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ARMY FLIER

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WINNING IN A COMPLEX WORLD

Forum focuses on combat readiness

By Kelly Morris

U.S. Army Aviation Center of Excellence Public Affairs

Aviation brigade commanders, command sergeants major and senior warrant officers from across the Army descended on Fort Rucker Feb. 2-4 to hear from senior leaders, build shared understanding and share lessons learned.

The theme for the annual Aviation Senior Leader Forum was "Army Aviation: Building and Maintaining Readiness to Win in a Complex World."

The event incorporated the Army chief of staff's priorities, including readiness, the current and future force, and training and leader development.

Maj. Gen. Michael D. Lundy, commanding general, U.S. Army Aviation Center of Excellence and Fort Rucker, opened the forum Feb. 2 with an Aviation Branch update. He called for deliberate participation from leaders as the Branch faces "a most critical couple of years" ahead for Army Aviation and the Army.

"Every single formation in our Branch is being impacted right now in some form or fashion as the Army draws down in size and as we restructure the Branch. Within what our resources are, we've got to look at the environment, the conditions we've got, the resources we have, and how we



PHOTO BY KELLY MORRIS

Maj. Gen. Michael D. Lundy, commanding general of the U.S. Army Aviation Center of Excellence and Fort Rucker, speaks to Aviation leaders at the annual Aviation Senior Leaders Forum Feb. 2.

can best posture the Aviation Branch to be able to support the air-ground team. That's why the Branch exists, to support Soldiers on the ground, and not only Army Soldiers, but also the joint force," Lundy said.

Lundy emphasized Aviation as a maneuver capability, the continued work across the Branch to implement the Army's Aviation Restructure Initiative, leader development, Aviation doctrine and the recently released Army Aviation Training Strategy – the Aviation leader's guide to unit training management.

"Take that training strategy, look hard at it and drive it into your formations," Lundy said.

Lundy said maintaining the trust warfighters place in Aviation is critical.

"When a Soldier gets in the back of our aircraft, there is complete trust that we're going to do the right thing. That we made sure they had the right piece of equipment, that they had the right training, and we did the right thing from a leader development perspective.... That's the responsibility we've all got and that's what we've got to stay focused on," Lundy said.

The focus area for Day 1 was current and future operations, including operations in U.S. Army Europe, U.S. Army Pacific and Afghanistan. Topics included emerging threats, Force 2025 and Beyond, future combined arms maneuver,

modernizing the Aviation fleet and special operations.

Training was the focus for Day 2, including the Aviation Training Strategy, building and maintaining combined arms readiness, training air-ground operations, unmanned aircraft systems training, standardization and Combat Training Center lessons learned.

The main emphasis for Day 3 was leader development, including manning the combined arms team and developing maneuver leaders.

The roster of speakers for the three-day event included Gen. David G. Perkins, commanding general of the U.S. Army Training and Doctrine Command, Joint Base Langley-Eustis, Virginia; Lt. Gen. H.R. McMaster, director of U.S. Army Capabilities Integration Center, Joint Base Langley-Eustis; Lt. Gen. James C. McConville, deputy chief of staff, G-1, Army Pentagon; Lt. Gen. Stephen J. Townsend, commanding general of the XVIII Airborne Corps, Fort Bragg, North Carolina; Maj. Gen. James E. Rainey, commanding general of the 3rd Infantry Division, Fort Stewart, Georgia; Maj. Gen. Thomas S. James, commanding general of the 7th Infantry Division, Joint Base Lewis-McChord, Washington; and Maj. Gen. Austin S. "Scott" Miller, commanding general of the U.S. Army Maneuver Center of Excellence, Fort Benning, Georgia.

Dr. Phillip Karber, a defense and national security expert and president of the Potomac Foundation was also a special guest speaker at the event.

AER readies for fundraising effort

By Nathan Pfau

Army Flier Staff Writer

After providing more than \$270,000 in grants and loans to Fort Rucker Soldiers, retirees, and family members in 2015, the Army Emergency Relief fundraising campaign is gearing up to continue its mission to "Never Leave a Soldier in Need."

The 2016 AER fundraising campaign will run March 1 through May 15, and will kick off with a ceremony at the Army Aviation Museum March 2 at 2 p.m., initiating the primary goal of 100-percent contact with all active-duty Soldiers, along with retirees and their family members, according to Capt. Matthew Leitch, AER campaign coordinator.

The mission of the campaign is to increase awareness of the AER program benefits available to Soldiers to help them avoid further financial hardship, he said.

"AER is one of the best Army programs for helping Soldiers in need and demonstrating the effectiveness of the Army team," said Leitch. "Soldiers from all walks of life and all ranks can be affected by financial hardship, and raising awareness of the Army's solution to that problem will help Soldiers avoid further financial trouble that can take them out of the fight".

Throughout the campaign period, fundraising events will be held to not only raise money for the campaign, but to promote awareness, said the campaign coordinator.

One of the most popular events held throughout the campaign season is the Army Aviation Center Credit Union Golf Tournament to benefit AER, which contributed \$15,000 to the Fort Rucker AER campaign last year. This year's tournament will be held April 22 at Silver Wings Golf Course.

If Soldiers wish to donate, the best way is to find their unit or directorate representative. People can elect to make a one-time

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PHOTO BY NATHAN PFAU

Families descended upon Allen Stagefield Army Heliport for a family day where families and friends traveled from across the U.S. to visit flight students of 1st Battalion, 145th Aviation Regiment and see what the Soldiers have been up to throughout their training. Families got the opportunity to visit with Soldiers, learn about training, take a tour of the air traffic control tower and get a first-hand look at UH-72 Lakota helicopters. "We bring the families out to see what their loved ones and friends are doing, and they make them feel like their part of (the Army family), because they are," said CW5 Allen R. Godfrey, chief warrant officer of the Aviation Branch. "Those Soldiers who are flying out on these missions and in combat know that they have the support of their families, and the families are just as important in the defense of this nation as the Soldiers."

Military Saves Week promotes financial security

From Staff Reports

Army Flier

Proper planning can help ensure a sound financial future for Soldiers and their families, and a wealth of information will be available through various vendors during Military Saves Week Feb. 22-27.

Mike Burden, Army Community Service accredited financial counselor, and other financial counselors and financial institution representatives on post have prepared material to help interested individuals save money and prepare for retirement.

"We like to do outreach and information tables during Military Saves Week," he said. "In conjunction with the Army Aviation Center Credit Union and Armed Forces Bank, we will set up a table to help reach as many people as possible from 11 a.m. to 1:30 p.m. Feb. 26 in the atrium of the Soldier Service Center (Bldg. 5700).



COURTESY GRAPHIC

"We want to educate military families about how they can save and spend their money wiser," he added. "We provide information about the program and answer financial questions. It is also an opportunity to set up appointments if people wish to get further information about saving and finances in general."

The tables are manned by financial counselors and bank representatives with pamphlets and helpful information. Anyone is allowed to stop and speak with the representatives at the table, but only military personnel and their families may utilize the Army Community Service finan-

cial services.

Burden said that there are many types of savings accounts and long-term investments that many people may not know about, and that stopping at the table can help clear up any misconceptions.

"People have questions about their saving – things concerning interest or stocks," he said. "Typically, younger people are not sure about ways to save, like money market accounts. Others may just be putting away a few dollars a paycheck, which is good. But we might be able to help them save even more."

Since the economic adjustment from 2007, Burden said that it is wise to save money and be prepared for future unexpected expenses.

"For Soldiers, it is not uncommon to have to go on emergency leave because of an ailing family member who lives

SEE SECURITY, PAGE A5

PERSPECTIVE

7 NCO professional development changes

By Amy L. Haviland
U.S. Army Training and Doctrine Command
Public Affairs

FORT EUSTIS, Va. – With the new year came a number of changes in Army NCO professional development and NCOs can expect more changes coming soon, said Command Sgt. Maj. David S. Davenport Sr., U.S. Army Training and Doctrine Command's senior enlisted adviser.

These changes are part of a larger effort called the NCO 2020 strategy, which, according to Davenport's blog, "represents an analytical, data-driven process for evolving the Noncommissioned Officer Education System of today into the Noncommissioned Officer Professional Development System of tomorrow."

Below are some of the recent changes, along with advice from Davenport on how NCOs can prepare and what to expect.

1. The new NCO promotion system

Why it's important: As of Jan. 1, Select, Train, Educate, Promote is how Soldiers will get promoted. Davenport explained it as:

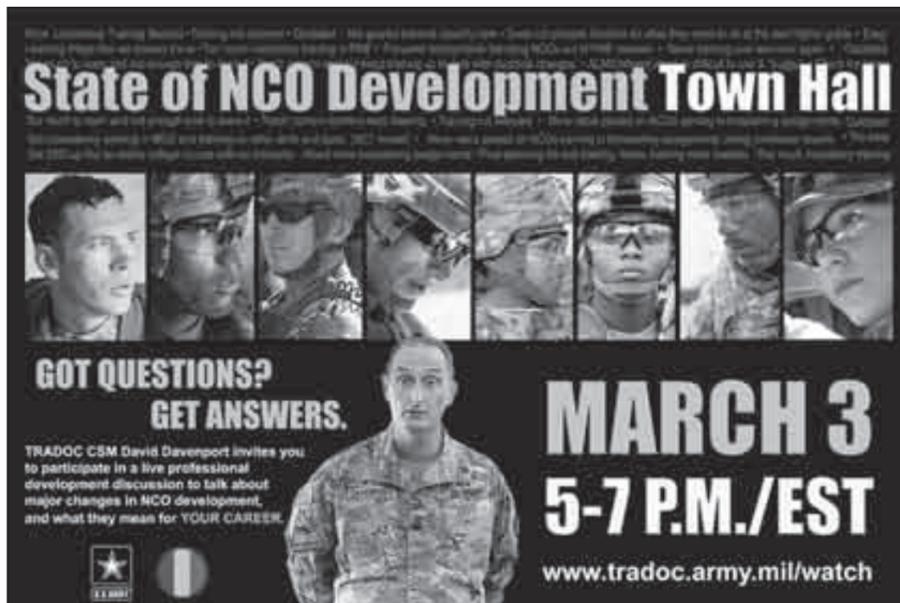
S – Select means Soldiers who meet Army standards – based on their performance and potential – get the opportunity to compete for promotion.

T – Train recognizes the operational domain's responsibility in training Soldiers.

E – Educate represents the formal education and training of developing leaders – that's what TRADOC does. Education ultimately leads to "P."

P – Promote means Soldiers who have met all requirements will earn the rank and be officially promoted by U.S. Army Human Resources Command.

What's changed: Unlike STEP, the previous promotion system didn't place a value on



Join Command Sgt. Maj. David Davenport March 3 from 5-7 p.m. EST for a live-streamed discussion to talk about major changes in Army NCO development and what they mean for NCOs.

education, Davenport said.

"We thought that just because you did something over and over, that certified you in that core competency. Knowing the standard from doctrine and knowing the standard from something that has been handed down over time are two different things.

"Through formal education, we make sure that noncommissioned officers are certified in their core competencies before being promoted."

Bottom line: NCOs need to know STEP is the standard.

"Beginning Jan. 1, STEP is the manner in which you get promoted in our Army."

He explained that once NCOs become eligible for promotion, they have 18 months to complete their professional military education in order to pin on the next rank.

Davenport said he thinks the force is starting to realize the value of educating its NCOs because TRADOC has seen an increase in the use of formal school seats.

"Right now, we have a backlog of Soldiers needing school and they're our priority," Davenport said. "But if we don't get our Soldiers to school on time and if they're not prepared to go to school, what we're going to have is a promotion backlog, not an education backlog."

2. The new NCO Evaluation Report

Why it's important: The new NCOER took effect Jan. 1 and although the new system is different, Davenport said it was a needed change that will strengthen the backbone of the Army.

What's changed: The new NCOER system incorporates a number of changes, including more narrative-style writing and three different evaluation forms, based on rank: the direct level form for E-5, the organizational level form for E-6 through E-8 and the strategic form for E-9.

"It's really a complete change in the way we've been doing business," he said. "And, of

course, when there's change, there's apprehension about the effects, but Army senior leaders think this is the right direction for the NCO cohort – to truly recognize excellence and those who set themselves apart."

Bottom line: In addition to knowing the standards, NCOs need to know themselves.

"Anytime we talk about a standard, NCOs need to know the standard," Davenport said, recommending Soldiers attend training workshops to understand not only the NCOER process, but also why the Army needed a new NCOER system.

To familiarize themselves with the new NCOER system, Davenport suggests NCOs read ADRP 6-22, as well as two supplements: the U.S. Army Performance Evaluation Guide and the NCOER Performance Measure Supplement.

TRADOC's command sergeant major also advises NCOs to have self-awareness in order to take the initiative to improve or excel in areas that may be lacking on their evaluations.

3. Basic Leader Course

Why it's important: The Basic Leader Course, previously called the Warrior Leader Course, teaches NCOs the foundation of what they need to know – and be able to do – as NCOs.

