of the occupational standards."

The services, she said, "are expending a good amount of their time on those 100-percent closed occupations."

Historically, the department had opened positions by exception, but it now has acknowledged it would make more sense to "flip the presumption," Beyler said, so that all positions will be open to women unless there's a reason that they should be closed.

Guidance to the services and to U.S. Special Operations Command includes a provision in which a military department secretary or service chief can request an exception to policy to keep a position closed, Beyler said.

"But any exception is going to have to be rigorously justified and will have to be based on the knowledge, skills and abilities required to perform the duties of the position," she said.

Regarding assignments, training, and accessions, Beyler said those elements have been and will continue to be service responsibilities.

As defense secretary, Panetta directed each of the services and SOCOM to develop individual implementation plans tailored to their unique requirements, she said.

"As we have with the positions we've already opened and the ones that we'll continue to open throughout the next year and beyond," Beyler said, "each service will use the regular accession and training assignment pipelines and timelines that they've always used."

The process of opening more military occupations to women is about maintaining the all-volunteer force and readiness, Beyler said.

"More than 90 percent of our occupations are already open to women and 15 percent of our forces are women," she said. "By removing these antiquated gender-based barriers to service, it can only strengthen the all-volunteer force and allow people to serve based on their ability and their qualifications."

Close: Training prepares Soldiers for emergency scenarios

Continued from Page B1

challenges," said CW2 Samuel Rodriguez, Aviation safety officer with the 412th Aviation Support Battalion, 12th CAB. "For aircraft mechanics, entry into confined spaces is a part of the job. But entering fuel cells presents a set of challenges unlike most others.

"The normal safety hazards associated with aircraft maintenance are complicated by the limited space in which to work, but the most serious threat to the health and safety of the mechanics comes from atmospheric hazards," he added. "Poor ventilation can cause the atmosphere to be life-threatening. Explosive and toxic gases or a lack of oxygen cause the majority of confined-space injuries and can be fatal."

Inae Thorner, occupational health nurse for USAG Ansbach and Public Health Command-Europe, was on site to medically clear the course participants for the wear of respirators.

"Respirators can make breathing more difficult – not everyone is able to wear a respirator," Thorner said. "Some conditions that could prevent a person from using a respirator include heart conditions, lung disease and psychological conditions like claustrophobia. Before Soldiers, civilian employees or host-nation employees use a respirator or are fit tested, they must be evaluated to determine whether they are medically able to wear a respirator."

Once medically cleared, the installation industrial hygienist and USAG Ansbach Safety Office fit tested the class participants for airline respirators.

"A respirator can't protect you if it doesn't fit your face," said Manfred Meyer, safety specialist with the USAG Ansbach Safety Office. "It's that simple. Certain respirators, known as tight-fitting respirators, must form a tight seal around your face to work properly. If the respirator doesn't fit your face properly, contaminated air can leak into the respirator and you could breathe in hazardous substances. So, before wearing a tight-fitting respirator at work, all Army personnel must be fit tested. Fit testing ensures the respirator properly fits and protects you from breathing dangerous substances, as long as you use it correctly."

"Although the aircraft confined-space course focuses principally on entering fuel cells, the information provided in the course applies to any confined space," said EJ Singleton, USAG Ansbach safety manager. "With proper training, personnel required to enter any confined space can recognize and mitigate potential hazards. Preplanning, sampling, preparation, proper equipment; personal protective clothing and equipment; and a fully trained and ready rescue team are all key elements when it comes to confined-space entry."

"The interactive classroom training class kept us engaged in the learning process, and the hands-on exercises really drove the need for the training home," Sean Gausnell, industrial hygienist with USAG Ansbach and Public Health Command-Europe. "When it comes to confined spaces, don't take chances. Supervisors must protect their personnel by giving them the training that can save their lives."

Aviation: Technology aims to detect, repair damage early

Continued from Page B1

by the year 2040, according to ARL's Sciences for Maneuver Campaign.

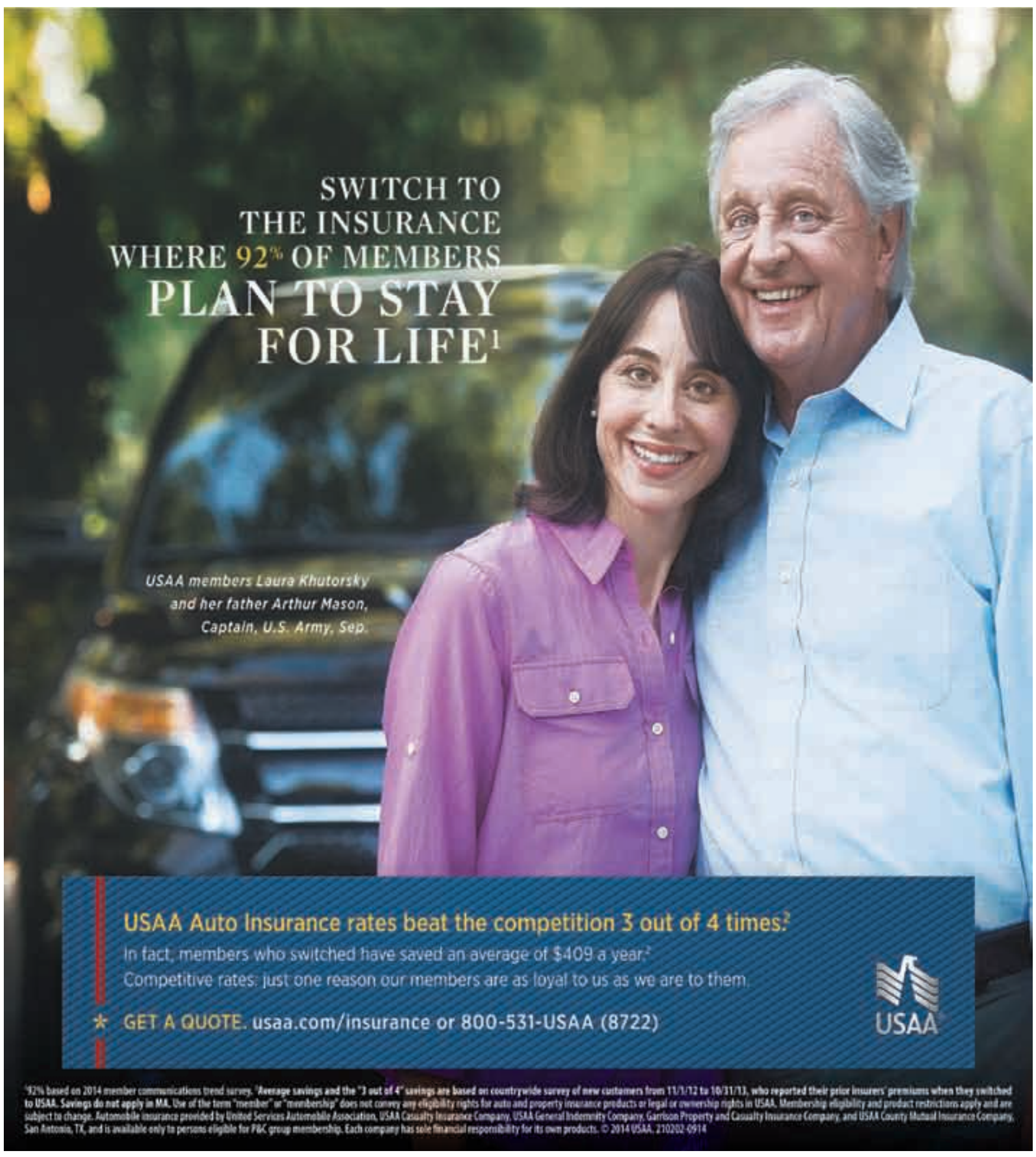
Le said the program would also increase materiel availability, and reduce life-cycle costs of vehicle platforms and their relevant systems and components substantially.

Commanders, air-traffic controllers and maintenance operators, for starters, could see in real time the performance, health, location and usage of aircraft, for example, anywhere in the world at any time and make the most informed decisions on mission planning, aircraft operational capability, and health of systems and components based on early indications of damage, even at the smallest scales.

Technology ARL envisions that it would signal early damage, like micro-cracks, and would signal the release of self-healing agents like epoxy to repair materials like composites, for example, once this concept becomes reality.

Solutions like these to support the technologies and its potential promises were part of the workshop discussion. VRAMS has garnered strong support from many experts within several Aviation communities, including Air Force Research Laboratory, Naval Air System Command, National Institute of Standard and Technologies, and NASA. The concept is also getting support from industries as well as academia including Acellent Technologies, Inc., Vertical Lift Center of Excellence, United Technology Research Center, Johns Hopkins, Stanford University, and the University of California-Irvine.

"ARL aims to demonstrate the VRAMS proof of concept, transition it to the Aviation communities, including AMRDEC, for technology demonstration, and assist the acquisition community to mature the technology for sustaining Army Future Vertical Lift aircraft in the 2048 timeframe," Le said.



TRANSITION
Soldiers in WTUs receive remote care in communities
Story on Page C3

JANUARY 22, 2015

Employment readiness reveals job hunt essentials

By Mike Kozlowski
Army Community Service
Employment Readiness Manager

It's a brand new year. A year filled with promise and potential … and that special job opportunity that you "get to do," rather than the droll job that "you have to do."

So, with that in mind, in a brand new year with new experiences and hopes on your horizon, why would you want to employ old and boring techniques in your job hunt?

Quite frankly, I am not certain why we tend to resort to habits that are so old school that they are reminiscent of your ancestors' desperate search for employment – any job – during the Great Depression.

Let's talk about résumés for a moment. I know we each have a tendency to use the résumé formats and styles we were taught to use during those wonder-filled vocational research classes we took in high school.