What's changed: In addition to the name change, which will benefit Soldiers as they transition from the Army, Davenport said there will be drastic changes to BLC, including a required written communication assessment that will follow Soldiers throughout their career. This assessment will determine each NCO's proficiency in listening and verbal and written communication skills at each level of PME.

"At every NCOPDS course, they will build on that assessment," Davenport explained. "They will get reassessed and we can see their progress – or lack of progress – as they move forward."

Additionally, there will also be changes to the Service School Academic Evaluation Report, more commonly known as the Department of the Army Form 1059.

"You may be tracking that we retooled the 1059," Davenport added. "We're going to start putting grade point averages on there, enumeration of class standing, as well as height, weight and (Army Physical Fitness Test) data, so it truly will be a picture of performance as you attend NCOPDS, or PME courses."

Bottom line: Davenport said all the subjects in BLC are currently "on the table," as leaders look at ways to improve the course.

"We're looking at really getting back to what we need noncommissioned officers to be able to do," he said. "What are those core competencies – those

SEE PERSPECTIVE, PAGE A4

Rotor Wash

“The Fort Rucker Automotive Skills Center provides equipment and tools for people to work on their own vehicles. How can people save money when it comes to car maintenance?”



Derek Firmer,
veteran

"Do some of the work yourself, like changing your own oil and tire rotations."



2nd Lt. Bruce Large,
1st Bn., 145th Avn.
Regt.

"Use the automotive skills center. You can learn to do a lot of the maintenance yourself there."



Charlene Keys,
military family member

"Don't pay extra for things you don't need."



Pfc. William Strawther,
A Co., 1st Bn., 11th Avn.
Regt.

"Don't have your car serviced at the first place you come across. Shop around to see where you can get the best deal."



2nd Lt. Joel Castillo,
1st Bn., 145th Avn. Regt.

"Make sure to have a little bit of basic car maintenance knowledge before getting work done."

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LOOKING AHEAD

Commission voices concern over budget cuts

By C. Todd Lopez
Army News Service

WASHINGTON — The decision to draw down the Army budget and end strength was based on a set of assumptions that has proven to no longer be true, said now-retired Gen. James D. Thurman.

“I think we have major warning signs in front of us right now,” Thurman said, while testifying before the Senate Armed Services Committee, Feb. 11. “Not speaking as a commissioner, I’m telling you what I see as I watch the resurgence of Russia. They are basically in Syria, they are conducting their own National Training Center rotation. They have gone to school on us. As I watch that unfold, and I turn to Korea and I watch what is occurring over there in Korea – (it) is probably more dangerous today than what it has been in a long time.”

Thurman serves as one of the commissioners on the National Commission on the Future of the Army. The commission was tasked by Congress to examine the structure of the Army, and policies related to size and mix of the force. Additionally, the commission was charged with evaluating the Army’s decision to move all Apache aircraft from the Guard to the regular Army. The NCFCA delivered a report of their findings and recommendations to Congress in late January.

Thurman, along with three of the eight NCFCA commissioners, was on Capitol Hill to answer questions regarding the content of that report.

The global security situation has changed dramatically since the decisions were made to draw down the Army budget and end strength, Thurman said, and the assumptions that those decisions were based on have changed.

“We are not out of Afghanistan. We’re probably putting more in. We’ve got ISIS, ISIL, Iraq, Syria, we’ve got Africa, North Africa – that whole issue that’s going on in there,” he said.

Thurman recommended a serious re-look at what size the Army needs to be, and what size its budget needs to be and to include in that look the new challenges that are faced by the United States.

“It’s going to be expensive and I believe we have to come to grips with that,” Thurman said.

When the commission delivered its report, one of its primary recommendations, one of a total of 63, was that the total Army should not go below 980,000 Soldiers. That number included 450,000 in the Regular Army, 335,000 in the Guard and 195,000 in the Army Reserve.



Soldiers from A Company, 101st Division Special Troop Battalion, air assault into a village inside Jowlzak valley, Parwan province, Afghanistan, in this file photo.

‘Minimally sufficient’ enough?

Now-retired Gen. Carter F. Ham, who served as chairman of the NCFCA, said the commission’s recommendation of 980,000 was a bare minimum. The commission was asked to arrive at a number inside a set of fiscal constraints. An end strength of 980,000, he said, was the smallest they thought the Army could get, given those constraints.

“We were careful in the words that we chose. We chose ‘minimally sufficient,’ at an Army of 980K,” Ham said. “Minimally sufficient. I think it’s a real question to say is that the Army America wants? Does America want a minimally sufficient Army? If additional funding were available, then certainly a larger force. Personally, I’d say halt the drawdown now, and make a much more comprehensive assessment of the operating environment and then see what that cost would be.”

In June 2013, the Army announced it would reduce the total number of Regular Army brigade combat teams to 32, down from a total of 45. In 2015, the Army announced additional cuts that would bring the total number of BCTs down to just 30. Today, the Regular Army stands at 32 BCTs.

The NCFCA, in its report, suggested in one of its recommendations that cutting an additional two BCTs – infantry brigade combat teams in particular – might be an option to free up manpower for other areas of the Army deemed to be at higher risk. Were that to happen, the regular Army would have just 28 BCTs.

One lawmaker, concerned about that loss of BCTs, asked about the timetable needed to stand up a new BCT, if need be.

Ham said he remembers in the mid-2000s watching the birth of a new BCT. The time it took to stand up that IBCT, he said, was 18 months. But he also noted that it was a period of “unconstrained resources,” and that the availability of those resources might have accelerated the development of that BCT.

“On a normal basis, I would say two to three years would be a more likely time frame to start from scratch and build a BCT,” Ham said.

Growing leaders takes time

Now-retired Sgt. Maj. of the Army Raymond F. Chandler III also served as a commissioner with the NCFCA. He told lawmakers that the biggest challenge for building a new BCT from scratch is the leader development part. It’s not finding bodies to fill slots, but finding the right Soldiers, with the right experience, to put into the right positions.

“It takes 20 years to make a battalion or a brigade commander,” Chandler said. “It takes 20 years to grow a sergeant major and 15 years to grow a first sergeant. Expansion – we’ll get the people into the Army. We’ll get the equipment where it needs to be. But to find the leadership in order to fill out that organization and make it effective takes time. There are just not a lot of them to spare.”

Finding young Americans willing to join the Army remains a challenge, the NCFCA commissioners said. Among those who want to join, finding those who are qualified presents an additional challenge.

One lawmaker pointed out that that he had seen numbers indicating that anywhere from two-thirds to three-quarters of applicants to

the Army have been rejected for physical fitness reasons. He asked commissioners how important that lack of qualified candidates is to the Army and to sustaining the all-volunteer force.

“Fundamental to this country is maintaining the all-volunteer force,” Thurman said. “That is something easily broken in my view. Having available manpower that you can recruit from, I think, is very important and is something I think we should take notice of in the country, as we see this population decline.”

JROTC cadets off-limits

Young Americans in high school can today join the Junior Reserve Officer Training Corps program, if their school allows such a program to exist. While the program is good at developing character and promoting physical fitness, it remains off-limits for recruiting, said Thomas R. Lamont, the vice chairman of the NCFCA.

“I think we are legislatively prohibited from actually recruiting from that base,” Lamont told interested lawmakers. “But the mayors of the cities in which those schools exist, love them. I have had the opportunity to visit JROTC units in Chicago, under Mayor Daley. He said ‘give me more.’”

Lamont said he has visited schools with JROTC programs in cities like Philadelphia and New Orleans, and found that the schools have used the programs as a way to keep youth out of gangs, for instance, and that where the programs exist, “we have found their graduation rates, their grade rates, their ability to go into higher education far greater than in our other schools. We’d love to have the ability to recruit from those

people. But we can’t do that.”

Ham suggested the Army provide a “continued emphasis, or perhaps renewed emphasis on the JROTC program,” saying that while it doesn’t lead directly to enlistments or to service, “I think it does in terms of building character, physical fitness and leadership amongst America’s youth, I think is a very wise investment.”

When it comes to finding Americans who want to serve in the Army and who are also able to meet the criteria to serve, Chandler said it’s not just an Army problem, it’s a national problem that is “going to take a great deal of courage and commitment and a long-term vision to solve.”

Solving recruiting challenges

The former sergeant major of the Army said he sees two possible solutions to dealing with recruiting challenges. The first, he said, is to lower entry standards and to bring those enlistees up to what is needed once they enlist. For that option, he said, the Army accepts risk in that it would need to leave many new Soldiers in the training base for a longer period of time before they can serve.

The other option, he said, is to make the Army a better deal for those who meet existing standards, but who are also looking at other services, universities or businesses.

“You are going to have to increase recruitment efforts, and that’s primarily other options and dollars, to get people who are qualified at the current standard to come in,” Chandler said.

When it comes to retention – keeping a Soldier in service for longer – Ham highlighted for lawmakers an issue that keeps some Soldiers from staying in service: the difficulty of moving seamlessly and smoothly from one component to another. Policies that make it challenging for a Soldier to move from one component into another might keep them from staying in the service at all.

“We heard loudly and clearly from Soldiers of all components that they would like the ability to move between components more seamlessly and more easily, depending on how their life situation changes,” Ham said. “If you’re 18, the regular Army might make all the sense in the world. When you get married and want to go to college, the Army National Guard might make all the sense in the world to do that. And then perhaps you find you are attracted to civil affairs, so the Army Reserve might be a good place for you. Right now the policies are constraining of that kind of movement.”

News Briefs

Clinic appointment line number change

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

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

NCOA blood drive

The NCO Academy will host a blood drive Tuesday from 11 a.m. to 7 p.m. at the Fortenberry-Colton Physical Fitness Center.

Class VI closure

The Fort Rucker Class VI will be closed for renovations Tuesday-Feb. 25.

Thrift shop grant program

The Fort Rucker Thrift Shop offers a grant program for teachers that offers funding for their ideas to inspire their students. For information on obtaining a grant, visit <http://www.fortruckerthriftshop.org/teacher-grants.html>.

www.fortruckerthriftshop.org/teacher-grants.html.

Financial workshop

The Fort Rucker Religious Support Office will host a nine-week financial workshop Wednesday through April every Wednesday at 6 p.m. at the Spiritual Life Center, Bldg. 8939. A complimentary dinner will be served at 5:30 p.m. and child care will be provided.

The workshop equips military personnel and families with the tools and motivation that result in true behavior change, according to RSO officials. Through the lessons, military personnel are able to set themselves up for long-term success. Stewardship training includes the wise management of not only finances, but also an individual’s talent, time, energy and property. Lessons include career building, investing, relationships and money, and eliminating debt.

To register, visit: <https://ruckerfpu.eventbrite.com>. For more information, call 255-2989 or 255-2012.

National Prayer Luncheon

The Fort Rucker Religious Support Office will host its National Prayer Luncheon March 11 from 11:30 a.m. to 1 p.m. at The Landing. The speaker will be Chaplain (Col.) Marc S. Gauthier, U.S. Army Training and Doctrine Command command chaplain, at Fort Eustis, Virginia. Tickets are available at a suggested donation of \$5 per person, and can be obtained through March 4 through people’s unit representatives, unit chaplains or the RSO in Bldg. 8945.

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

Supply support activity inventory

The Fort Rucker Logistics Readiness Center, Supply Support Activity in Bldg. 1212 will conduct a wall-to-wall inventory March 21-25. All turn-ins must be in by 2 p.m. March 16. Normal operations will discontinue at 4:15 p.m. March 18 and are expected to resume March 28. Customers will be notified by the accountable officer. During this period, the SSA will only accept emergency requisitions.

For more information, call 255-9504.

Military pay briefing change

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

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

Perspective: Soldier feedback essential to advancement

Continued from Page A1

knowledge, skills and attributes that we want our sergeants to have.”

4. Master Leader Course

Why it's important: The Master Leader Course fills the PME gap between the Senior Leader Course and the Sergeants Major Academy — a gap that could potentially last several years. The second — and perhaps more important reason — is that it's required for promotion.

“With the implementation of STEP, if you're going to get promoted to master sergeant, STEP created a requirement that you have to have the formal PME — the ‘E’ in STEP — before you can pin on master sergeant rank,” Davenport said.

What's changed: “It's not the old first sergeant course of days gone by at Fort Bliss, Texas,” Davenport said. “It's really about beginning the transition from the tactical level to the operational level. And, it's about having a bigger understanding of how the Army runs.

“It's not necessarily the administrative tasks that they may have heard about in the old first sergeant course,” Davenport explained. “Remember — master sergeants can be both primary staff NCOs, and they can be selected to be first sergeants, so we want to make sure there's balance within the course.”

Bottom line: NCOs need to be prepared.

“We're not wasting time in the classroom to catch everyone up,” he said. “In the self-development domain, you've been given the read-ahead assignments, and it's expected that you do the course-work before coming to the course.”

Davenport said students should go online — before they attend the Master Leader Course — and read the required materials provided by the U.S. Army Sergeants Major Academy.

5. Executive Leader Course

Why it's important: The Executive Leader Course is the formal education requirement between sergeant major and the promotion to nominative sergeant major.

What's changed: Previously, the course was only for nominative sergeants major — those who worked for general officers; however, the course is now part of



PHOTO BY STAFF SGT. SARAH MATTISON
First Sgt. Kevin Mulcahey and Sgt. Nicholas Tarr, with B Troop, 1st Squadron, 172nd Cavalry Regiment, prepare to move during an air assault exercise at Fort Drum, N.Y., Aug. 13, 2013.

the NCOPDS.

“If we really want to have STEP be the standard, then we need to make sure that anytime someone's selected for a promotion -- going from sergeant major to nominative is a promotion — that there should be a formal ‘E’ — an education portion,” Davenport said.

Bottom line: The end result is more educated, trained sergeants major.

“After the board releases those sergeants major eligible to compete for nominative positions, they'll get a school slot, and they'll get educated for the chance to compete,” he said.

After the board releases sergeants major who are eligible to compete for nominative positions, they are assessed by a panel and receive a school slot. The sergeants major then receive formal education for the chance to compete for the position.

“Over time, this will build depth in our NCO Corps,” Davenport said.

6. Broadening

Why it's important: Davenport defined broadening as the experiences inside and outside the Army — the diversity that creates a well-rounded NCO. However, it's also more than just drill sergeant, recruiter or (Advanced Individual Training) platoon sergeant experiences; broadening also includes working with industry or fellowships, like the USAS-MA fellowship.

What's changed: Davenport and his team began developing the new career map to better explain broadening to Soldiers so they will have an understanding of opportunities and can leverage the Army Career Tracker. Although not every proponent has the opportunity to work with industry, teams are looking at ways to tie programs together.

Bottom line: NCOs need to know and leverage career maps and take advantage of broadening opportunities.

“Your talents and attributes are the most important combat multiplier our Army and nation can rely on,” Davenport said in a blog post on broadening. “It is imperative we identify your talents, develop them and optimize them for our nation's national security, the future of our force and for the future of our society as you become veterans employing your talents in the civilian workforce.”

7. Army University

Why it's important: The newly established Army University demonstrates the force's commitment to education, Davenport said, beginning with a Soldier's first day in the Army.

“As that Soldier raises his or her right hand and they go into basic training or (one-station unit training), we want them to have an understanding that they're enrolled in Army University, and they're gaining credit right then and there ... on Day 1 of their experience in our Army.”

Davenport said Army U will also benefit NCOs by eliminating redundancies in training throughout PME, making a more efficient use of Soldiers' time.

“Army University is going to be a great multiplier to the work we're doing with NCOPDS because of the collaborative synchronization of resources,” he said.

What's changed: As the Army aligns to a university-type model, Davenport said some of the changes will include an increased rate of innovation within classrooms and instructors who are trained to a common standard.

Bottom line: There's a lot of power in Army University, Davenport said, and one of the overarching benefits of Army U is that it will synchronize force, which will, in turn, create a stronger Army.

“If we're doing something with the NCOs, which we are, it's nested with what the officers are doing or the warrant officers are doing, to include our great civilians on the team,” he said.

Davenport said he's excited about the changes, which he refers to as “revolutionary, not evolutionary,” and encourages Soldier feedback via his blog to improve processes and affect changes along the way.

“Soldier feedback is hugely important to me — I can't tell you how many questions and ideas have come in through the blog,” he said, adding that many of the areas where TRADOC is looking at improvements — including Structured Self-Development — came from Soldier feedback.

Another way Davenport is soliciting feedback is through an upcoming live-streamed town hall on the state of NCO development March 3 from 5-7 p.m. EST. Here, Davenport, along with other subject matter experts, will explain some of the recent and upcoming changes and what they mean for the Army NCO Corps.

“This is just not a bumper sticker. A lot of hard work has gone on behind the scenes to affect this change,” Davenport said.

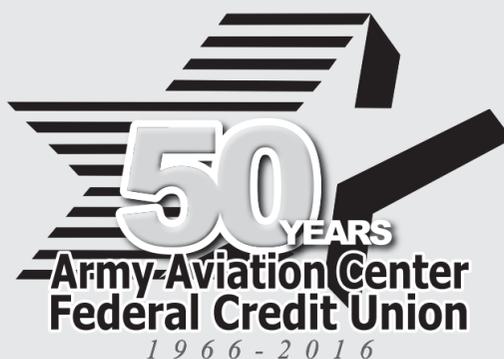
To learn more about the live-streamed town hall or to watch, visit www.tradoc.army.mil/watch.

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DOD plans benefit revision with 'blended retirement'

By Karen Parrish
Department of Defense News

WASHINGTON—Upon taking office almost a year ago, Defense Secretary Ash Carter promised reforms, saying “that a blended retirement system is a key step in modernizing the department’s ability to recruit, retain and maintain the talent we require of our future force.”

An overhaul of the current military retirement system is slated to take effect Jan. 1, 2018. The new system has three elements: a 401(k)-style component with Defense Department matching funds for entry-level and other service members, a mid-career continuity bonus, and a retirement annuity similar to the one now in place for service members that complete twenty or more years of eligible service.

DOD News spoke with Army Sgt. Maj. Mike Schultz while he was the senior enlisted adviser to the Assistant Secretary of Defense for Manpower and Reserve Affairs



DOD PHOTO

Schultz about the details of the new modernized retirement system.

One key point, Schultz said, is that many of those now serving will have the choice to opt into the new blended retirement plan.

The first critical step in the change, he said, is educating senior leaders about the program’s provisions. Those leaders will then ensure training takes place at the “camps, posts and stations” where service members work.

Training tools now in the works

will include online classes and benefits calculators for troops and their families, as well as classroom and distance learning, Schultz added.

He said the “deliberate approach to educate the force” will be a key effort from now until rollout.

The sergeant major said the question he hears most often about blended retirement is: “What will it mean to me?”

First, he said, all troops now serving are grandfathered and will be allowed to remain in the current system.

Those who have served in uniform for fewer than 12 years as of Dec. 31, 2017, will have a choice to stay in the current system or to opt into the new retirement plan, Schultz said, and those who enter service after the blended retirement rolls out will automatically be covered by the new modernized retirement system.

The phase-in will, Schultz noted, both keep faith with those who could retire under the current system, and offer new options for what he termed a “portable” retire-

ment benefit plan to those who will serve in the future.

The aspects that make the plan “blended” are automatic and matching government contributions in the Thrift Savings Plan, similar to a 401(k) and transferable on leaving service, for service members in the new retirement plan, and retaining lifetime monthly retired pay for those who serve at least 20 years.

The government will automatically contribute 1 percent of a member’s basic pay into the member’s TSP account even if the member contributes nothing. After 24 months of service, the government will match member contributions, dollar-for-dollar, up to the first 3 percent the member contributes and 50 cents per dollar for the next 2 percent the member contributes.

Thus, if a member contributes 5 percent into the member’s TSP account, the government will contribute an additional 5 percent (1 percent automatic plus 4 percent matching), Schultz said. Members who serve at least 24 months and

then separate will be able to keep the government contributions and transfer them to a new employer’s retirement plan. For service members that stay in the military for a full career of 20 years or more, the new plan continues to offer monthly retired pay similar to today’s system, although it will be computed based on a length-of-service factor of 2 percent per year, instead of the 2.5 percent per year used in the current system.

“A midcareer bonus is in addition to the TSP account and the 20-year annuity modeled on the current plan,” Schultz said. The DOD will pay a bonus of at least 2 1/2 months’ basic pay (one-half month for reserve and National Guard members not serving in a full-time capacity) to those service members who have served 12 years and who agree to remain in uniform for four more years.

Additional information and opportunities to learn more about the new blended retirement system will become available in the coming months, Schultz said.

AER: Nearly 200 Soldiers received assistance from 2015 funds

Continued from Page A1

donation or have an allotment out of their pay donated to the cause, said the campaign coordinator.

During last year’s campaign season, enlisted Soldiers, who make up 41 percent of the military population on Fort Rucker, contributed 57 percent of the military donations. Additionally, the retiree population contributed more than \$56,000, or 41 percent of the total funds raised.

AER has provided more than \$1.7 billion in interest-free loans and grants to more than 3.6 million active-duty, National Guard and Reserve Soldiers since its inception after World War II, said Beth Gunter, Army Community Service.

In 2015, more than \$138,000 was raised throughout the campaign season and nearly 200 Soldiers received assistance of over \$270,000 from the Fort Rucker AER Office to assist with food, housing, utilities, vehicle expenses and re-

pairs, emergency travel, funeral expenses and certain medical expenses, according to Gunter. In addition, more than \$420,000 in assistance was provided in the form of loans and grants, and 79 spouses and dependent children received \$150,400 in college scholarship assistance.

Soldiers needing AER financial assistance or interested in contributing to AER can contact their AER unit representative, go to Fort Rucker’s AER office in Bldg. 5700, Room 350 or for more information, call 255-2341.

Security: Commissary promotes simple, healthy meal choices

Continued from Page A1

far away, or, heaven forbid, they get in some type of accident. Everyone has those unexpected emergencies and if you have some money put away it is not as stressful,” he said.

If people get into the habit of saving, it is easier to do, said Burden, adding that people should pay themselves first and that the first step is stopping to talk to a counselor or bank representative in the atrium or making an appointment to speak with a financial counselor.

The Defense Commissary Agency is once again helping to spread the word on responsible financial planning. With its overall savings of 30 percent or more, the commissary can help Soldiers and their families make the most of every dollar and stick to a budget.

Commissaries also promote healthy cooking at home by hosting cooking demonstrations and promoting simple meal recipes even the busiest family can accommodate.

Shopping at the local commissary provides many budget-friendly benefits, according to DECA officials.

Savings average 30 percent or more, produce delivers savings of 44 percent and meat averages savings

of 32 percent.

Commissaries offer better-for-you food choices, including organics and a growing number of “specialty” items, such as gluten-free alternatives, low

sodium, sugar-free and reduced-calorie products.

Approximately 400 commissary value brand items in 33 categories offer savings of about 25 percent when compared to the store

brand and private label items found in commercial retail stores. In some instances, savings could be as much as 50 percent.

Commissaries strongly support use of coupons for

additional savings and the commissary rewards card banks electronic coupons for automatic savings at checkout. Card users recently topped 350,000 and more than 5.3 million digi-

tal coupons have been redeemed, saving customers nearly \$6 million on their groceries.

For more information, visit www.militarysaves.org.

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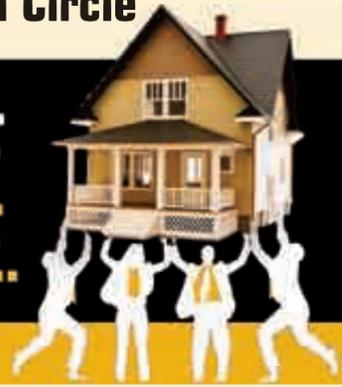
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DIRECTIONS: Deerfield Park: Rucker Blvd to Antler.

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DIRECTIONS: From Boll Weevil Circle turn north on Dauphin Street. Turn left on Northside Drive. Cross bridge & house is on the right.

HOSTED BY: **MARLA BELLARD** 464-1149

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Winterberry Plan

210 WINTERBERRY WAY - \$154,000
Poplar Place Plan

212 WINTERBERRY WAY - \$154,000
Maple Leaf Plan

UNDER CONSTRUCTION

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210 WINTERBERRY WAY - \$154,000
Poplar Place Plan

212 WINTERBERRY WAY - \$154,000
Maple Leaf Plan

These homes are tucked in the woods off Boll Weevil Circle. While providing privacy, they offer the convenience to schools, shopping, golf, restaurants & minutes from Ft. Rucker. One level, 3BR/2BA, security system, wood floors, stainless appliances, natural gas heat/cooking/water heater, low E windows, irrigation system, 2" faux wood blinds, framed mirrors in bathroom & tray ceiling in grandroom & fence across back property line.

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BUGGIN' OUT

Cockroach-inspired robotics research opens new doors



ARMY PHOTO ILLUSTRATION

UC Berkeley's cockroach-inspired robot prototype, CRAM, is supported by the U.S. Army Research Laboratory.

By Jenna Brady
U.S. Army Research Laboratory
Public Affairs

ADELPHI, Md. — Supported by the U.S. Army Research Laboratory, University of California-Berkeley researchers have developed a small, crawling robot that mimics a cockroach's ability to squeeze through confined spaces.

A report by UC Berkeley researchers Dr. Kaushik Jayaram and Dr. Robert Full is featured in the latest edition of "Proceedings of the National Academy of Sciences."

Cockroach exoskeletons inspired them to manufacture an origami-style, soft, legged robot that can move around rapidly in both open and confined spaces.

These spaces include rubble generated by natural disasters and explosions that first responders may not be able to access in emergencies.

The robot, which is palm-sized, is known as CRAM – compressible robot with articu-

lated mechanisms.

While currently a prototype, researchers see great possibilities for this insect-inspired technology, which will be tested in real-world disasters when a more robust version is developed.

ARL's Micro Autonomous Systems and Technology, Collaborative Technology Alliance, supports the project. Researchers from the Army, industry and academia comprise the group.