Yup … if you were like me, you were probably filled with wonder back then wondering why you had to open the Occupational Outlook Handbook to research jobs you probably would never find yourself doing in the future and then writing old school résumés that you just wrote to fulfill a class requirement.

And I guess those formats and styles would work for some jobs, which for any number of reasons would not require you to submit a résumé in the first place. However, current trends in the job market, particularly among hiring managers, would lead us to believe we need to employ new targeted and customized strategies. It ain't your parents' résumés any more, baby!

Bob Dylan hit the nail on the head here with his 1964 hit single, "The Times They Are a-Changin.'" You need to understand that there's a new job climate out there in the private sector … and with the federal government to some extent. You need to use a new approach in your job hunt if you ever want to be considered for the job you "get to do." With all of this as a lead in, I thought it would be appropriate to start off the New Year with a peeling back of the onion, so to speak, and answer the most oft-asked questions people have about actively engaging in their job hunts.

JOB HUNT 2015 RESOLUTIONS

I want you to resolve to do the following things during your job hunt in 2015:

I will ...

... ask for help with my résumé and my interviewing skills. The employment readiness program, and other agencies can help you.

... be professional while seeking employment, to include my email address, my social network exposure and even my outgoing voicemail message.

... not set myself up for failure by applying for 100 jobs, 75 of which I am not even remotely qualified. I know that doing so will set me up for frustration and anxiety – two things I need less of in my job hunt!

... utilize good networking strategies to get my name out there among people of influence, especially those who work for the companies of which I am interested! I understand that resources, such as LinkedIn, Facebook, Twitter, and the good old-fashioned practice of pressing the flesh in networking events, such as job fairs, are opportunities to market my brand with potential employers.

... conduct a series of informational visits with persons of influence at the companies for which I am interested in working. Seeking them out using this non-threatening technique shows off my interest and knowledge of their organization and allows them to place a face with a name … mine.

... work to have a positive attitude during all phases of my job hunt, especially during the interview. I know that nothing ruins a phone call or an in-person interview more than negativity.

... volunteer my time to work for organizations to avoid having gaps on my résumé, to supplement my knowledge base and to be actively engaged in endeavors I consider to be worthwhile!

... actively research those organizations for which I have a desire to work before I submit any résumés to employers or participate in any interview experiences. I know they want to know the value-added I bring to them. What's in it for me? should always be incorporated into my approach, but from their perspective only.

... always follow up when I make a contact or have an interview. I understand that companies want to work with people who are excited about becoming part of their teams. And I will always remember to mail a handwritten "thank you" note after all of my employment-related contacts.

... make job hunting my primary focus, at least five days a week, until I land the job that I "get to do!"

Q: Do I really need to limit my résumé to a one-pager?

A: It depends. I know, I know … don't you hate that answer? It depends on the type of vocational area of your interest or expertise. For example, most entry-level jobs would be satisfied by a simple one-page chronological résumé. In more technical or executive-level jobs, you may be allowed to submit a multi-page functional résumé – three or more pages in length. My general rule of thumb is not to exceed 1 ½ to two pages for the standard résumé.

Please remember Kozlowski's Résumé Law No. 1: Résumés don't get you the job – they are designed to get you the interview. Since the typical human resources executive skims résumés at a six-second pace, your mission – should you decide to accept it – is to force the reader to slow down their reading pace by showing what solutions you are offering to their company, organization, firm, etc., by incorporating the Wow! factor in your document.

Q: How many versions of my résumé do I need?

A: Remembering that one size does not fit all, you need to customize your résumé to the job in which you're interested in applying. Many of my clients have heard my mantra, "There is no such thing as a generic job … so there's no such thing as a generic résumé." OK … so how do you customize your document?

Step 1 – Look at the advertised job description, making note of the key phrases or skills –buzzwords – that indicate the skills the hiring manager looks for in a viable candidate.

Step 2 – Skillfully pepper these words throughout your résumé – many companies still use Applicant Tracking System software to filter résumés for those words.

Step 3 – Qualify and Quantify! Many are stuck in the pattern of describing their responsibilities for each work experience they cite. What are employers interested in reading? They want to know what you have actually accomplished or achieved – your qualifications – backed up by numbers, stats or some other measurement showing you are way above average – quantifying your qualifications.

So avoid starting out with "Responsible for," or using a passive voice. Infuse the Wow! factor into your descriptions by applying power verbs like accelerated, formulated, leveraged, maximized, and so on. Rule of thumb here: Don't go over the top and use words that would not be heard in normal conversations. You can also turn almost anything into an accomplishment by starting a sentence with Recognized, Noted, Praised, or Credited.

Step 4 – Be truthful! Don't embellish your skills just because you believe you'll get the upper hand over other candidates by doing so. You may make it through the human or automated filtering process, but chances are that you'll fail miserably during an interview.

Q: Why should I care about social media when looking for a job?

A: Résumés are no longer one-two pages of paper that are updated only when you're looking for a job. Today's résumés are dynamic portfolios that might encompass several different social media platforms.

SEE ADVICE, PAGE C6

Thrift Savings Plan contribution deadline approaches

By Jeremy Henderson
Army Flier Staff Writer

The New Year marked an important change to the Thrift Savings Plan and deductions could halt for Soldiers unless they log in before Jan. 31.

The Jan. 1 change to myPay requires Soldiers to designate their Roth contributions as a percentage instead of a dollar amount. If they do not log into myPay to comply with the change, the Defense Finance and Accounting Service will not be able to process Roth contributions. Traditional contributions are not affected by the change, since they are already designated as a percentage.

Mike Kozlowski, ACS employment readiness manager, said the change will be a new experience for Soldiers designated TSP contributions.

"In the past, Roth contributions by military service members were designated as actual monetary amounts to be sent to their respective TSP accounts via a myPay request," he said.

According to DFAS, the latest change in designating Roth TSP contributions as pay percentages " . . . is due to pay system improvements that will more fully automate processing and provide better customer service…" to service members.

"For Soldiers, this major procedural change will allow them to designate specific Roth TSP contribution elections by way of their base pay, incentive pay, special pay and bonus pay amounts – which is a huge departure from the current method of designating a specific dollar amount that includes an individual's combined pay elections (basic pay, incentive pay and special pay; and a separate dollar amount election for bonuses)," Kozlowski added.

According to Kozlowski, Soldiers should act now to ensure contributions continue after the Jan. 31 deadline to designate deduction percentages.

"Otherwise, those contributions will stop after January," he said. "I'm a big fan of a disciplined 'outta sight, outta mind' approach to retirement planning. The TSP is a vital component in a Soldier's retirement savings strategy. As such, having Roth contributions set up by way of a pay allotment is the way to keep dollars flowing into your retirement fund 'gas tank.'

"Practically speaking, this means that you learn to live on a discretionary income while taking comfort in the fact that your retirement plan is being funded and managed for you on 'autopilot,'" he added. "These Roth TSP contribution dollars fuel the various TSP index funds you've selected to keep your retirement savings running at a pace that mirrors your risk tolerance. Disrupting that flow could reduce the amount available for withdrawal when you reach retirement age (59 ½ years of age at the earliest) and could have an adverse impact on your hoped-for retirement lifestyle."

Kozlowski said it can be tricky to determine what percentage accurately represents a previous dollar amount.

"Calculating a percentage of your net pay for Roth contributions is not as easy as one may be led to believe," he said. "Many personal finance experts favor setting a goal of 15 percent for all of your retirement savings. This includes retirement plans/arrangements such as IRAs, 401ks and other corporate qualified plans.

"The folks at the Thrift Savings Board understand the complexities in calculating this Roth TSP contribution percentage," he added. "That's why they have made available a handy worksheet for Roth contributions, along with a similar worksheet if you are making traditional TSP contributions (from your gross pay)."

The links to these worksheets are located at http://www.dfas.mil/militarymembers/tspformilitary/tspac.html.

Soldiers who have additional questions about the process of changed deductions from dollar amounts to percentages or about securing their financial future need only make a phone call, Kozlowski said.

"Don't hesitate to contact one of the financial counselors at ACS's Financial Readiness Program," he said. "You can schedule an appointment by going to our website and sending us an email requesting an appointment.

For more information, visit http://www.ftruckermwr.com/acs/financial-readiness-program/ or call 255-9631 or 255-2594.

On Post

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

PHOTO BY NATHAN PFAU

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.

Comedy Live

Comedy Live at Rucker returns to the post Friday 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 cost $16. 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 Friday. The facility will offer drink specials from 5-7 p.m. For more information, call 503-0396.

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.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Feb. 5. 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.

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.