Dr. Brett Piekarski, cooperative-agreement manager of the MAST CTA, said its goal is to develop and explore the underpinning science to enable increased situational awareness for the dismounted Soldier in complex, real-world environments by enabling increased autonomy, collaboration, and mobility of micro-aerial and ground-based autonomous systems.

"The research at UC Berkeley is exploring bio-inspired mobility and control methods

SEE RESEARCH, PAGE B4

FUELING THE FIGHT

Workhorse fuel operations contribute to Aviation readiness

By Spc. Scott Lindblom
3rd Combat Aviation Brigade
Public Affairs

HUNTER ARMY AIRFIELD, Ga. — Soldiers from A Company, 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade perfected their skill during a forward arming and refueling point training exercise Feb. 9.

The wind and muddy conditions only increased the difficulty in this realistic training as the Soldiers scrambled to set up their fuel points. Senior leaders instructed junior petroleum specialists, as well as other Soldiers, on systems such as the Army Advanced Forward Area Refueling System.

The AAFARS is a deployable refueling system that can fit in a CH-47 Chinook Helicopter and deploy to the front lines in support of the mission. Deploying this system as a jump FARP allows aircraft to remain close to the mission instead of returning to the main fuel point.

Staff Sgt. Alonzo Gamble, A Co., is the subject matter expert when it comes to the AAFARS and he walked every Soldier through the system to ensure the unit is fully trained.

"We are training with this new system, a system that is primarily used for a jump FARP," Gamble said. "We are learning to set it up, how to sling load it, and it also gives the Soldiers the ability not only to know their job, but also to cross train and be a more effective unit"

Soldiers walked through the systems discussing allotted time for setup and equipment requirements to support the variety of helicopters in the Army's inventory. The muddy field was a challenge as teams raced to set up fuel points.

Spc. Crecia Murray, A Co., led one of the teams and trained new Soldiers, as well.

"The AAFARS system will be very useful in a tactical environment, it will be the go-to system for a jump FARP," Murray said. "I really enjoy this training I think it is very productive for the Soldiers and noncommissioned officers to learn what we need to do in that type of environment."

Pvt. Michael Johnson, horizontal construction engineer, A Co., took the opportunity to cross train and expand his knowledge, so he could be a greater asset in his unit.

"They have taught me the different systems and how the different systems work on the aircraft so I am able to jump in and support the mission," Johnson said.



PHOTO BY SPC. SCOTT LINDBLOM

Soldiers from A Company, 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade work together during a training exercise as they set up a jump Forward Arming and Refueling Point on Hunter Army Airfield, Ga., Feb. 9.



ALLIED SPIRIT

PHOTO BY STAFF SGT. OPAL VAUGHN

Soldiers with the 173rd Airborne Brigade conduct sling load operations with UH-60 helicopters from 1st Air Cavalry Brigade, 1st Cavalry Division as part of an artillery raid during Exercise Allied Spirit IV at 7th Army Joint Multinational Readiness Center in Hohenfels, Germany, Jan. 26.

A WORK IN PROGRESS

General: Expeditionary networked force becoming reality

By David Vergun
Army News Service

WASHINGTON — The goal of achieving an expeditionary, uninterrupted mission command network is taking shape but is still "a work in progress," said the director of the Mission Command Center of Excellence, U.S. Army Combined Arms Center.

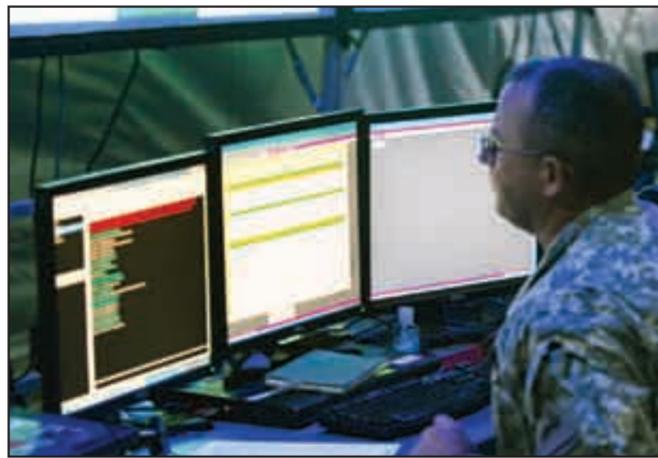
Brig. Gen. Willard M. Burlison III spoke Feb. 11 at the Association of the United States Army-sponsored Hot Topics forum on Air and Missile Defense during a panel about "Networked Mission Command."

Purpose

Before diving into the details of what's been accomplished with the network thus far, Burlison described the importance of the network to warfighting.

First and foremost, the network enables mission command, he said, meaning that it is the vital command and control technology piece that links leaders and Soldiers with their systems, joint forces and partners. This connectivity enables informed planning and decisions based on situational awareness across the domains of warfare.

Besides being expeditionary, the network must be robust enough to operate uninterrupted, he said, acknowledging that networks, like any systems, will not always be perfect. That's why it's important that Soldiers still be able to continue the mission without being "solely dependent on connectivity" in environments where the network is "degraded, intermittent and limited."



PHOTOS BY DAVID VERGUN

A Soldier at Fort Bliss, Texas, participates in a network integration exercise in 2015.

Modernization

Maj. Gen. John B. Morrison Jr., commander, U.S. Army Network Enterprise Technology Command, and deputy commander, Second Army, then described the Army's network modernization effort.

To understand where the network is today, Morrison illustrated how far that modernization has come in just a few years.

It wasn't long ago when Soldiers deploying to Southwest Asia from the U.S. or another theater had to have their computer turned in to get reimaged, he said. That occurred because tactical and strategic networks were "stove-piped," meaning that each network worked separately from other networks.

"That's no longer the case," he said. "We worked aggressively over the last year in regional cyber centers to standardize the basic capabilities provided

so units moving around the world could transition from theater to theater. Now, you can deploy to any theater and plug into the network."

Morrison emphasized, "We're in the midst of probably the most comprehensive modernization effort for network modernization ever."

A lot of that effort, he said, is going into standing up Joint Regional Security Stacks to ensure that the network communicates securely and efficiently across the joint force. JRSS features common architecture, meaning software, tactics, techniques and procedures.

Four JRSSs were stood up recently in the United States and are now operational, he said. By the end of this calendar year, two more will be stood up in Europe and two in Southwest Asia.

SEE PROGRESS, PAGE B4

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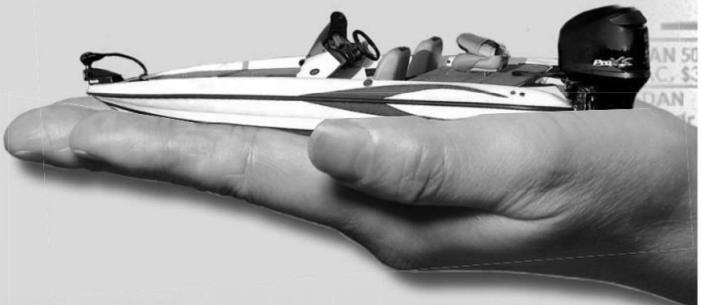


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Research: Roach's righting strategy provides insight

Continued from Page B1

that can be applied to future Army autonomous robotic systems," Piekarski said. "Over the course of the program, they have performed research in many areas from how insects can maneuver and transition over and through varying surfaces, to how lizards use their tails to maintain stability over rugged terrain or to maneuver rapidly, to bio-inspired self-righting technologies that have led to a joint project with ARL, and to the focus of the recent paper on how cockroaches maneuver through very small cracks."

Piekarski said these studies are providing new discoveries that will lead to innovations in how future micro-autonomous systems will operate and rapidly maneuver through complex 3-D terrains.

Distinct from the specific research discussed in the journal but also pertinent to

cockroach-inspired robotics research, ARL researchers, including Chad Kessens, are working with UC Berkeley on the ability of cockroach-inspired robots to self-right.

Kessens, a robotic-manipulation research engineer, is developing an analysis framework for determining self-righting solutions – getting a robot back on its feet, wheels or tracks after tipping over. It was designed to analyze how any given robot may utilize its available appendages or other means of movement for self-righting. The goal is to apply the framework to existing fielded systems, as well as future systems – whatever they may look like.

"The software that we have developed at ARL analyzes and evaluates any given robot's ability to return to its preferred orientation after tipping over," Kessens said. "UC Berkeley's group and I are using it to understand the relationship between the wing geometries of various cockroaches

and the methods they choose for righting. We have been testing these on cockroach-inspired, self-righting robots they've been developing."

Kessens said they hope to better understand what mechanical and energetic advantages the cockroach's righting strategy offers for robotics applications.

Kessens said cockroach-inspired, self-righting robots would be a valuable asset on the battlefield.

"Soldiers have reported tip-over of existing robotic systems as a significant issue," he said. "The very rugged terrain and dynamic conditions experienced in the field can cause robots to turn upside down, leading to mission delays and risking loss of these valuable robotic tools that Soldiers need to complete their missions."

Kessens noted that it is almost inevitable that at some point on a mission this problem will be experienced, and once a

tip-over occurs, it can be very challenging for an operator to determine how to right a robot. Operators often cannot directly see the robot, and cameras on the robot might be looking at the ground or the sky, making it difficult to know how the robot is oriented or positioned.

"One Soldier I spoke with valued his robot so much that he got out of the safety of his vehicle to rescue it when he was unable to get it back on its tracks after many attempts. This is exactly what we do not want, and Soldiers should not be tempted to risk themselves for a robot," Kessens said.

So, while some may view them as a nuisance, researchers are working to put the capabilities of cockroaches and similar insects to use to provide both civilian and military operations with technological support that could save lives in times of crisis.

Progress: Talent management helps align Soldiers' skills with right job

Continued from Page B1

The effort to stand up JRSS is being done across the services, in cooperation with the Defense Information Systems Agency.

A challenge, Morrison said, is getting coalition partners to share the network. The technology is in place to do that, but the policy hasn't caught up. "This needs to be formalized quickly."

Freeing bandwidth

Morrison said network modernization is also taking place on installations across the Army. Over the last 18 months, 16 installation network systems have been modernized.

An example of what this modernization looks like, for example, is Fort Hood, Texas, he said. There, operators were routinely running "96 percent of the pipes," meaning using up 96 percent of the bandwidth to stream videos, pictures, text, whatever.

Now, it's down to around 10 percent," he said. This reduction in bandwidth "allows us to collapse the networks and provide capacity for everyone on a



The Networked Mission Command panel begins at the Association of the United States Army-sponsored Hot Topics forum on Air and Missile Defense Feb. 11 at AUSA headquarters in Arlington, Va.

single, secure, joint infrastructure for first time."

Another aspect of network modernization, he said, is using Army personnel to engineer and install networks and upgrades, as opposed to relying on contractor support.

Challenges ahead

Morrison admitted that the

Army and joint force have a ways to go to get the network where they want it to be.

"Over the past year we supported over seven named operations and in not one instance did the unit take their full network capabilities with them," he said. "Almost every instance was distributed, where a (network) portion remained back at home

station and had to be connected to a footprint that was much smaller forward.

"Yet, the commander wanted the same capabilities as if he had his full staff there," he continued.

Human dimension

Brig. Gen. Timothy J. Sheriff, deputy commander, 263rd U.S.

Army Air and Missile Defense Command, said the hardest piece of network modernization has to do with his own area of air and missile defense – the "human dimension."

The human dimension is a term encompassing a wide range of human involvement in the process, from getting the tactical and technical exposure at the schoolhouses to developing leaders and Soldiers to accept this new technology and employ it to its full capacity, he said.

Talent management also falls into the human dimension realm, he said. That means the right Soldiers need to be placed in the right jobs based on their skills and potential to learn.

Burleson added that in the human dimension, "leaders must be able to thrive in situations of ambiguity and chaos where connectivity to the network may be limited or nonexistent. A lot of that can be learned through leader development."

He added that the Army has done a lot of great work thus far, but there's still a lot left to do.





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FEBRUARY 18, 2016

AUTO SKILLS CENTER

helps people save money, learn to do own repairs

By Nathan Pfau
Army Flier Staff Writer

Gear heads and car buffs have a place on post to get a little one-on-one time with their rides, but the Fort Rucker Automotive Skills Center isn't just for those who know their way around an engine.

The ASC provides a place where people can bring their cars for do-it-yourself maintenance and repairs, as well as have access to trained instruction, assistance and a host of equipment most won't find in their garage, according to Tina Barber, center program manager.

In addition to its 26 car bays, 13 car lifts

and 12 flat bays that allow customers to work on their own cars, performing maintenance ranging from oil changes to engine repair, the facility also boasts a paint booth, body bay and a myriad of services available to Fort Rucker patrons.

One of the more popular programs the skills center provides is the self-help program, which allows patrons to sign into the facility and conduct repairs on their own vehicles, providing the tools and equipment people need to do so.

Gail Stewart, military veteran, recently learned how to change the oil in her own vehicle and said she brings her car up to the center to perform her own maintenance



PHOTOS BY NATHAN PFAU

Gail Stewart, military veteran, checks the oil level in her car as she prepares to perform general maintenance on her vehicle at the automotives skills center Friday.

any chance she gets.