Resilient Couples training

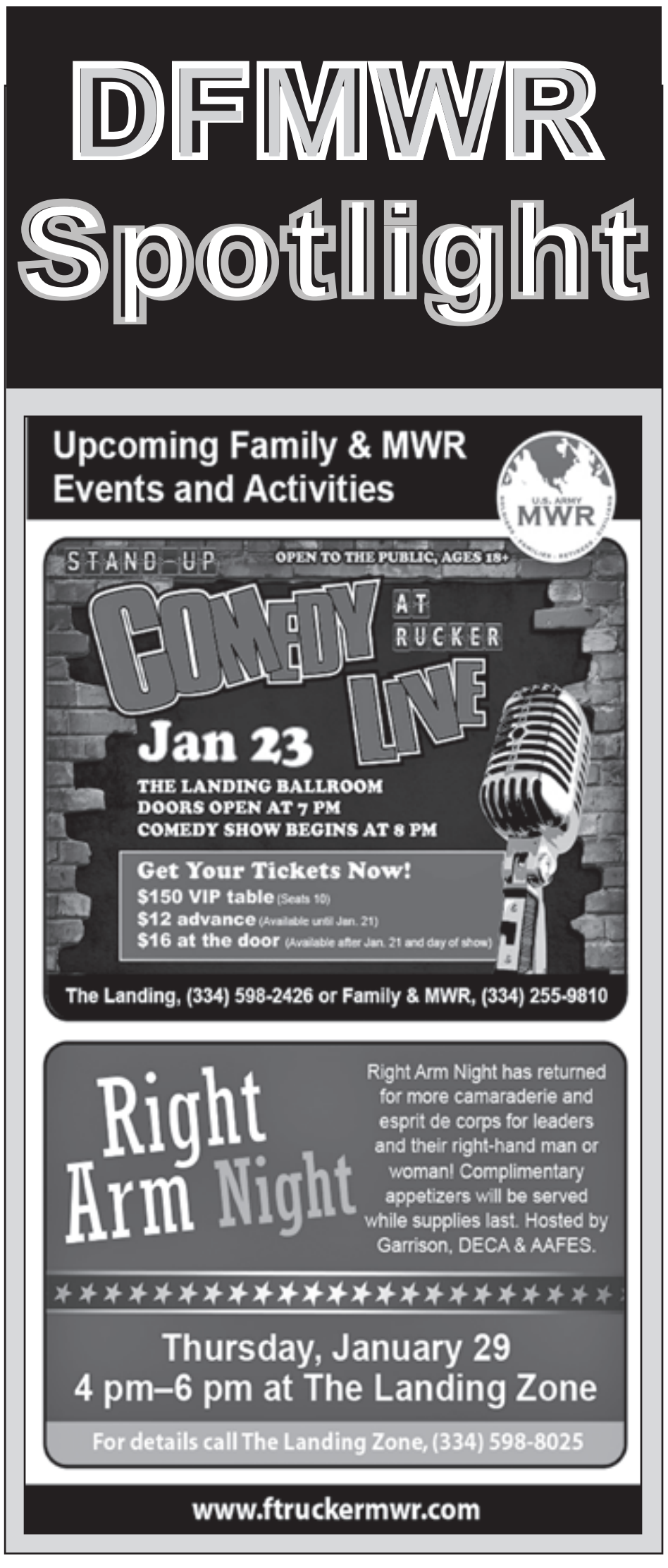
Army Community Service will host Resilient Couples training Feb. 10 from 5:30–8:30 p.m. at the Spiritual Life Chapel. The training will teach people the skills that will help make couples resilient. People need to sign up by Feb. 9.

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

Valentine craft activity

The Center Library will host a Valentine craft activity Feb. 10 from 3:30–4:30 p.m. for children ages 3–11. Light refreshments will be served. Space is limited to the first 65 children to register. The event is open to authorized patrons.

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



FORT RUCKER Movie Schedule for Jan. 22 - 25

Thursday, Jan. 22

Top Five (R) ..... *7 p.m.*

Friday, Jan. 23

The Hobbit: The Battle of the Five Armies (PG-13) ..... *7 & 10 p.m.*

Saturday, Jan. 24

Night at the Museum: Secret of the Tomb (PG) ..... *4 & 7 p.m.*

Sunday, Jan. 25

The Imitation Game (PG-13) ..... *4 p.m.*

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

Soldiers in WTUs receive remote care

By David Vergun
Army News Service

WASHINGTON — Active, Guard and Reserve Soldiers assigned to warrior transition units, which may be hundreds of miles from where they live, now have access to community-based, outpatient care and services in their hometowns.

The Army recently stood up 11 community care units spread across the country and will add another one in the coming months, said Brig. Gen. David Bishop, commander of Warrior Transition Command and the Army's assistant surgeon general for warrior care and transition. CCUs fall under his command.

CCUs provide command and medical management assistance to Soldiers as they navigate the Army's medical treatment system to successfully reintegrate back into the force or transition from the Army, Sgt. 1st Class Michael Miller said.

Miller, the CCU platoon sergeant at Fort Carson, Colorado, explained that while Soldiers can remain at home throughout their recovery process, there may be an occasion when a visit to the installation will be beneficial to them, so about once a quarter, they attend a week-long Soldier readiness review.

For instance, this week, six Soldiers in the CCU who live in remote areas of Colorado, Utah and Nevada, attended a number of SRR events at the installation that, he said, will better prepare them to recover from their wounds, injuries or illness and then either remain in the Army or transition to civilian life. It was the first of its kind at Fort Carson since the CCU there was stood up in September.

ARMY PHOTOS

During a snake exercise, all team members except for the last person are blind folded. Without speaking, the last person in the group must guide the snake and most importantly, the person at the head, to pick up an item off of the ground and then direct them to a bucket.

Team building

The Soldiers took part in a number of team-building exercises, including sitting volleyball and wheelchair basketball.

Although none of the six are amputees, the adaptive reconditioning activities helped them to better realize that people with very severe disabilities can still function at a variety of motor-skill tasks after rehabilitation, Miller said.

"It was a bit intimidating at first, but was actually a lot of fun. We can now see how [amputees] can participate in sports they love," said Staff Sgt. Lynda Santiago, a CCU member from the Colorado Army National Guard, who lives in Evans, about a hundred miles north of Fort Carson.

She added that the exercises helped bond the six and also helped them build confidence.

Throughout the team-building exercises, Miller said he saw the Soldiers developing "trust, cohesion and empathizing with each other."

Although Miller himself was never wounded or injured during a tour in Iraq, the infantryman said he has friends who were and that he realizes it could have easily been him.

He added that he's glad to have the opportunity to help his fellow Soldiers through their recovery process, having seen first-hand some of the traumatic events Soldiers encounter.

Personal connections

Kelly O'Brien, a master resilience trainer-performance expert with the Comprehensive Soldier and Family Fitness Training Center at Fort Carson, taught the Soldiers resilience skills designed to build connections and improve communications with others. An Army chaplain at the Fort Carson Warrior Transition Battalion also participated in the workshop.

The group began with an activity designed to build better personal connections with others.

Small groups used toothpaste to draw an abstract illustration that had some sort of meaning to them, O'Brien said, explaining that it wasn't really important what they drew. Once they finished, they were asked to scrape up all the toothpaste and put it back in the tube.

They succeeded in putting most of it back, she said, but there were traces of toothpaste left behind on the paper that remained.

The moral, she said, is that "the words that come out of our mouths are so critical and so important to interpersonal connections. The words can absolutely enhance [that communication] or they can be very detrimental. Words, like toothpaste, come out easily, but the words, like the toothpaste, are very hard to take back. Even if you succeed, it's going to leave a mark."

One skill O'Brien taught was active constructive responding. ACR addresses how a person responds when someone brings them good news. How a person responds to another profoundly affects their relationship, she explained.

Participants were asked to write down key people in their lives, such as family members or other Soldiers and so on. The participants were then instructed to write down how they'd respond to certain remarks by those key people. For example, she said one woman shared how she often responds to her mother in ways detrimental to positive communications.

Ways to better respond correctly were discussed, O'Brien said, adding that people might not always be aware of negative responses they give, even when good news is received.

An example of what she termed a "conversation hijacker" might be if a loved one suggests a vacation to Hawaii and the other person responds with something that's totally unrelated.

Or, the response might be "that's too expensive," or "it takes so long to get there." She termed these "joy thief" responses.

Another example might be not actively listening to key people, she said. When that key person perceives his or her message going through one ear and out the other, the person feels that message and perhaps that relationship is not very important and disengagement occurs.

The ACR optimal response would be to show genuine interest in listening, and following up with positive responses and questions, she said. This allows the key person to relive the experience and linger in the positive emotion.

"Hunt the good stuff" was another skill, she said. This involved taking the opportunity to reflect on and look for all the good stuff that's happening in one's life. This activity needs to be done on a daily basis and practiced for it to kick in as an automatic habit.

"We know the bad stuff is going to find us," O'Brien said, "and being able to look for what's good, no matter how big or small it is, helps build optimistic thinking."

She termed this looking for the "silver lining" in a situation.

It could be as small as someone bringing you a coffee, she said, or the sun finally came out after a week of miserable weather, or you hit every green light coming in.

"Really, any positive experience, and you sometimes really have to hunt for them on bad days," O'Brien added.

Once hunting the good becomes habitual, a lot of positive things happen to the person, physically, mentally and emotionally – better sleep, greater life satisfaction, increased optimism, and better relationships.

"Our grandparents told us to 'count our blessings,'" she said. "Now, science has caught up with grandma."

A family affair

The six Soldiers participating in the CCU event at Fort Carson were given the opportunity to bring their families with them to the various activities, employment workshops, as well as their medical appointments.

Santiago brought her husband and mother to Fort Carson and said the experience gave them a better understanding of the support wounded warriors need.

For example, she said they learned how many with post-traumatic stress disorder can become mentally and physically detached from others and their environment. The detachment results from Soldiers feeling that others don't understand what they're going through and they withdraw.

Family members, friends and other Soldiers are encouraged to try and get people with PTSD out of their rooms and incorporate them into activities and reassure them that they are valued and appreciated, Santiago said.

As for Santiago's future, she plans to finish a college certificate program in industrial oil and gas processes and start a small company with her husband relating to environmental compliance.

Staff Sgt. Lynda Santiago, a community care unit Soldier, and Malik Pitts, son of CCU commander Capt. Jennae Pitts, illustrate the strength of their team members by crafting muscles out of toothpaste. Once the artwork is done, participants will be instructed to put the toothpaste back into the tube.

The employment portion of CCU's transition assistance was very helpful for her future plans, she said, adding that it helped others as well, some of whom were offered civilian employment internships while they were still in the Army going through the recovery process.

"I'm really thankful they have programs like this," Santiago said. "I know that they didn't have these kinds of things in the past. Soldiers come into the Army 17 or 18 years old and don't have a clue about what civilian life will be like. This gives them the skills and training they need to know what to do. I'm just thankful for the program."

Alabama: a storied history

Alabama Tourism Department
Press Release

To discover the story of our great state and its people, you don't have to look too hard.

Alabama is awash in landmarks, museums and historic sites that offer an unparalleled, highly personal look at events that shaped the nation. The birthplace of Helen Keller, the turning points of the Civil Rights Movement, the battlegrounds that determined the fate of America – each place documents the trials and triumphs of our past.

From antebellum architecture to Native American mounds, there are stories to be told all across the state.

Museums

Whether you're looking to hear the whistle of an old steam engine racing down the tracks or wanting to visit a reconstructed Native American village, you'll find it all in Alabama. Our diverse museums chronicle natural history, the struggle for civil rights, art from across the centuries and many other topics that could keep history buffs busy for years.

No visit to Alabama is complete without stopping by one or more of the state's many civil rights museums and sites, which provide a perspective on U.S. history that can't be found anywhere else.

Equally fascinating are the state's amazing collections of regional art and artifacts, such as the Birmingham Museum of Art, Auburn's Jule Collins Smith Museum of Fine Art and the Montgomery Museum of Fine Arts.

For a different spin on history, visit Calera's Heart of Dixie Railroad Museum, which preserves, restores and operates railway equipment significant to the history of not just Alabama, but the entire nation. Or visit the Alabama Department of Archives and History in Montgomery to research government archives, private historical records and family genealogy. The oldest state-funded archives in the United States, the department's museum boasts historical artifacts, rotating exhibits and hands-on galleries for kids.

PHOTO COURTESY OF ALABAMA TOURISM DEPARTMENT

The living-history program at Fort Morgan highlights life at the fort during the four wars it serviced: the Civil War, the Spanish-American War, and World Wars I and II.

Explore Alabama's rich Native American history at the Indian Mound & Museum in Florence. The largest domiciliary mound in the Tennessee Valley, it houses a large collection of Native American relics found in the area, with chronological displays and explanations of artifacts.

In Fort Mitchell, check out the Chattahoochee Indian Heritage Center. Journey to Moulton for the Oakville Indian Mounds Education Center or to Moundville Archaeological Park near Tuscaloosa. Horseshoe Bend National Military Park, located near Dadeville, is where General Andrew Jackson defeated Chief Menawa and the Upper or Red Stick Creeks in 1814.

Historic homes

From sprawling plantation houses to humble cabins where legends were born, Alabama's historic homes also have much to share.

In the luxurious estates that predate the Civil War, voices from years past echo among the gleaming hardwood floors, stately Corinthian columns and ornate furnishings.

In the Gulf Coast region, discover Mobile's well-preserved homes, from the Italianate style of the Richards-DAR House to the Creole cottage-style farmhouse of the Carlen House Museum. Head to Clayton in the River Heritage region and visit the Octagon House, the only antebellum example of octagon-style architecture remaining in the state.

In Tuskegee, pay tribute to Booker T. Washington and Tuskegee University at The Oaks. The 1899 home was built by students and faculty with bricks made by the students. Or walk in the steps of courage at Ivy Green in Tuscumbia, where Helen Keller was born. Built in 1820, the site hosts a performance of The Miracle Worker each summer to retell her remarkable story.

Civil War sites

From the telegram ordering the first shots at Fort Sumter to the last major battle of that bitter conflict, Alabama played pivotal roles in America's Civil War saga.

After Abraham Lincoln was elected President of the United States, delegates from Southern states that had seceded met in the Alabama State Capitol in February 1861. Within a few days, they had written a constitution to create the Confederate States of America and elected Jefferson Davis of Mississippi its president. You can stand on the spot where Davis received the oath of office and tour the restored Capitol, as well as the First White House of the Confederacy across the street.

The most significant naval action of the war occurred in Mobile Bay, the only Southern port still open in 1864. Tour Fort Morgan near Gulf Shores and Fort Gaines on Dauphin Island, where Union Admiral David Farragut gave his famous "Damn the torpedoes" order that led his fleet to victory.

East of Clanton, the 103-acre Confederate Memorial Park began as the only home for Confederate veterans. Today, you can see uniforms, weapons and graves, and learn about the old soldiers who spent their lives there. Some 18 re-enactments take place annually across the state.

The "Alabama Civil War Trail" brochure, available at any Alabama Welcome Center, has listings for dozens of museums, cemeteries and battlefield sites.

For more information and links to the topics in this article, point your Web browser to http://www.alabama.travel/things-to-do/history-culture.

WIREGRASS COMMUNITY CALENDAR

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

ANDALUSIA

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

DALEVILLE

ONGOING — Veterans of Foreign Wars Post 6020 Franchise J. Ballard Post membership meetings are at the post headquarters on State Road 84 every third Thursday of the month at 7 p.m. Breakfast is served Sundays, and games and 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.

DOTHAN

JAN. 24 — Landmark Park will host Dr. Gary Manfready, a professor at Troy and a member of the North American Bluebird Society, who will conduct a Bluebird workshop at 10 a.m. in the Interpretive Center Auditorium. The program is free with paid gate admission. Regular park admission is $4 for adults, $3 for children and free for members. Registration is required and people should call the park at 794-3452 to register.

JAN. 31 — Landmark Park will host Fred Basset, licensed hummingbird bander, will conduct a Hummingbird workshop at 10 a.m. in the Interpretive Center Auditorium. The program is free with paid gate admission. Regular park admission is $4 for adults, $3 for children and free for members. Registration is required and people should call the park at 794-3452 to register.

ENTERPRISE

ONGOING — Reformers Unanimous, a national Christ-centered addictions program headquartered in Rockford, Illinois, is starting a chapter in Enterprise. Faith Baptist Church, 4481 Rucker Boulevard, will host the program Fridays from 7-9 p.m. The program is open to all adults who struggle with an addiction. For more information, call 790-2058.

JAN. 30 — Wayne Keast, Armed Forces Baptist Missions, will speak at Reformers Unanimous at 7 p.m. and preach Feb. 1 at 11 a.m. on the lasting, biblical solution to Post Traumatic Stress Disorder. For more information, call 406-2774 or (904) 305-2244.

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.

OZARK

FEB. 22 — The Lively Stones Ministries Worship Center will host a Black History Month program titled "Past, Present and Future" at 3 p.m.

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

ONGOING — Every Monday through Friday, aerobic classes are open to the public at the Autrey Recreation Center from 8-10 a.m. Call 774-2042 for more information.

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.

Beyond Briefs

Eagle Awareness Weekends

Lake Guntersville State Park invites people to participate in Eagle Awareness Weekends now through Feb. 22 to observe and study the national symbol – the bald eagle.

Eagle Awareness began in 1985 to coincide with the bald eagle restoration in Alabama. Between 1985 and 1991, 91 bald eagles were released throughout the state. Next year marks the 30th anniversary of this family-friendly educational program.

Eagle Awareness Weekends feature live bird demonstrations and programs provided by notable speakers, guided field trips for viewing eagles in their natural habitat, and the natural beauty of the mountains and Lake Guntersville.

For more information, visit http://www.alapark.com/LakeGuntersville/.

Mardi Gras goes to dogs

Apalachicola will host its Mardi Gras Parade Feb. 7 with the theme, Barkaritaville. People are welcome to dress themselves and their dogs in tropical parrot-head costumes and celebrate Mardi Gras Apalach style. People can walk, ride in golf carts, pull wagons, push strollers, or come up with another unique form of transportation. The parade, for the benefit of the Franklin County Animal Shelter and the Apalachicola Dog Park, begins at 1 p.m. at the Bowery and winds through town, ending at Bowery Station, where the party will continue with music, dancing, Cajun food and contests. Registration is $5 per person.

For information or to pre-register, call 850-670-5064.

Free tour at Museum of Alabama

A free daily guided tour will be offered Saturdays to the public at the Museum of Alabama, located at the Alabama Department of Archives and History in Montgomery. This hour-long tour will begin at 1 p.m. and no pre-registration is required. People can join one of the museum's experienced docents as they guide people through Alabama's past, highlighting incredible artifacts, images and documents, and answering questions along the way.

The Museum of Alabama is open Mondays–Saturdays from 8:30 a.m. to 4:30 p.m. Admission is free! For more information, call 242-4364 or visit www.museum.alabama.gov/.

Parents turn to each other for support

By David Vergun
Army News Service

ARMY GRAPHIC

WASHINGTON — Parents of special-needs children often carry a heavy burden and need someone to confide in, said a family life chaplain.

A group of about 25 parents and caretakers meet monthly at the Pentagon to share their feelings, experiences and resources, said Army Chaplain Maj. Don Ehrke, who leads the group, along with Andre Peri, a psychologist.

The group has children of all ages with needs ranging from behavioral and developmental to intellectual and physical. It could be anything from Down syndrome and autism to Asperger syndrome, Ehrke said.

It's a "mutual support system," he explained. They come here and realize they are not the only ones facing these issues.

"They realize 'these are people just like me who have the same problems, same concerns, same worries, same challenges,' and they have this community of people they can rely on for information on what's working for them and what's not working," Ehrke said.

Some people are relatively new to the group and to the experience of raising a special-needs child, he said. "They're just finding out, just beginning to realize they have a challenge. They say, 'I don't know where to go. I don't know how to start.' I believe they found some help here."

Others have been raising a special-needs child for some time and got used to the facilities and support network where they were stationed. Then they got orders to move and don't really know what's available in terms of schools and other things in the area, Ehrke said.

Trust funds came up in the latest discussion, he said.

"How do you plan for your child if you're not going to be here? Who would care for your child if you aren't around," he said, meaning if the parent or caregiver died or became disabled.

Another issue that came up was behavioral in nature.

A woman mentioned how the lighting affects her autistic child, Ehrke said. For instance, going into a restaurant, a light was shining in her child's eyes, so the child had a hat pulled over his head. The child was trying to hide from the public limelight, so to speak.