"I'm just trying to save money and learn from this great experience. I love it," she said. "I get to pull my hair back and do what I've got to do. I feel like I appreciate (the work) more when I do it myself - I'm going to try to learn to do it all."

The skills center holds instructional classes for those who are interested in learning how to perform general car maintenance on their own vehicles. Classes include oil changes, tire maintenance, tune-ups, transmission filter service, front and rear brake service, and diagnostic scan tool usage.

Additional classes can be arranged by groups or individuals to fit special needs by request, added Barber.

The facility is also home to a paint booth, which can be rented by the hour or day, so that people can work on their own custom paint jobs. Barber said people who wish to utilize the paint booth must have working knowledge on how to restore and paint a vehicle, as there is no instruction in this area.

The skills center even has a propane resale operation, where people can go to refill their propane cylinders.

If people aren't keen on getting their hands dirty and doing the work themselves, the skills center has a mechanic-for-hire program that people can take advantage of to have maintenance and work performed on their vehicles at very competitive prices, according to Barber.

"In most people's lives, the two biggest

expenses are homes first and, secondly, vehicles," she said. "The biggest advantage to Soldiers and authorized personnel is monetary savings. Patrons can literally save hundreds of dollars through the self-help program because they are doing the work themselves instead of hiring a repair shop."

The facility also has two self-help car wash bays, complete with a vacuum cleaner, shampooer, a fragrance machine and vending machines stocked with towels, air fresheners and automotive cleaners to fit people's needs. In addition to the car wash bays, the skills center also has an automatic car wash, which is open to the public that boasts four wash settings from an express wash to the works.

If people want a more detailed scrubbing for their autos, the skills center also provides an auto detail program with packages ranging from partial to full detailing.

For Sgt. Maj. Matt Shoemake, 1st Aviation Brigade Concepts and Requirements Directorate, who regularly visits the shop to do his own vehicle maintenance, the automotive skills center is a valuable asset to Fort Rucker's Soldiers and families.

"It's good to have a facility like this here. A lot of the (population) on Fort Rucker moves around a lot and many of them don't have houses or garages that they can work in," he said. "It helps people be a little more efficient and not have to pay the huge prices of an outside shop. It's just an awesome place."

For more information, call 255-9725.



Sgt. Maj. Matt Shoemake, 1st Aviation Brigade Concepts and Requirements Directorate, uses the ball joint press as he works on his vehicle at the automotives skills center Friday.

VOLUNTEER OPPORTUNITIES

Project: MWR Central 2016 Travel Extravaganza

Duties: MWR Central needs 10 volunteers Feb. 24 at The Landing to assist for about two hours from 9-11 a.m. with the set-up and two hours from 1-3 p.m. for tear down of all the decorations and materials for the Travel Extravaganza. During this time, they will help with assisting vendors with transporting materials to the tables, and assist MWR staff with moving materials around the building and other areas, as needed. If interested, call 255-2997.

Position: CYSS Soccer Coaches

Duties: Fort Rucker Child, Youth and School Services needs soccer coaches to develop in players a positive image of themselves, their teammates, coaches, game officials and opponents, and provide a good role model for players. If interested, call 255-2254 or 255-2257.

Position: Activities Support

Duties: Support family readiness group activities and events. Provide assistance to key volunteers. If interested, call 255-1429.

Position: FRG Newsletter Editor

Duties: Organize and oversee volunteer newsletter staff. Provide advance copy of newsletter to commander. If interested, call 255-1429.

Position: Welcome Center Assistant

Duties: Assist welcome center customers with maps, directions, telephone numbers or other information requested. If interested, call 255-1429.

GIRLS NIGHT OUT

Popular event returns to The Landing

By Nathan Pfau
Army Flier Staff Writer

One of Fort Rucker's most popular events is returning to The Landing to provide ladies of the Wiregrass a special night out, and Directorate of Family, Morale, Welfare and Recreation officials promise a night to remember.

Girls' Night Out comes back to the ballroom at The Landing Feb. 26 from 6-9 p.m., and people can enjoy a live DJ, fashion shows, dancing, a photo booth, shopping opportunities and door prizes, according to Aida Stallings, DFMWR community recreation division business manager.

Tickets for the event are \$10, which includes a drink stub good for one beverage, and 100 hand bags will be given away, including a grand prize drawing for a Michael Kors designer handbag filled with goodies at 9 p.m., said Stallings.

Additionally, over 40 door prizes from the local businesses and organizations will be given out, she added.

A host of local businesses and organizations donate different prizes, such as gift certificates and gift baskets to be given out throughout the night, said Stallings, and during the last event, more than 300 women were in attendance from the surrounding communities.

This year's event will showcase more than 45 organizations that will set up tables to featuring their services and goods, including spas, medical services, clothing, jewelry, cosmetics and more.



PHOTO BY NATHAN PFAU

Alice Henderson, military family member, gets pampered as she gets her eyebrows shaped by India Moorhead, Rituals Day Spa of Dothan, as her friend, Venus McCullough, takes a photo at last year's Girls Night Out.

The event is open to the public, for ages 18 and older, and tickets are available at The Landing, MWR Central, The Landing Catering Office and Coffee Zone locations, or can be purchased at the door on the night of the event.

"This is a great event for the ladies to have a good time and shop the latest trends in the area," said Stallings, adding that the event takes weeks of preparation to provide a night of pampering, fun and excitement for ladies of the local area.

"I had a great time at Girl's Night Out," said Gloyne Leonguerrero, civilian who attended last year's event. "(The vendors that were set up) were really nice and I really enjoyed them. It's also great that it's open to the public and not just for Army spouses, because we're all one team."

The event has been put on since 2011, and is not just an opportunity to promote local businesses, but also serves as a way to boost morale and give ladies a chance to "let their hair down," said Stallings.

"A big part of what we do is to provide morale-boosting and recreational fun," added Janice Erdlitz, DFMWR marketing director. "Girls Night Out is one of our most-loved events and it's just a fun opportunity for our female population to get together."

"It's just a great way for women to grab their friends and have a little fun," said Stallings. "It's nice to have a night out that caters directly to the women with shopping and dancing all in one place."

For more information, call 255-9810.

ON POST

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

Newcomers welcome

Army Community Service will host a newcomers welcome Friday from 8:30-11 a.m. at The Landing. Active duty, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and Starbucks coffee will be served. For free childcare, register children at the child development center by calling 255-3564. Reservations must be made 24 hours prior to the newcomers welcome.

For more information, call 255-3161 or 255-2887.

AER campaign kickoff

The 2016 Army Emergency Relief Campaign will run March 1-May 15. The kickoff ceremony will be March 2 from 2-3 p.m. at the U.S. Army Aviation Museum. The primary goal of the campaign is to promote awareness of benefits provided through AER. Funds raised from the campaign are used to assist active-duty Soldiers, and National Guard and Army Reserve members, retired Soldiers, as well as eligible family members and survivors. By donating to AER, Soldiers are helping to provide emergency financial assistance to fellow Soldiers.

For more information, call 255-2341.

Mom & Me: Dad too!

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

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

Right Arm Night

The Landing Zone will host Right Arm Night Feb. 25 from 4-6 p.m., hosted by the 1st Battalion, 212th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 598-8025.

Relocation readiness

Army Community Service will host its relocation readiness workshop Feb. 26 where Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more. Workshops are held the last Friday of each month.

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

Girls Night Out

The Landing will host Girls Night Out Feb. 26 from 6-9 p.m. for an evening full of fashion, fun, and prizes, according to organizers. The event will feature entertainment by a DJ along with numerous organizations from throughout the community that cater to women. Prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. – people must be present to win. The event is open to the public, for women ages 18 and older. Tickets are on sale for \$10, and are available at MWR Central, The Landing Zone, The Landing Catering Office, and the Coffee Zone locations in Lyster Army Health Clinic and The Landing Zone.

For more information, call 598-2426 or 598-5311.

Dr. Seuss Week

The Center Library will celebrate Dr. Seuss's birthday with its "Oh, The Places You'll Go!" beginning Feb. 29 with a week of games and activities culminating with a special story time for children of all ages March 4 from 10:15-11 a.m. The activities are open to all authorized patrons and are exceptional family member program friendly.

For more information, call 255-3885.

Get R.E.A.L. class

Army Community Service will host its Rucker Experience Army Learning – Get R.E.A.L. – class at Silver Wings Golf Course Feb. 29 from 8:30 a.m. to 2:30 p.m. The class is designed for people who want to learn more about life at Fort Rucker, would like to make new friends and would enjoy an interactive day of learning.



PHOTO BY NATHAN PFAU

Travel Extravaganza

Tim Williams, dean of gator wrestling with Gatorland, holds an alligator while Lilith Koones, military family member, pets it as her mom, Georgina, looks on during last year's Travel Extravaganza. The 28th annual Fort Rucker Travel Extravaganza is scheduled for Wednesday from 11 a.m. to 1 p.m. at The Landing. The event will feature more than 50 vendors on hand to discuss information and answer questions. Admission is free, and the event is open to the public and exceptional family member friendly. Door prizes, such as attraction tickets, hotel stays, memorabilia, clothing and a grand prize will be given away. In addition, a morale, welfare and recreation booth scavenger hunt offers an additional opportunity to win a prize. People do not need to be present to win. For more information, call 255-2997 or 255-9517.

For more information, call 255-9637.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session March 3. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Nutrition workshop series

Army Community Service's New Parent Support Program will host a free nutrition workshop series presented by Expanded Food and Nutrition Education Program-Alabama Cooperative Extension System in collaboration with the ACS. Patrons are encouraged to attend all five classes in the series – March 3, 17, 24, 31 and April 1 from 1-3 p.m. at The Commons, Bldg. 8950. People need to register by Feb. 29.

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

Trip to Biloxi

MWR Central will host an overnight trip to Biloxi, Mississippi, to stay at the IP Resort. The trip will depart Fort Rucker March 5 at 10:30 a.m. and return March 6 at 11 a.m. Pricing for the trip is based on people per room and participants must be 21 or older. The deadline to register is Feb. 26.

For more information, call 255-2997.

Family member resilience training

Army Community Service will host family member resilience training March 7 from 9-11:30 a.m. at The Commons. The training will give people the tools they need to become more resilient in all the challenges that life may throw at them, according to organizers.

For more information, call 255-3161 or 255-3735.

Teen stress relief workshop

The Army Community Service Family Advocacy Program will host a teen stress relief workshop March 8 from 4-6 p.m. at The Commons. The focus of the event will be health and stress relief for teens, featuring yoga, food and fun, according to ACS officials. There will also be a presentation on healthy eating habits. People need to register for the event by March 7.

For more information or to register, call 255-9636 or 255-9644.

EFMP support group

The Fort Rucker Exceptional Family

DFMWR

Spotlight

MWR Central Events

28th Annual Travel Extravaganza

Planning a Trip?
Don't miss the Travel Extravaganza!
Wednesday, February 24
The Landing, 11 am-1 pm

Door prizes such as attraction tickets, hotel stays, memorabilia, clothing, and more will be given away during the event. For more information, contact MWR Central at (334)255-2997/9517.

Over 50 vendors will be present to discuss information and answer questions!

Free Admission
Open to
the Public

COMING SOON!

Sign up for these upcoming MWR Central trips today!

- Deep Sea Fishing Day Trip: Saturday, February 27**
- Biloxi Overnight Trip: March 5-6**
- Wild Adventures Day Trip: Saturday, March 26**
- Spring Wine Festival Day Trip: Saturday, April 2**
- Six Flags Day Trip: Saturday, April 16**
- Tough Mudder Weekend Trip: May 6-7**

For more details, stop by or call MWR Central, Bldg. 5700, Rm. 130, (334)255-2997/9517.

Member Program invites all active duty families with an exceptional or special-needs family member to attend its EFMP information and support group meeting March 8 from 9-10 a.m. at The Commons, Bldg. 8950. The topic for the meeting is spring break and traveling with a special-needs family member. Tips, tools and resources will be discussed that can assist families.

For more information and to register,

call 255-9277.

Small Business Counseling

Army Community Service will host small business counseling March 10 by appointment only to small business owners and prospective owners. Appointments last for about an hour, with the first available at 9 a.m.

For information and to schedule an appointment, call 255-2594.

FORT RUCKER MOVIE SCHEDULE FOR FEBRUARY 18-21

| Thursday, February 18 | Friday, February 19 | Saturday, February 20 | Sunday, February 21 |
|--------------------------------|---|--|--|
| The Forest (PG-13)7 p.m. | 13 Hours: The Secret Soldiers of Benghazi (R)7 p.m. | Norm of the North (PG)4 p.m. Ride Along 2 (PG-13)7 p.m. | Norm of the North (PG)1 p.m. Ride Along 2 (PG-13)4 p.m. |

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

VOICES HEARD

Soldiers who vote could impact important issues

By David Vergun
Army News Service

WASHINGTON — The primaries are already under way and the general election will be held Nov. 8, but it's not too late for Soldiers to participate and make their voices heard.