The problem was, he said, the restaurant had a no-hats policy and the waitress made a scene about the child needing to remove his hat. "Parents live with these kinds of things daily," Ehrke said.

When situations occur over and over again, the "parents can become so burned out constantly worrying about all the little things that affect their kids' lives, that they don't have a chance to care for themselves," he said.

As to his role in the group, Ehrke said, it's mainly being a good listener.

"People who can lead it are those who are really good at listening. Not just hearing what people say, but letting them talk," he explained.

"Although I may have something to say, they learn best from each other because they have insights I never knew existed because they're walking the walk. They feed off each other's comments," he continued.

The Pentagon's program is about three years old. It is funded by the Army Chief of Chaplains Office. Lunch is provided, he said, so participants don't have to choose between lunch and coming.

Ehrke said he is not sure if installations across the Army have similar groups. A possible place to start might be the installation family life chaplain, said an official from the Army's Ready and Resilient program office. If a group is not formed, perhaps the suggestion could be made to start one, the official added.

For information on what Fort Rucker offers parents of special needs children, call Army Community Service's Exceptional Family Member Program at 255-9277.

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Advice: Résumé adjustments could aid employment search

Continued from Page C1

"Social channels are some of the best ways to show potential employers the results and evidence which back up what you say in your application", says Laura Gambler, an HR executive at Jellyfish, a digital marketing agency.

Therefore, you need to care about what you post – or allow others to post on Facebook, for example. What will employers see?

"Those impressive achievements you've made, where you far exceeded people's expectations – they're there, but so are those playful photos you've allowed your friends to post on your page, that make you look like an idiot. They're there, too. And more," said Richard Bolles, author of the classic "What Color Is Your Parachute."

My recommendation: do a clean up. You don't want to send the wrong message about who you are to a prospective employer. If you're looking to stand out in a crowded job market, it's time to think about your résumé as far more than a Word document. Even if you have experience in a conservative sector, like finance or law, featuring a post on an industry-relevant blog on LinkedIn or being a thought leader on Twitter could put you above other applicants.

Q: "OK, I've done what you've advised me to do on my cover letter and résumé … I've sent them in to the employers, but I haven't heard back from them in a while. Now what do I do?

A: Follow up! If you're even a mild sports aficionado like myself, you will understand that the distance a ball gets off of a baseball bat or golf club is not primarily due to the power or force exerted by the batter or golfer. The key, which is stressed from kiddie leagues all the way up to the professional ranks, is the art of the follow-through. Likewise, you need to incorporate this art into your job search.

Don't say to yourself, "Well, I did my part … it's their turn to do theirs," or some nonsense logic similar to that. I would suggest that you pay the employer a visit about a week following the submission of your résumé. If you get an answer like, "We haven't made a hiring decision yet," politely ask them for their permission to check back with them on a specific date in the near future -- say a week to a week-and-a-half. This demonstrates your personal resolve, enthusiasm, and determination, but not in such a way that would communicate impatience and/or frustration on your part.

When you do ask them to save the date, believe me … they will expect you to check in. Be careful about repeated check-ins, however. Giving off the impression of being a pest is a lose-lose proposition – they lose interest in you even though you may be the best qualified for the position and you lose them as a potential employment lead.

Q: Do volunteer efforts on my part help or hurt me?

A: This question comes up with regard to résumés, i.e., "Should I cite my volunteer work on my résumé?" My answer has always been – and always will be – to include volunteer work experiences on résumés, especially when there is a close correlation between that work and the job for which you are currently applying. They tell the hiring manager that you're not allowing a period of unemployment to keep you from being active in other pursuits.

On the contrary, the inclusion of volunteer pursuits communicate two things about yourself. One, volunteering is a practical demonstration of your work ethic and your work passion. Passive people wait around and wait for life to happen to them, while active people go out and do things that ignite their passions – they, in effect, happen to life.

Two, volunteering to do work for an employer for a limited period of time builds experience in the profession of your choice and may even give you the inside track with the employer once a position does become available with the company or organization.

Be sure to contact the Fort Rucker Employment Readiness Program to assist you with your job hunt efforts. You can reach me at michael.d.kozlowski2.civ@mail.milor call 255-2594.

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.

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)

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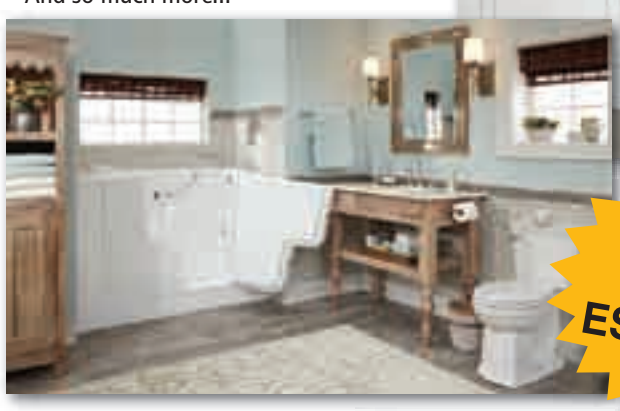

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Story on Page D3

LIFEGUARDS

Course offers chance at summer employment

By Jeremy Henderson
Army Flier Staff Writer

Busy waterways and summer vacation provide the perfect opportunity for seasonal employment, and Fort Rucker offers certification courses to help jumpstart the process.

The sports, fitness and aquatics branch offers lifeguard certification courses beginning in February for anyone interesting in poolside employment during the summer.

Courses are available to anyone age 15 and older. Cost is $125 for military of DOD card holders and $150 for the general public.

"The course is designed to certify participants as an American Red Cross lifeguard, waterfront lifeguard, water park lifeguard," Amanda Orduno, Fort Rucker aquatics manager, said. "It also certifies each individual in CPR/AED administration and first aid. It provides each candidate the basic knowledge in order to prevent injuries in a pool or water front setting as well as the knowledge to provide the appropriate care in case of emergencies."

According to Orduno, participants will be required to pass certain prerequisites the first day before entering the course. Requirements include a non-stop swim of 550 meters, a two-minute tread above water using only legs, dive ring retrieval, and a timed 20-meter retrieval swim.

The course provides the perfect opportunity to earn money during the summer, but it also provides other benefits.

"The course certifies an individual in more than just lifeguarding," Orduno said. "As a certified lifeguard, you become proficient in numerous lifesaving skills that can be utilized outside of a pool setting, such as CPR for infants, children and adults, unconscious chocking, hypothermia and hyperthermia training, recognizing strokes and more.

"However, most importantly, even if you decide to never by employed as a lifeguard, you would be trained to save someone from drowning," she added. "Drowning is the fifth leading cause of accidental deaths in the United States and, unfortunately, most onlookers are helpless to stop it. If you become a lifeguard, you can save a life."

The course provides all the knowledge needed to become a lifeguard, but Orduno said lifeguards will also be tasked with some little-known responsibilities.

"As a lifeguard, you must check water chemistry and ensure the water is balanced correctly, and complete safety checks daily to ensure everything is operating efficiently," she said. "Each lifeguard with the Army, when coming on shift, is required to swim 500 meters in order to stay fit, healthy, and proficient in their swimming abilities."

PHOTO BY JEREMY HENDERSON

Participants practice entering the water with a flotation device during a recent lifeguard certification course.

Lifeguard courses will be held on the following dates and times.

- February 12-16: Thursday from 4–8 p.m., Friday 2-7 p.m., and Saturday through Monday from 8 a.m. until 6 p.m.
- March 6-8, 14-15: Friday from 4-7 p.m., Saturday through Sunday from 8 a.m. until 5 p.m.
- March 30-April 3: 9 a.m. until 5 p.m.
- April 17-19, 25-26: Friday from 4-7 p.m., Saturday and Sunday from 8 a.m. until 5 p.m.
- May 8-10, 16-17: Friday from 4-7 p.m., Saturday and Sunday from 8 a.m. until 5 p.m.
- June 1-5: 9 a.m. until 5 p.m.

Safety is important at all times, especially during crowded summer days at the pool, and Orduno said lifeguard training helps promote a continued practice of safety near open water.

"As a parent, it is always necessary to be the first set of eyes on your child," she said. "Be aware of your child's swimming ability and know your own, as well. Put a lifejacket on your child, if need be, and fit it correctly. If you don't know how to fit one, ask a lifeguard. They are always quick to help.

"If you are not a proficient swimmer, become one," she added. "Take swimming lessons – knowing how to swim can be a lifesaving skill. Another important factor to keep in mind is the weather – southeast Alabama is known for late afternoon storms that can pose a risk to swimmers, so stay out of the pool if a storm is imminent. Swim only when lifeguards are present. The lifeguards are there for your safety, to prevent injury and to respond if an emergency were to arise."

Successful completion of the course could open the door to employment on post, Orduno said.

"Once a lifeguard course is completed and an individual has passed all portions of training, if selected, they can be hired as a lifeguard for Fort Rucker Aquatics," she said. "We hire, for the summer season, upwards of 40 lifeguards to work at numerous seasonal facilities such as: SPLASH, Flynn Pool and the Lake Tholocco swimming area. Lifeguard positions will be open in the spring."

For more information on lifeguard certification or employment with the Aquatics Branch, call 255-9162.

Returned surveys help improve patient health care

By Katherine Rosario
Lyster Army Health Clinic Public Affairs

Shortly after a visit to Lyster Army Health Clinic, the Army Provider Level Satisfaction Survey may appear in people's mail.

Taking a few minutes to fill out the survey will help the clinic's staff understand what it is doing well and where it can improve.

Providing feedback helps clinic officials improve services for its patients, fostering a patient-to-primary-care-manager partnership to continually improve and achieve excellent health care. Listening to patients through surveys helps Lyster officials identify desired and needed new services vital to people's health care, and to sustain and grow the health care facility.

The APLSS also yields financial incentives to Lyster from the Office of the Surgeon General, which are linked to the scores patients give the clinic. Lyster puts the money it receives right back to its patients by hiring more staff, upgrading equipment, adding more medication to the pharmacy and remodeling the building to better suit patients' needs.

For each survey returned, Lyster may receive up to $300 to put back toward patients' health care needs.

These funds are absolutely critical to Lyster's operations and allow the clinic to continue to reach higher in delivering premium health care to its patients.

Currently, about 1,000 surveys are sent out each month; however, only 400-450 are ever filled out and returned. Taking the time to fill out and return the survey allows the OTSG to see Lyster's progress and ensure services delivered to Soldiers and family members, as well as retirees and their Family members, remain exceptional.

People who receive a mailed survey in response to an appointment experience at Lyster should be sure to fill it out and return it. Lyster officials work hard to ensure they exceed patients' health care expectations and earn excellent ratings. The Lyster staff wants to make sure it continually receives patients' feedback. Giving the clinic high marks when it meets or exceeds expectations, or letting officials know where they might improve, goes a long way in maintaining and improving services for patients — Lyster's partners in health.

Performance Triad: New goals help Soldiers improve health

By Ronald W. Wolf
Army Medicine

FALLS CHURCH, Va. – It's time for Soldiers to step it up with the Performance Triad goals. Literally.

During FY 2014, the Performance Triad pilot program was conducted in three separate active-duty battalions. The data from the pilot program provided a picture of the sleep, activity, and nutrition behaviors of Soldiers in the pilot at baseline and throughout the six-month program.

Data collected from the pilot program indicated, however, that some goals needed to be changed for active-duty Soldiers. For example, when surveyed before the pilot program began, 64 percent of Soldiers reported that they were already meeting the activity goals, even before any training or education on the Performance Triad had begun. At the same time, however, only 5 percent of Soldiers were meeting the sleep or nutrition goals.

In short, the sleep and nutrition goals provided Soldiers targets to shoot for – the activity goals were already largely met by most Soldiers. A curious thing happened on the way to the end of the six-month pilot evaluation period – activity levels went backward from exceeding the goals toward only meeting the goals. Soldiers may have unconsciously been reducing their activity to meet the goals they were told to achieve.

ARMY GRAPHIC

The decision was made to update the activity goals for active-duty Soldiers. The updated goals are performance-oriented and based recommendations from professional organizations, including the American College of Sports Medicine, the National Strength and Conditioning Association, and the Army's physical training policy.

Soldiers should incorporate the following new "plus goals" in the Performance Triad to their routine fitness activities.

- To the requirement for 10,000 steps, 5,000 steps have been added – new total is 15,000 steps.
- To the two-three days per week goal of resistance training, Soldiers should add one or more day per week of agility training.
- To the goal of 150 minutes per week of moderate or greater aerobic exercise, Soldiers should add a plus goal of 75 minutes of vigorous exercise.

First, the plus goal of 5,000 steps was added after the average number of steps started to decline. Pilot data showed that Soldiers were achieving, on average 11,000 steps per day, and 296 active minutes per day at the start of the study. However, during the pilot, the number of steps decreased to an average of 9,600 and the number of active minutes decreased to 254.

The original 10,000-step goal was based on walking 10 minutes every waking hour, a number that is easily met by an active-duty Soldier. Soldiers routinely achieve 4,000-5,000 steps during unit physical training, their goal should be to add an additional 10,000 steps during the day to encourage routine activity and discourage sedentary behavior. The goal of 15,000 steps is more in line with the activity levels of an active-duty Soldier.

Second, in addition to the two-three days per week of resistance training, Soldiers should add a plus goal of agility training one day per week or more. Both the ACSM and the National Strength and Conditioning Association recommend activities that include jumping, landing, explosive movements, sprinting, and obstacle and agility courses. This training is shown to help reduce sports injuries, develop load carrying ability, and increase athletic performance. The updated Performance Triad goal for agility training supports this performance requirement.

Third, in addition to the 150 minutes of moderate or greater aerobic exercise, Soldiers should add a plus goal of 75 minutes of vigorous exercise per week. Aerobic activity is classified as moderate or vigorous based on established objective standards by groups such as ACSM and the World Health Organization. These organizations use a 2:1 ratio for comparing moderate to vigorous activity, so one minute of vigorous activity is equivalent to two minutes of moderate activity. Adding this additional goal allows us to provide a recommendation of 300 equivalent minutes of moderate aerobic exercise. From the performance standpoint, vigorous exercise adds improved gains to the individual's fitness level.

It's all about reaching and maintaining peak performance. The plus goals of the Performance Triad will allow you to step up your active role in improving your health and performance and help Army Medicine become a System for Health.

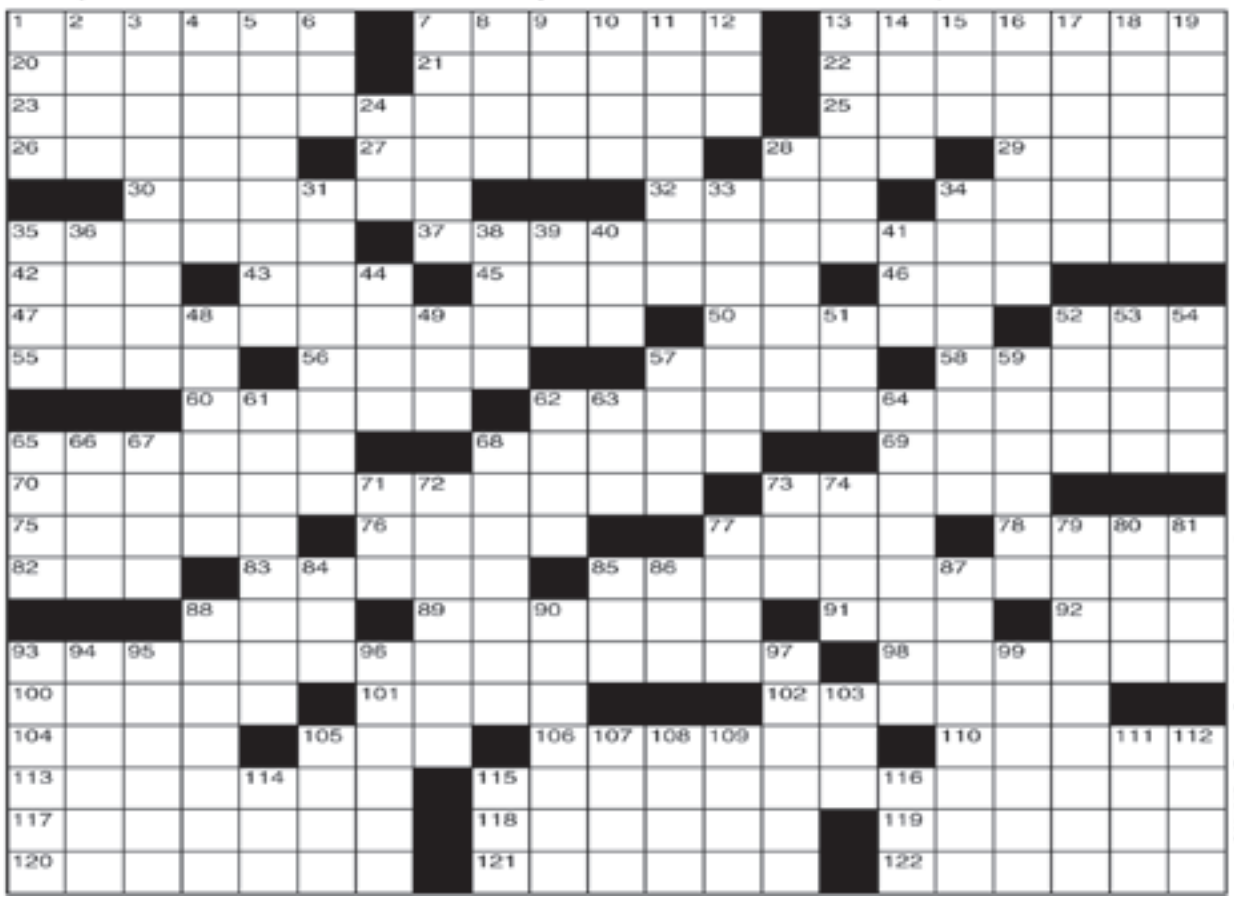
Down Time

Super Crossword

SNAKE HANDLING

ACROSS
1 Appear on the scene
7 Mystery writer Christie
13 Sister of Snow White
20 Canadian dollar coin
21 As well
22 Retired female prof
23 Mischievous snake?
25 Capitol Hill bigwig
26 Bicycle part
27 Like Saturn
28 Ink-filled tool
29 Blend
30 One of the Musketeers
32 Graceful bird
34 Touchy- — (overly emotional)
35 Greets with a head bob
37 What there is when a snake is inside a keg?
42 Sioux tribe member
43 Beatle bride Yoko
45 Golfer Palmer
46 Vienna is its cap.
47 Study of snake vision?
50 Bottom line
52 HP or Dell products
55 Confused
56 Noble act
57 St. Louis Arch architect Saarinen
58 Canoe variety
60 Skeletal axis
62 Snake with a talk show?
65 1980s TV's "Remington —"
68 "Crash" actor Koteas
69 Peaceful
70 Snake's relatives?
73 Arcade game pioneer
75 TV prizes
76 See 81-Down
77 Union foe
78 Billfold filler
82 Org. fining polluters
83 1:50, e.g.
85 Noodles shaped like knotted snakes?
88 Emerald, e.g.
89 Symbol of a team
91 Camera type, for short
92 Frying vessel
93 Thing that hones a snake's skills?
98 Part of TLC
100 Gather up
101 Treater's phrase
102 Sobbing soul
104 Sour
105 Tit-for- —
106 "Pretty nice!"
110 Now being broadcast
113 Living an isolated life
115 Snake's balderdash?
117 Aromatic
118 Gazed
119 "— down the hatches!"
120 "No, No, —" (old musical)
121 Mistake list
122 Broom room