During this election season, the focus has been on the presidential race, but there are other important issues that will be decided in November, as well, said Rachel Gilman, Army voting action officer, serving with U.S. Army Human Resources Command.

All 435 seats of the House of Representatives, 34 Senate seats and 14 governor races are in play this year, she said. Add to that referendums, initiatives, propositions and local issues like school boards and mayors that could have a big impact in communities, where Soldiers live or plan to live once they separate or retire.

Fortunately, almost everything Soldiers need to vote, whether they're at home or deployed, can be found on the Federal Voting Assistance Program website.

The site is easy to use, Gilman said. Simply click on the appropriate state and everything is there, from requesting ballots, return deadlines, absentee voting guidance, forms and other important information.



ARMY PHOTO

Some things like explanations of the local issues and candidate positions on issues might not be on that site, she said. They're most likely to be on state and county websites. The FVAP site has points of contact for state and local voting officials and websites.

If Soldiers still can't find what they need, such as acceptable forms of voter identification, Gilman encouraged them to see their unit voting assistance officer. Requirements vary by state. Additionally, there are installation vot-

ing assistance offices worldwide where help can be found.

Procrastination is the biggest problem for voters not getting their votes counted, Gilman said.

She recommended that Soldiers register and request ballots now and return them as soon as possible. This is particularly important for Soldiers and their spouses stationed overseas, where mailing delays make procrastination even riskier.

Gilman said the Army's goal is "to make it as easy for Soldiers

to vote anywhere as if they were living and voting in their hometowns."

Voting is especially important for Soldiers, she added. "It's the freedom for which they're defending."

While voter trends and statistics are compiled, the Army and commanders do not track and do not have knowledge of who voted and who did not. That would be a Title 10 violation, she said.

While Gilman said she believes it's important for Soldiers to vote,

she added the decision whether or not to vote "is a very personal choice."

FVAP's "2014 Post-Election Report to Congress," published military and civilian voting data, controlling for age and gender between the two groups.

The report noted that in the 2014 mid-term election, 70 percent of active-duty military registered to vote, compared to 65 percent of civilian voters who were eligible.

Broken down by service, the Coast Guard had the highest voter registration in 2014 at 79 percent. The other services were:

- Air Force, 73 percent;
- Navy, 70 percent;
- Army, 69 percent; and
- Marine Corps, 65 percent.

Reports for this year's election cycle are still being compiled, but Gilman said voter turnout in a presidential election year is usually greater than during a mid-term or off-year cycle.

The report also notes why seeking help from the FVAP website or unit voting officer is so important. Of all active-duty military who needed assistance and reported seeking assistance with their 2014 absentee ballot, 81 percent returned their absentee ballot and successfully voted. Those needing but not seeking assistance only returned 46 percent of their ballots, she said.

Participants help build better community

By Staff Sgt. Jose O. Nava
Army Pacific Public Affairs

BAN PHROMNIMIT, Thailand — Members of the Royal Thai Armed Forces, U.S. Army and Indonesian National Armed Forces worked together to construct a one-room, multi-purpose educational building Feb. 2, before the start of Exercise Cobra Gold 2016.

The construction at Ban Phromnimit is one of six humanitarian civic action sites in which the Thai, U.S. and partner nation's militaries will work together on civic programs to support security and humanitarian interests of friends and partner nations, said Sgt. 1st Class Raymond Camat, site chief, HCA Site 6, Combined Joint Civil Military Operations Task Force.

"It feels good just to learn different building styles, how they (Thais and Indonesians) build compared to the U.S. A lot of them are very technically sound," he said. "This is not our everyday job as reservists — to get to come out here and build a building is pretty awesome."

Cobra Gold, in its 35th iteration, is the largest multinational exercise in Asia and is an integral part of the U.S. commitment to strengthen engagement in the region.

The HCA programs will improve the quality of life, as well as the general

health and welfare of civilian residents in the exercise areas.

"There are still more kids out there that are not going to school because the buildings aren't (big) enough to accommodate everybody," said Spc. Pradarlanne McNamara, combat engineer with 797th Engineer Company, Vertical, U.S. Army Reserve Center Barrigada, Guam. "I'm pretty sure that not only the kids but their parents are really appreciative of the effort we are putting on (for them)."

This year, Cobra Gold will emphasize coordination on civic action, such as humanitarian assistance and disaster relief, with the aim of expanding regional cooperation and collaboration in these vital areas with partner nations and allies.

"This is my first time joining an international project and I feel very honored," said Royal Thai Air Force Flight Lt. Somngarm Funtha, with Mobile Development 12, Royal Thai Armed Forces Headquarters. "I'm so proud to work with the U.S. and Indonesia. We always cooperate and solve problems together."

Each of the three different engineer groups participating in the construction at Ban Phromnimit learned from each other. Along with sharing their building knowledge, the Americans even got to interact with the school staff and children.

"This is a good project in that we can



PHOTO BY STAFF SGT. JOSE O. NAVA

Indonesian air force Chief Private Imam Sugiri, with the Engineering Brigade, Indonesian air force, cutes rebar as U.S. Army Pvt. 2nd Class James Garcia, with 797th Engineer Company, Vertical, U.S. Army Reserve Center Barrigada, Guam, holds the rebar during the Ban Phromnimit construction project at Sakeao, Thailand, Feb. 2.

meet members of the U.S. Army. They are so friendly and say 'hello' to us in Thai, it's nice," said Wanchart Phetsri, computer teacher there. "Thank you all for

building us a building that will be useful to us and I would like to say thank you on behalf of the principle and this community to the Cobra Gold participants."

Team Osan commemorates 65th anniversary of Battle of Bayonet Hill

By Sgt. 1st Class
Jonathan Delong
8th Army Public Affairs

OSAN AIR BASE, South Korea — U.S. and South Korean military officials gathered Feb. 5 to commemorate the 65th anniversary of the Battle of Hill 180, also referred to as the Battle of Bayonet Hill.

The 65th anniversary ceremony for the Battle of Hill 180 was hosted by the 3rd Battlefield Coordination Detachment-Korea, commanded by Col. Yi Se Gwon.

Gwon, an artillery officer and native of California, recognized the significant impact of the battle and the legacy of it on Osan.

"The strength of the South Korean and U.S. alliance was forged on the battlefield," Gwon said. "Hill 180, on Osan Air Base, is one of those battlefields

where the Soldiers of Easy Company, 27th Infantry Regiment (Wolfhounds), displayed remarkable bravery and courage during the Battle of Bayonet Hill."

The battle, which occurred on Feb. 7, 1951, was conducted in support of Operation Punch, an effort to halt the advance of Chinese and North Korean forces south of the Han River in Seoul. E Co., 2-27th Inf. Regt. of the 25th Infantry Division, commanded by then Capt. Lewis Millett, led the charge to secure Hill 180. Millett, cognizant of the psychological impact of cold steel on his adversaries, gave the standing order to his men that bayonets would be fixed whenever the company attacked.

Outnumbered and outgunned by the enemy, Millett personally led his beleaguered forces up Hill

180 in a bayonet charge, killing an estimated 50 enemy Soldiers. For his heroic actions, Millett received the Medal of Honor.

The following year, Osan Air base was established around Hill 180, and is now the home to 7th Air Force and 51st Fighter Wing.

Command Sgt. Maj. Rick Merritt, senior enlisted adviser to the 8th Army commander, served as the guest speaker during the event. Merritt, a seasoned combat veteran with 59 months of combat experience while serving with the 75th Ranger Regiment, recognized the leadership, drive and determination of Easy Company, and how their sacrifices and valor equate to the modern Soldier on the American battlefields to this day.

Bringing People Together Thru Faith

ARMY FLIER Church Directory

"Be ye followers of me, even as I also am of Christ."
1 Corinthians 11:1

Knowing Christ & Making Him Known

PRINCE OF PEACE
LUTHERAN CHURCH
Reverend Chad Ingle
2454 Andrews Ave, Ozark, AL
334.774.6758
www.princeofpeaceozark.org

CHRIST THE KING
LUTHERAN CHURCH
Reverend Jim Endrihs
208 E Watts St, Enterprise, AL
334.347.6716
www.enterpriselutheran.org
LCMS

First United
Methodist Church
214 S. Main Street • Enterprise
347-3467
Prayer Line 347-3467 ext 321
Service Times:
Traditional - in the
Fellowship Hall..... 11:00AM
Contemporary C-3 - in the
Fellowship Hall..... 8:45AM
The Gathering (Youth) 6:00PM
Sunday School 9:55AM
Nursery Care Every Service

Here, it's not about the building...



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Sun 10:30 Service; Wed 6:30 Small Groups
(334) 671-0093 • 150 Bethlehem Rd
DOTHANVINEYARD.COM

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

Production explores other worlds

Army Flier
Staff Reports

The W.A. Gayle Planetarium in Montgomery will host Extreme Planets through February. This new, original production explores what makes a planet Earth-like in the first place, and takes people on an immersive full-dome tour of several worlds that just might fit the conditions Earthlings are looking for. From water worlds to molten landscapes, inhabitable moons to planets with

multiple suns, these exotic worlds aren't just science fiction anymore, according to planetarium officials.

Showtimes are Mondays-Thursdays at 4 p.m. and Sundays at 2 p.m. Tickets go on sale 30 minutes before showtime. Admission is \$6.50 per person for ages 5 and above. Shows start promptly and there is no admittance into the building once the show has begun.

For more information, call 334-625-4799, or visit www.facebook.com/events/448448902011234/.



WIREFLASS 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.

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

DALEVILLE

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

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

DOTHAN

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

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

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11 a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

FEB. 25 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees has scheduled a different date and time for this month's luncheon program — 11 a.m. at Po Folks Family Restaurant, Enterprise. The guest speaker will be Mike Olsen, Internal Revenue Service, who will talk about the latest tax filing procedures, regulations, and other information relating to the IRS and the taxpayer. All federal employees, active or retired, are invited to attend the luncheon program. For more information, call 393-0492.

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

For information, including places to buy tickets, call 406-2787 or visit www.CoffeeCountyArtsAlliance.com.

ONGOING — The Boll Weevil Dance Club meets every Friday from 7-10 p.m. at the Enterprise "Jug" Brown Recreation Center. Cost is \$5 per person. Groups of five or more receive a 20-percent discount. Event is described as providing exercise and fellowship opportunities. Free

refreshments are served and every fourth Friday night of the month is covered dish night. For more information, call 347-3381.

GENEVA

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

MIDLAND CITY

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

For more information, call 983-3511.

NEW BROCKTON

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

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

OZARK

FEB. 19 — Classical guitarist Zachary Johnson will perform at St. Michael's Episcopal Church at 7 p.m. This is the first of the spring classical guitar concert series at St. Michael's. Following this free classical guitar concert will be a meet the artist reception in the church parish hall.

St. Michael's is located at 427 Camilla Avenue.

ONGOING — Every Wednesday, the Ozark-Dale County Public Library hosts free Wii Zumba from 5:30-6:30 p.m. Teens and adults are invited. For more information, call 774-5480.

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 — 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.

WIREFLASS AREA

FEB. 26 AND 28 — The New Hope Freewill Baptist Church, 3819 County Road 31, Abbeville, will celebrate its annual pastoral anniversary honoring Pastor Eddie L. Baker and first lady Ollie Baker beginning at 6 p.m. Feb. 26. Refreshments will be served. The anniversary will continue Feb. 28 at 11:15 a.m. and at 2:30 p.m. All churches are invited to attend and dinner will be served.

Beyond Briefs

Zoo animal enrichment day

The Montgomery Zoo will host its animal enrichment day Feb. 20 from 10 a.m. to 2 p.m. Zoo officials said the enrichment day is an effort to tap into and stimulate people's basic five senses: touch, sight, smell, taste and hearing. The result is to stimulate behaviors resembling those for that species in the wild. It is a lot of trial and error, but it is always fun.

Zoo admission is \$15 for adults, 13 years and older; \$11 for children, ages 3-12; and toddlers, ages 2 and younger, are admitted for free.

For more information, call 334-240-4900, or visit www.montgomeryzoo.com/announcements/enrichmentfeb.

Harlem Ambassadors basketball show

Family fun will tip off when the Harlem Ambassadors visit Montgomery to take on the Habitat Home Team (an eclectic group of local leaders and celebrities) Feb. 20 at 3 p.m. at the Faulkner University Gym. The Harlem Ambassadors offer a unique brand of Harlem-style basketball, featuring high-flying slam dunks, games with the children and comedy routines, according to a team press release. Tickets cost \$10 — ages 5 and under are admitted for free.

For more information, call 334-832-9313 or visit habitat-montgomery.com/.

Eagle Awareness 2016

Lake Guntersville State Park hosts its Eagle Awareness 2016 program now through Feb. 21. The program features guest speakers, bird-of-prey presentations, photography opportunities, guided tours and lodging packages.

For more information, visit <http://www.alapark.com/Lake-Guntersville-State-Park-Eagle-Awareness-Weekends>.