DOWN
1 — unto itself
2 — Hashanah
3 Boxing tactic used by Ali
4 Derives from logic
5 Rule breaker, e.g.
6 Always, to poets
7 On the line
8 Hired hood
9 Snug as —
10 "It Had — You"
11 Sticks with, as a belief
12 Nibbled away
13 Transmit again
14 Boding sign
15 Sun Yat- —
16 Pencil tops
17 John of "Three's Company"
18 Star, to Pierre
19 Baseballer Strawberry
24 Prefix with cycle
28 Infamous box opener
31 Lyric poems sung by single voices
33 Newswoman Barbara
34 "As I Lay Dying" novelist
35 Star burst
36 Big elevator producer
38 Incursion
39 Curve part
40 Connections
41 Lamb's call
44 Frank
48 Pass gingerly
49 Golf ball supporter
51 Pull along
52 Funeral pile
53 French city on the Orne
54 — terrier (dog breed)
57 Internet auction site
59 Ghana's land
61 Wall coatings
62 Film snippet
63 Petroleum
64 Actress Huppert
65 "Peter Pan" pirate
66 Pack down tightly
67 Actress Stone
68 Where some very big birds are raised
71 Goldfish part
72 Superhero insect
73 Put-on
74 Mai — (rum drinks)
77 Surfeit
79 Hopefuls
80 Jazzman Kenton
81 With 76-Across, quit, informally
84 "Jimmy" has two
85 Pre-A.D. abbr.
86 Suffix with ball or bass
87 Suggestion
88 Body signal
90 Unthrifty type
93 Mete (out)
94 Actress Seyfried
95 30-year late-night host
96 Raspy
97 Kigali's land
99 Rome's Via —
103 Tokyo, once
105 Tightly strung
107 Polish river
108 Prefix with byte
109 Boone of baseball
111 "Gotcha"
112 Pay to live in
114 Filming locale
115 Pal of Tarzan
116 "Go On" network



See Page D4 for this week's answers.

TRIVIA

Trivia test by Fifi Rodriguez

1. LITERATURE: What is Hagrid's first name in the Harry Potter book series?
2. HISTORY: In what modern-day country did the ancient Etruscan civilization once thrive?
3. U.S. STATES: What is the state capital of New Hampshire?
4. U.S. PRESIDENTS: Where was President Lyndon Johnson sworn into office?
5. MOVIES: What was the name of Roy Hobbs' baseball bat in "The Natural"?
6. ANIMAL KINGDOM: What kind of animals would a cryptozoologist study?
7. MYTHOLOGY: Who was Castor's twin brother?
8. INVENTIONS: Who is credited with inventing blue jeans?
9. TELEVISION: In what sitcom series was the character of Frasier Crane introduced?
10. WORLD GEOGRAPHY: What is the capital of Portugal?

See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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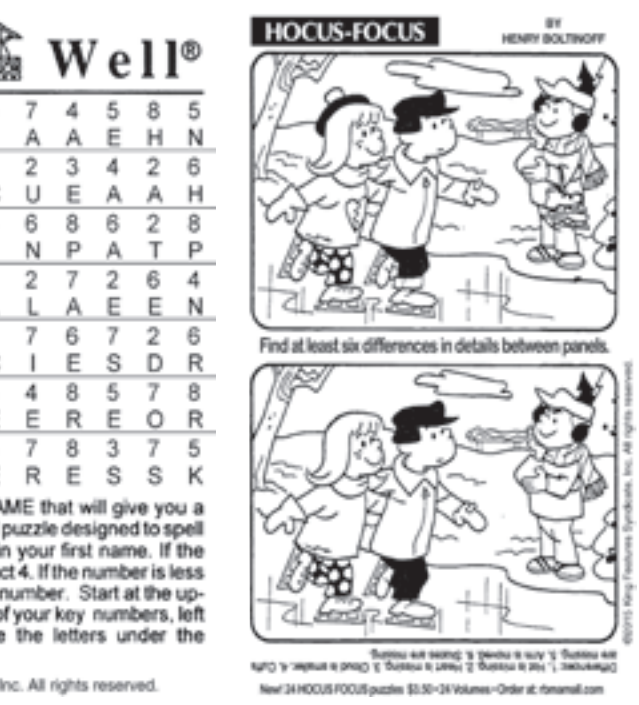
See Page D4 for this week's answers.

Kid's Corner



TRICARE patients must attest to coverage

By Terri Moon Cronk
Department of Defense News

WASHINGTON – As tax season begins, Defense Department officials want to remind TRICARE beneficiaries of changes in the tax laws, which require all Americans to have health care insurance or potentially pay a tax penalty.

For the first time since the Affordable Care Act passed in 2010, all U.S. citizens, including service members, military retirees and their family members, must report health care coverage on their 2014 taxes, said Mark Ellis, a Defense Health Agency health care operations program analyst.

For this year only, taxpayers will "self-attest" on their 2014 tax forms to each month in which they had health care coverage, he said.

The act mandates that health care must meet minimum essential coverage, and TRICARE coverage meets that criteria for the majority of service members and their families, Ellis said.

TRICARE Prime, TRICARE Standard, TRICARE for Life, TRICARE Overseas, TRICARE Remote and the Uniformed Services Family Health Plan meet the minimum essential coverage, he added. When purchased, premium-based plan such as TRICARE Reserve Select or TRICARE Retired Reserve also fulfill the act's requirements.

Uniformed service members who have questions about TRICARE, the act and the individual coverage mandate can visit the TRICARE website to download a fact sheet on TRICARE and the act, with TRICARE plans compared to minimum essential coverage, Ellis said.

Military beneficiaries that are solely eligible for care in military hospitals and clinics, for example, parents and parents-in-law, have an automatic exemption from the tax penalty for tax year 2014 only.

The TRICARE and ACA fact sheet is available at http://www.tricare.mil/~/media/Files/TRICARE/Publications/FactSheets/ACA_FS.pdf.

The site also has suggestions for those who need to purchase coverage to meet the act's minimum requirements, he noted. That could include retired reservists, Selected Reserve members, young adults up to age 26 and those who leave military service but need transitional coverage, Ellis said.

TRICARE beneficiaries with tax questions should contact the Internal Revenue Service or their tax advisers, he emphasized.

"The experts there can help them," Ellis said.

United Assistance service members stick to standards

By Spc. Caitlyn Byrne
Joint Forces Command - United Assistance
Public Affairs

MONROVIA, Liberia – Whether they are learning new techniques to stay mentally resilient, exercising to stay physically strong, or washing their hands and applying hand sanitizer to prevent illness, service members deployed under Joint Forces Command - United Assistance in Monrovia are always taking steps to stay healthy.

It is imperative that service members maintain a high level of health and physical well being so that in turn, they can provide the optimum amount of aid to the people and government of Liberia, according to JFC-UA leadership.

Capt. Tyler Mark, force health protection officer for the JFC-UA surgeon cell, 101st Airborne Division (Air Assault), said that Soldiers deployed for JFC-UA are keeping up with their personal health practice requirements, such as frequent hand washing and temperature checks.

"We have multiple checks and balances in place to ensure that Soldiers are staying healthy," said Mark, a Kenosha, Wisconsin, native. "We've found that one of the most effective methods to have Soldiers comply with health standards is command influence, where if the commanding general says that his No. 1 priority is health protection, Soldiers are even more likely to listen and follow instruction."

But Mark said that command influence is more of an assurance than a necessity. Soldiers are more than willing to maintain proper health protection practices on their own, using the multiple bleach buckets located outside community buildings, washing their hands frequently, using hand sanitizer, carrying their required personal protection equipment and performing temperature checks twice daily.

Spc. William Ferguson, health specialist for Headquarters Support Company, Headquarters and Headquarters Battalion, 101st, said that he felt like his work as a health specialist deployed to Barclay Training Center in Monrovia is actually making a difference in helping keep Soldiers healthy.

"Part of my duties here are to make sure that all the bleach buckets are filled," said Ferguson, an Oklahoma City native. "I check all the buckets spread around camp each hour, and I probably refill them about every two hours. It feels good to be a part of keeping everyone healthy here, and make a difference. People need to wash their hands and if I wasn't doing my job, well, then that might not happen – people could get sick."

There is a whole JFC-UA preventative medicine system in place to ensure that not only are Soldiers following proper health practices, but that they are provided with the resources and clean environment in which to live and operate, Mark said.

"It is a combined effort from the 61st Preventative Medicine Detachment and the 463rd Veterinary Detachment, who both fall under the 86th Combat Support Hospital," Mark said. "The 61st conducts vector surveillance, vector sprays, dining facility health inspections and food and water safety, while the 463rd conducts more specific food and water testing of the food and water that is coming in to each camp to ensure that it is up to standard."

Teams of two to four preventative measure and veterinary health specialists are sent to conduct weekly site visits to the Barclay Training Center and all other camps in Liberia, Mark said.

"Preventative medicine teams will walk around a site, checking for things like the proper dispersal and use of bed nets, the cleanliness of personal hygiene areas, dining facilities and sleeping areas," Mark said. "They will go in and check the quality of the water and food being served to Soldiers, as well as randomly ask Soldiers if they are carrying the proper PPE (personal protective equipment)."

Mark said the health of Soldiers is paramount to the success of the mission, and that JFC-UA has a complex and layered system in place to ensure Soldiers are both taken care of and taking care of themselves.