Home Building and Remodeling Expo

The 2016 Greater Montgomery Home Building and Remodeling Expo will be held Feb. 26-28 at the Multiplex at Cramton Bowl. Since 1994, the Greater Montgomery Home Expo has been the area's premier source for those consumers interested in building or remodeling their home, according to organizers. This year's expo will also feature special guest, Matt Blashaw, from DIY Network and HGTV. Hours are 10 a.m. to 6 p.m. Feb. 26 and 27, and noon to 6 p.m. Feb. 28. Tickets cost \$6 for adults and children under 12 are admitted for free.

For more information, call 334-277-7766, or visit gmhba.org/home-building-remodeling-expo.php.

Monster X Tour

Montgomery will play host to the nation's most competitive monster trucks Feb. 26 at 7:30 p.m. and Feb. 27 at 9:30 p.m. at the Garrett Coliseum, according to Monster X Tour organizers. The 10,000-pound, car-crushing giants compete in racing, wheelie contests and then display some freestyle action during the tour. People will also be able to meet the drivers and see the trucks up close at the pre-event autograph pit party. Tickets are available at the Coliseum office Mondays-Fridays from 9 a.m. to 4 p.m., at Ticketmaster.com, or the Publix on Zelda or Vaughn roads.

For more information, visit www.thegarrettcolliseum.com/monster-x-tour/.

Seafood festival, car show

The Orange Beach Sports Association will host the 24th annual Orange Beach Seafood Festival Feb. 27 from 10 a.m. to 4 p.m. at The Wharf in Orange Beach. The festival is the association's major fundraiser to support sports-related activities in the community, specifically youth baseball, softball and tee ball. The festival features

food and arts and crafts vendors, a silent auction, a car show, a children's activity zone, a climbing wall and other activities.

For more information, visit <http://www.obparksandrec.com/>.

Alabama Dance Theatre: 'Peter Pan'

The Alabama Dance Theatre will present its production of "Peter Pan" March 4-6. For more information, including costs and show times, call 334-241-2590, or visit alabamadancetheatre.com/upcoming-events/show/peter-pan.

Scottish Festival

Panama City will host its Scottish Festival and Highland Games March 5 from 9 a.m. to 9 p.m. at Aaron Bessant Park. Tickets cost \$15 in advance and \$20 the day of event. The welcome ceremony will take place at noon. The festival will feature a parade and show featuring bagpipe bands, dancers and the Parade of Tartans by the Clan representatives. There will also be a military salute, and food vendors will offer traditional treats from the old world, such as haggis, bridies, Shepard's pie, meat pies, and fish and chips — hamburgers and hot dogs will also be available, according to organizers.

For more information, visit <https://pscscotfestival.com/>.

Zoo Weekend

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

For more information, call 334-240-4900, or visit www.montgomeryzoo.com/announcements/zooweekend.

Range to host annual Bataan march

White Sands Missile Range
Public Affairs Staff Report

WHITE SANDS MISSILE RANGE, N.M. — The 27th annual Bataan Memorial Death March is gearing up to step into another record-breaking year at White Sands Missile Range March 20. The event is an active history lesson and a true test of endurance.

Considered one of the hardest marathon-length routes in the United States, participants come from all over the world to honor the Bataan fallen and World War II survivors.

"They stand as a living testament to the memory of Bataan," said Brig. Gen. Timothy Coffin, White Sands Missile Range commander, during the 2015 opening ceremony. "They faced physical and spiritual hardships that for many were too great to bear. The legacy of the march, which has brought us here today, keeps its history alive and ensures the sacrifices made and lessons learned are not forgotten."

The story of the Bataan Death March began April 9, 1942, when around 75,000 Filipino and U.S. Soldiers were surrendered to Japanese forces. U.S. service members were from the Army, Army Air Corp, Navy and Marines. Among those seized were members of the 200th Coast Artillery, New Mexico National Guard. The prisoners were forced to march about 100 kilometers north to Nueva Ecija to Camp O'Donnell, a prison camp, in the scorching heat through the Philippine jungles.

One of those brave men who survived the march is retired Col. Ben Skardon, a 97-year-old Bataan survivor, who has marched 8 1/2 miles for the last eight years during the Bataan Memorial Death March.

"Coming to WSMR is now my pilgrimage," Skardon said. "I'm privileged to be able to make my eighth trip to White Sands. I learned how easy it is to die when you lose the will to live."

Skardon was 24 years old



PHOTO BY LUCIANO VERA

Bataan survivors shake hands with participants at the start and finish of last year's march.

and weighed 90 pounds at the time of rescue. He attributes his survival to two fellow Soldiers and Clemson graduates, Henry Leitner and Otis Morgan, who cared for him when he fell ill during the march. Before they were forced to march, Skardon said he hid away a can of condensed milk and his Clemson ring in a piece of cloth. He would take bits of the condensed milk during the march, and traded his ring for a chicken and a can of ham.

In his honor, every year some of the participants carry cans of condensed milk signed by Skardon.

The prisoners of war were randomly beaten, and denied food and water for days. Thousands died and those who fell behind were executed. Those who survived the march faced the hardships of a prisoner of war camp. The march became known as the Bataan Death March.

"They disrupted the enemy's timetable," said Margaret Garcia, daughter of deceased Bataan Memorial Death March survivor Evans Garcia. "They crippled the Japanese War efforts. They kept the faith. They held on, dug deep, and found a reservation

of strength and courage. If dad was here today he'd say, 'well it wasn't all bad. Let me tell you the pros.'"

During the 2015 memorial march, 10 Bataan survivors shook every participants' hand at the start and finish line. Seven Bataan survivors plan to attend the 2016 Bataan Memorial Death March.

One of the participants in 2015 was Cadet Sgt. Juan Carlos Estremadoyro-Fort, an 18-year-old cadet sergeant from the New Mexico Military Institute, who shook hands with Bataan survivors after he finished his first marathon-length run in a little over three hours.

Thirsty, hungry and with a slight cramp in his right leg he walked straight to the Bataan survivors to say thank you.

"For me it's a reminder of those a long time ago who sacrificed so much for their country and today for those still serving all over the world," Estremadoyro-Fort said.

Since its inception in 1989, the Bataan Memorial Death March has grown from about 100 to more than 12,000 marchers, spectators and volunteers from around the world. The march is a military

event, but many civilians and athletes come to WSMR to take the challenge or volunteer.

Lisa Frankson, Directorate of Family, Morale, Welfare and Recreation Bataan March director, said that without the battalion of more than 1,200 volunteers, the annual Bataan Memorial Death March would not exist.

"We don't have enough staff to support this size event," she said. "It is critical that we have volunteers. It wouldn't happen without them. The amount of support and hours they give can't be measured."

Frankson also said the volunteer-age groups vary but every year more and more younger volunteers can be seen all over the Bataan route.

"It's very unique for the younger generation to volunteer for something like this," she said. "The fact that they are here in mass is wonderful and inspiring. They get it and it gives you hope."

The 2015 Bataan Memorial Death March also raised 21,679 pounds of non-perishable food donated by marchers in the heavy category, who carried the non-perishable food in their packs.

Every year the food is donated to the Las Cruces Roadrunner Food Bank.

Marchers can select between two routes, the full 26.2 miles or 14.2 miles. Participants can choose to participate in the heavy category, which requires you to carry a pack that weighs more than 35 pounds, or the light category which has no weight requirements. Participants in the runners category state every year how much of an endurance test the 1,400-foot elevation climb and the Sand Pit are to accomplish.

Military or civilian teams of five can also take on the challenge. Staff Sgt. David Esquivel, Army combat engineer, participated in the 2015 Bataan March with his 13-year-old son, Andrew.

"He just asked me one day if he could do it and I started training him up for it," Esquivel said. "My wife was on board, so my family is fully supportive. I'm proud of him that at such a young age he wants to do something like this."

Esquivel began training for the event months before and highly encouraged participants to do some form of preparation.

"Be prepared mentally and physically. Go into it knowing you will finish and think of those who actually went through it," he said. "As with everything in the Army, preparation is key."

Each year, information is sent to all of the military installations through their chain of command and through DFMWR recreational channels to reach maximum military and Department of Defense personnel. The WSMR commanding general also sends challenge letters to general officers throughout the Army.

The 2016 Bataan Memorial Death March will feature a new timing system that will allow marchers and their family members to receive accurate times throughout the course of the Bataan Memorial Death March through the use of a mobile application. Participants can download the "ITS YOUR RACE" application for mobile devices.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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

United States Army Aviation Center of Excellence & Fort Rucker
Fort Rucker, Alabama

Holy Week Services 2016

Come join us during special times of fellowship and remembrance. Let's reflect together on Christ's sacrificial gift and prepare our hearts for the victory that came on Resurrection morning.

Holy Thursday (24 Mar):
Catholic, 1900, Main Post Chapel
Protestant, 1200, Headquarters Chapel

Good Friday (25 Mar):
Catholic, 1600 (Stations of the Cross), Main Post Chapel
Catholic, 1700 (Liturgy), Main Post Chapel
Protestant, 1200, Headquarters Chapel

Holy Saturday (26 Mar):
Catholic, Easter Vigil, 2000, Main Post Chapel

Easter Services/Mass (27 Mar):
Latter-Day Saint Service, 0900, Wings Chapel
Catholic Mass, 0900, Main Post Chapel
Wings Crossroads Service, 1045, Wings Chapel
Liturgical Worship Service, 1100, Main Post Chapel

Postlude Easter Sunrise Service
27 Mar, 0630, behind Wings Chapel
(Auditorium Flight Landing Strip)

Headquarters Chapel (Bldg 109)
Main Post Chapel (Bldg 8940)
Wings Chapel (Bldg 6036)

For more information, contact the Religious Support Office, 334-255-3100/2012

Visit us at: www.rockandroll.com and www.military.com

Ask your buddy

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

Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

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USAPHC <http://phc.amedd.army.mil/>

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HAT TRICK

Army, service members, hockey team win at military appreciation night

Story on Page D3

FEBRUARY 18, 2016

FUNCTIONAL FITNESS

Training mirrors, strengthens common movements

By **Jeremy Henderson**
Army Flier Staff Writer

Equipment availability continues to grow for functional fitness enthusiasts and new training options are available for anyone interested in utilizing the dedicated space inside the Fort Rucker Physical Fitness Center.

According to Zea Urbitzondo, fitness program specialist, the functional fitness area allows patrons to perform exercises and movements that are multi-planar and multi-joint, mirroring movements that are performed in everyday life.

"You are not restricted to a machine that forces you to perform isolated movements," she said.

The functional fitness area opened with a few pieces of equipment in December, but has since grown to accommodate a wide range of exercises.

"Right now, there is a 20-yard (area with) artificial turf with six lanes for sprints, tire flips and sled use," Urbitzondo said. "We have a 14-foot rig that houses three adjustable squat racks, multiple height pull-up bars and rings. There are two lifting platforms, two power racks, weighted bars, kettle bells, medicine balls, slam balls, eight rowers, four assault bikes, four spin bikes, sandbags,

two 20-foot climbing ropes and two free-standing heavy bags.

"In addition, workouts are posted Monday through Friday, designed to improve speed, power, agility, strength, mobility and aerobic endurance," she added.

Equipment availability grew rapidly and, according to Urbitzondo, there is more to come.

"In the near future, we will be adding eight lifting platforms, two more power racks, TRX units and more Olympic barbells to the equipment already in place," she said.

Functional fitness may be a new concept for some, but Urbitzondo said its purpose is straightforward and beneficial to Soldiers.

"Functional fitness involves exercises designed to improve an individual's performance of daily tasks and/or activities by training muscles to work together in simulated common, repetitive movement patterns," she said. "It is beneficial because it trains muscles to work simultaneously, safely and efficiently. It also focuses on core stability and injury prevention, preparing the body to perform well in a variety of situations, and improvement of quality of life. When paired with tactical training, functional fitness can vastly improve performance as a Soldier."



PHOTO BY JEREMY HENDERSON

WOC Cody Elzey performs a functional fitness power clean lift using bumper plates.

Urbitzondo is available Mondays-Fridays from 5 a.m. until 1:30 p.m. for any assistance or questions that patrons may have. If there is a piece of equipment or exercise that a patron is interested in, she is available to assist the person in learning about how to use the equipment.

"The biggest thing that a lot of people lose sight of is the quality of their movements," she said. "It is not about how heavy you lift or how fast you move if your form is poor. Too often, people

rush to get through their sets and reps and compromise good form in the process.

"Because functional fitness focuses on mirroring every day movements outside the gym, you want to make sure that the quality of your movement inside the gym counts," she added. "By utilizing good solid form when performing exercises with weights, you are training your body to perform the same quality movement in any situation."

For those patrons interested

in trying functional fitness training for the first time, Urbitzondo urges them to step outside their comfort zone.

"There is nothing frightening or scary about functional fitness," she said. "You are simply taking things you doing on a normal basis and adding an element of strength and power to it. Do not be hesitant to step out of your comfort zone because everyone can benefit from functional fitness, regardless of their fitness level."

Healthy hearts: Eat better, move more

By **Military Health System**
Communications Office Staff

It's that awkward time of year where the New Year's resolutions are starting to lose their appeal.

The cigarettes are still off-limits, but that lunchtime salad has turned into a regular slice of pizza, and your presence at the gym is getting rarer, while your treadmill at home is collecting more dust than miles.