"Not only do we have our preventative medicine teams, we also have inspector general teams conduct similar, independent assessments as well," he said. "They mostly check with lower command leaders in charge at the various camps to gauge the level of compliance with health practices. We also have the mayor cells of each camp ensure that there are Soldiers refilling the bleach buckets, conducting temperature checks and that sanitation contractors are doing their part as well."

Mark's team also has a way of tracking all the information that the preventative medicine teams collect.

"There is a lot of information to disseminate, so we use a disease and non-battle injury report. Each JFC-UA camp sends up a daily report of the number of Soldiers who go to sick call and what symptoms they have. Based on those numbers we can create a fairly robust tracking system that we can adjust and evaluate. It is both site specific and a good picture of how our entire operation is running," he said.

As far as ensuring whether all these systems and preventative medicine practices are actually being used by Soldiers, Mark said that Col. Todd Vento, senior infectious disease subject matter expert from Brooke Army Medical Center, Fort Sam Houston, Texas, came up with an anonymous survey to gage exactly how closely Soldiers are following the recommended health practices.

"Vento came up with an extensive survey that asked Soldiers to verify whether or not they are doing things like taking their anti-malarial medicine daily, are they getting their temperatures checked, are they using Deet or bug spray, are they wearing the proper treated uniforms," Mark said. "We received about 600 surveys back and all showed good signs of compliance with the standards that we have established."

Mark said they have found Malaria-carrying mosquitoes in all of the JFC-UA camps in Liberia. The potential attack rate of the mosquitoes is between 11 to 50 percent, meaning between 11 to 50 percent of Soldiers deployed in Liberia run the risk of getting bitten by a mosquito infected with Malaria. The number of Soldiers reported having Malaria is still zero.

"This situation is unique," Mark said. "This is a different kind of deployment, this being a humanitarian mission with a huge emphasis on medical issues. It differs from the usual deployment because it is a very controlled environment when it comes to public health and preventative measures. There is little troop migration and when Soldiers do go out on mission there are numerous measures in place to ensure that they come back healthy. A far as force health protection, standards are always maintained, no matter the situation."

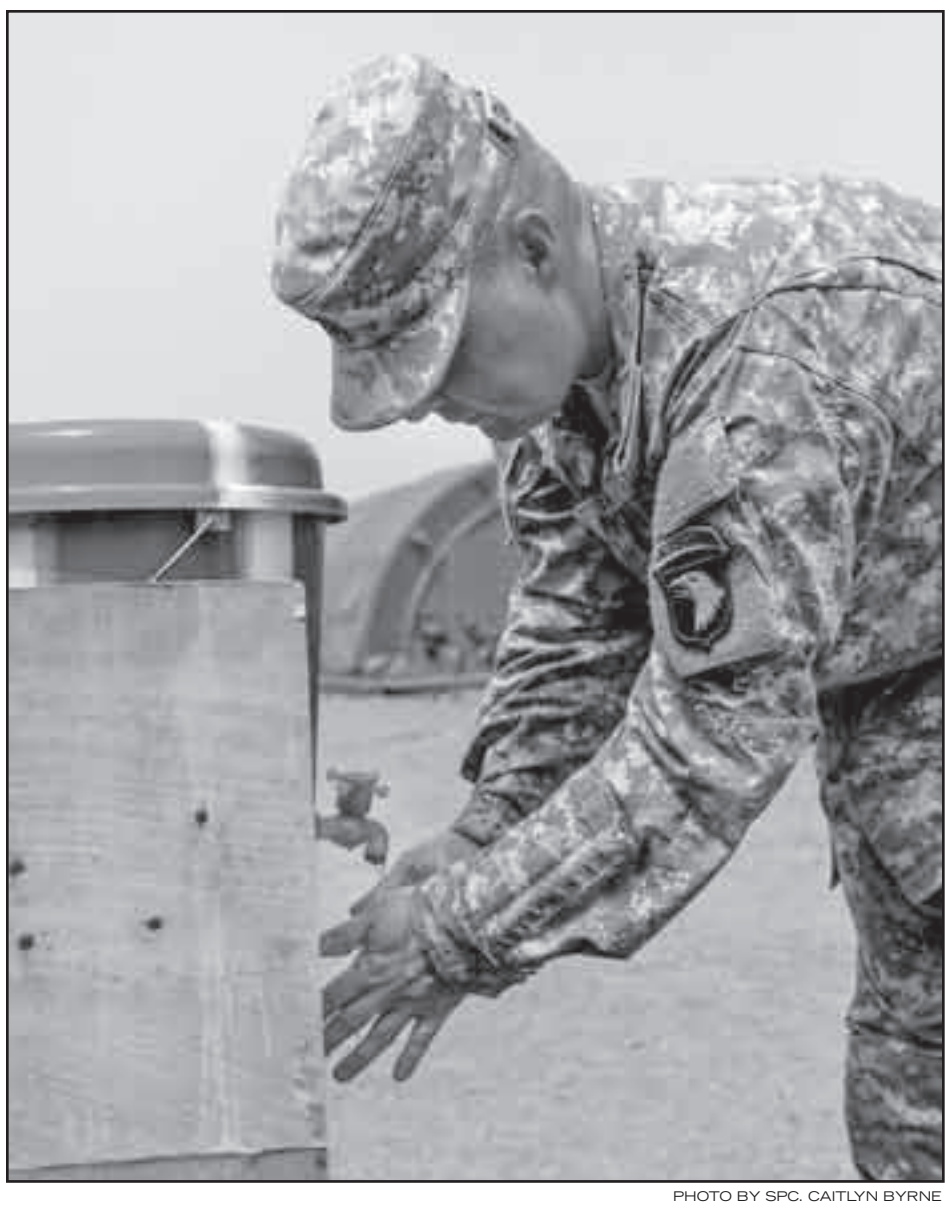


PHOTO BY SPC. CAITLYN BYRNE

Capt. Austin Duckwiler, native of Davenport, Iowa, department joint automations management officer, Signal Company, Headquarters and Headquarters Battalion, 101st Airborne Division (Air Assault), washes his hands thoroughly with a bleach-water solution before entering the dining facility at Barclay Training Center, Monrovia, Liberia, Jan. 13.

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Multinational Soldiers participate in EULEX Olympics

By Ardian Nrecaj
Multinational Battle Group East Public Affairs

MITROVICA, Kosovo — What started as a challenge and teasing among friends on who is the strongest grew to a multinational strongman competition with 31 participants from six different countries and three different organizations.

Multinational Battle Group East Soldiers competed in European Union Rule of Law Mission, or EULEX, Special Police Department Olympics,or SPD, in Mitrovica, in December. Competitors from Italy, Germany, Lithuania, Poland, France and U.S. challenged themselves in eight different events, including bench press, 60-meter sprint, pull-ups, long jumps, dips, tire flip, kettle bell swing and 10x10 shuttle run.

Lithuanian police Capt. Ricardas Alzbergas, EULEX SWAT team operator, was the organizer of the event and participated in the competition.

PHOTO BY ARDIAN NRECAJ

Capt. Justin Knox, native of Sidney, Maine, and chief of operations for Multinational Battle Group-East, won the tire flip competition at European Union Rule of Law Mission, Special Police Department Olympics, in Mitrovica, in December.

"We had the opportunity to try ourselves in eight different competitions, where they could test their physical capabilities to see how universal they are," said Alzbergas. "It is a challenge for you only to come and compete with the strongest."

Capt. Justin Knox, native of Sidney, Maine, and chief of operations for Multinational Battle Group-East won four out of eight events, including the long jump, 60-meter sprint, tire flip and the kettle bell swing.

"This was my first competition," said Knox. "I did not know what to expect until a couple days ago – it was hard to prepare for, but it was very good event and fun. The tire flip was the hardest one – I almost passed out at the end. The 60-meter run was the easiest one – it was really short."

Knox emphasized that more important than the competition was the good sportsmanship among the participants.

"I knew there were going to be a lot of organizations throughout Kosovo doing it, so I thought it would be a good opportunity to meet people," said Knox. "There were a lot of hugs and making friends today, and that is what I enjoyed the most."

Swiss Army Special Officer Capt. Sebastian Blaser, Kosovo Force liaison officer for EULEX Mitrovica, invited the Kosovo Force Soldiers to participate on SPD Olympics.

"As soon as I heard about the competition, I felt that if KFOR came here, we would broaden the field," said Blaser.

Blaser added that KFOR relied on EULEX to establish the relationship with other units in Kosovo.

"Getting to know these guys at the personal level, like we did today, is a great help to establish a better relationship with them, and a better cooperation when we have to go back to work," he said.

Blaser emphasized that for him it was more than a competition, it was important seeing everybody bonding.

"I was hoping for this event to develop these kind of relationships, and I am really happy with the outcome," he said.

Alzbergas said that the event went really fast and smoothly.

"I really appreciate all the people that helped me organize the event," said Alzbergas. "The referees did a wonderful job, assistants who were counting and writing the results and coordination staff that also did an amazing job."

Alzbergas explained that there is already a plan for SPD Olympics 2015 in the beginning of May.

"Everyone is welcome, today we had 31 participants, I hope next time we will have 60," said Alzbergas.

PUZZLE ANSWERS

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. Robots
2. Tofu
3. Concord
4. Aboard Air Force One, following the assassination of President John Kennedy.
5. "Wednesday"
6. Legendary animals like the Loch Ness monster or Bigfoot
7. Pollux
8. Levi Strauss
9. "Chaos"
10. Lisbon

SPORTS BRIEFS

Winter Fling Disc Golf Tournament

The Fort Rucker Physical Fitness Center will host a disc golf tournament Saturday 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 $25.

For more information, call 255-2296.

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.

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 now through Feb. 28 at parent central services in the Soldier Service Center, Bldg. 5700, Rm. 193. The baseball season runs from March 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.

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