But those heart healthy resolutions and habits need to stick with you throughout the year.

"Our weight and the amount of exercise we get have a direct impact on our heart health," said Army Lt. Col. Todd Villines, the cardiology consultant to the Army Surgeon General and a practicing cardiologist at Walter Reed National Military Medical Center. "Cardiovascular disease is the leading cause of death in the United States, contributing to one of every three deaths, but eating right and getting the proper amount of exercise can make all the difference."

To start, Villines pointed to what's on people's plates. One of the biggest issues is the amount of saturated (unhealthy) fat in food, which ends up in people's bloodstreams in the form of cholesterol. Major sources of saturated fat include red meats and cheeses.

"Those foods raise your cholesterol level, which in turn clogs arteries with plaque and increases blood pressure. High blood pressure then puts the heart under more stress, making it vulnerable to heart failure and cardiac arrest," he said.

However, you can't eliminate saturated fat from your diet completely, because foods that are good sources of healthy fats – olive oil, peanuts, salmon – also contain some saturated fat. If you cut back on red meat and dairy products, it is important to replace them with those foods containing healthy fats and not with foods that are high

in refined carbohydrates, such as added sugars and refined flour.

In addition, increasing intakes of beans, vegetables and whole grains – not the white flour in so many processed baked goods – will help get you back on track to better heart health.

But diet alone won't do it all.

"Exercise is the cornerstone for preventing cardiovascular disease," said Villines. "Even just modest levels of physical activity done consistently can help."

The National Institutes of Health recommends at least 75 minutes of vigorous aerobic exercise per week or 150 minutes per week of moderate-intensity aerobic exercise. Activities can be as simple as a brisk walk of at least 10 minutes.

Villines said you don't have to become a gym rat to get some benefit. "You don't need a personal trainer. Just do something nearly every day of the week."

In addition to this advice on diet and exercise, Villines pointed to the Army's Integrative Cardiac Health Project, which provides service members with valuable tools to help recognize the risks for cardiovascular disease along with strategies to improve and sustain healthy lifestyle behaviors. Also, the Military Health System website makes resources available on its Heart Health page at <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Preventive-Health/Heart-Health>.

"We know it's sometimes tough to adopt the eating and exercise habits needed to maintain a healthy heart," said Villines. "But you need to look at it as a long-term investment for you and your family. Recent research has consistently shown that how you've lived your life – with regards to diet, activity and control of cholesterol and blood pressure – before age 50 has a tremendous impact on your risk of developing heart disease and strokes over a person's lifetime."



PHOTO BY J.D. LEIPOLD

Army Chief of Staff Gen. Mark A. Milley formally swears in Lt. Gen. Nadja Y. West as 44th Army surgeon general as her husband, Don, holds the Bible on Joint Base Myer-Henderson Hall, Va., Feb. 9.

Surgeon general receives 3rd star

By **J.D. Leipold**
Army News Service

WASHINGTON — The Army formally welcomed the service's 44th surgeon general Feb. 9 and promoted her to lieutenant general.

Lt. Gen. Nadja Y. West became the first African American to serve as Army surgeon general when she assumed the position Dec. 11. With her promotion, she became the Army's first black woman to hold the rank of lieutenant general and the highest-ranking woman of any race to graduate from West Point.

Army Chief of Staff Gen. Mark A. Milley hosted the ceremony held on Joint Base Myer-Henderson Hall, Virginia. "She has performed brilliantly in the two months she's been the surgeon general and I can personally attest to that," Milley told the audience.

Following the ceremony, West spoke with the press to provide an idea on where Army medicine would be heading.

She said her predecessor, Lt. Gen. Patricia Horoho, had brought Army medicine to the point that it is now and that one of her priorities would be to ensure that the Performance Triad – focused on sleep, nutrition and activity – continues.

She said though it sounds basic, "we want to take care of ourselves in all dimensions, then to the next level."

"Gen. Milley says readiness is his No. 1 priority – and there is no other No. 1 – so my job will be to ensure that from the health care aspect, that I can enhance the readiness of our Soldiers, our families and those who are entrusted to our care," she said. "You can't lead people if you don't care about them. It has to be genuine care."

West said that her mission was to ensure medical formations are appropriately agile and adaptable to meet the needs of the entire aligned force to include the Army and the joint force.

West was raised in the nation's capital and was the youngest of 12 adopted brothers and sisters.

Before she took the oath of allegiance, her son, Logan, and daughter, Sydney, replaced their mother's two-star shoulder boards with the three-star versions, gifted by her predecessor, to the applause of family, friends and dignitaries.

Milley then presented her with a personal three-star flag before administering the oath of office as her husband, Don, held the Bible.

"In short, she's in charge of tens of thousands of medical professionals, and she has significant responsibilities here and overseas that cover health care policies and medical materiel," he said. "She's in charge of organizing and integrating Army-wide healthcare assistance for about 2 1/2 million people. That's a lot of work, a lot of responsibility and no one is going to do it better than General West. And she also manages money – she's in charge of \$11.8 billion."

West spoke with the lectern and spoke briefly about her large family, and thanked them for the support her brothers and sisters had given over the years. She said the smallest gap in ages was between she and her next oldest sister, and that was six years.

"My family was a really good team," she said. "There was a group who was all the same age and were friends in the orphanage, so they hung together and looked out for each other – that was a good environment to grow up."

"I think the message that sends is that there's no limit (to) what you can do – what you can accomplish once you put your mind to it," she continued. "No matter what your beginnings are, you can aspire to be anything you want."

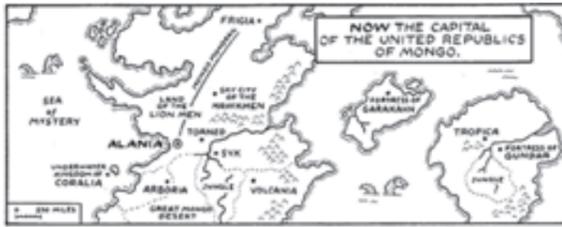
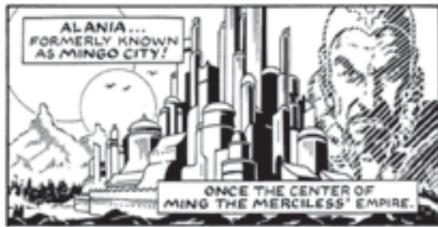
West is a 1982 graduate of the U.S. Military Academy at West Point, New York, where she earned a bachelor of science in engineering. She followed up by earning her doctorate of medicine from George Washington University School of Medicine in Washington, D.C.

West flew to Fort Sam Houston, Texas, Feb. 10, to formally assume command of U.S. Army Medical Command.



DOD GRAPHIC

DOWN TIME



Just Like Cats & Dogs by Dave T. Phipps



Trivia test by Fifi Rodriguez

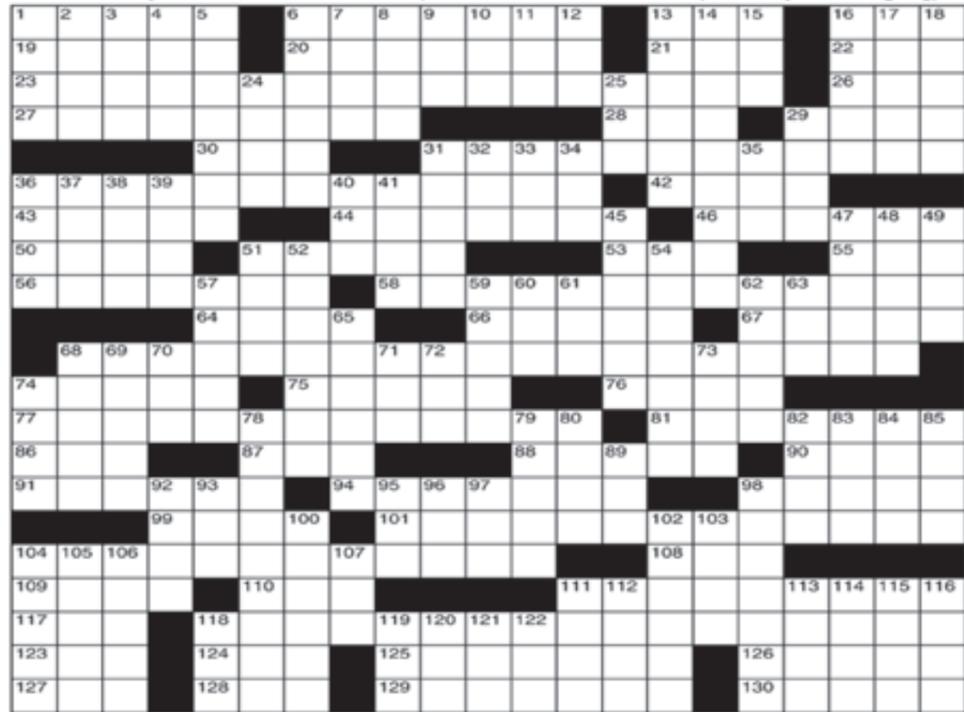
T R I V I A

- MUSIC: Who was known as "The Godfather of Soul"?
- TELEVISION: What was the name of the yellow character on the children's show "Teletubbies"?
- SPORTS: What competition features activities such as clean, jerk and snatch?
- FOOD & DRINK: What kind of dried fruit are prunes?
- FAMOUS QUOTATIONS: What famous playwright once observed, "The course of true love never did run smooth"?
- MATHEMATICS: What number does the prefix giga- represent?
- U.S. STATES: Which U.S. state shares only one border with another state?
- GEOGRAPHY: Where is the Suez Canal?
- PRESIDENTS: Which U.S. president was born with the name Leslie King?
- MOVIES: In the Disney movie "Aladdin," how long was the genie inside the lamp before Aladdin released him?

See Page D4 for this week's answers.

Super Crossword NATIONAL REPLACEMENTS

- ACROSS**
- 1 Flynn of old films
 - 6 Hardy subtle
 - 13 Census datum
 - 16 Actor Bekushi
 - 19 Primed
 - 20 Its capital is Bucharest
 - 21 Install, as tile
 - 22 Prefix with polar
 - 23 Old directory-assistance request, in Belmopan?
 - 26 Pan coverer
 - 27 Vitamins, e.g.
 - 28 "— hawl!"
 - 29 Ale barrels
 - 30 Caesar of 1950s TV
 - 31 Add an inducement, in Stockholm?
 - 36 Rock band staple, in Doha?
 - 42 Galaxy unit
 - 43 Steelmaking places
 - 44 Divided-skirt garment
 - 46 Really anger
 - 50 — facto
 - 51 In the vicinity
- DOWN**
- 1 Land o' leprechauns
 - 2 Bausch & Lomb brand
 - 3 Balsa floater
 - 4 Sign of rot
 - 5 Greek harp players of old
 - 6 Chastain of women's soccer
 - 7 Pol Trent
 - 8 Gallic pals
 - 9 Lao-tzu's universal
 - 10 Journalist Curry
 - 11 Pen tip
 - 12 — kwon do
 - 13 Vulcans, e.g.
 - 14 Dictionary of geography
 - 15 Needle hole
 - 16 Kentucky Derby drink
 - 17 — Montoya ("The Princess Bride" swordsman)
 - 18 Center
 - 24 Israeli leader
 - 25 Soap stuff
 - 29 Deborah of "The King and I"
 - 31 La — (Philadelphia university)
 - 32 Intl. commerce group
 - 33 Munch on
 - 34 Richard Gere title
 - 35 Fictional Solo
 - 36 Arabian ruler
 - 37 Lead-in to suction
 - 38 Snow queen in "Frozen"
 - 39 Blockhead
 - 40 300, to Livy
 - 41 Pier
 - 45 Tangle up
 - 47 Pond flora
 - 48 Melon, e.g.
 - 49 Lea females
 - 51 "Tra" follower
 - 52 Producing an effect
 - 54 So-far nonexistent
 - 57 Carta lead-in
 - 59 Everest, e.g.
 - 60 Outer: Prefix
 - 61 High degree
 - 62 Conclude
 - 63 Premarital named
 - 65 Duffel with workout gear, maybe
 - 68 "You could — pin drop"
 - 69 Far from cool
 - 70 "— any drop to drink"
 - 71 Egyptian (spotted cat breed)
 - 72 Grafton's — for "Outlaw"
 - 73 Sharif of film
 - 74 Ski lift type
 - 78 Manna eater
 - 79 Donovan of "Clueless"
 - 80 Speak wildly
 - 82 Waikiki site
 - 83 Cease
 - 84 Arm bone
 - 85 Early utopia
 - 89 "I'm not impressed"
 - 92 The old man
 - 93 Samara-dropping tree
 - 95 Green gp.
 - 96 Indian bread
 - 97 Amer.
 - 98 County officer
 - 100 Pressed
 - 102 Less difficult
 - 103 Very dry, as champagne
 - 104 Bill — and His Comets
 - 105 Whittle away
 - 106 Infinite rival
 - 107 Adversity
 - 111 Starbuck's captain
 - 112 Pudding starch
 - 113 '60s hairdo
 - 114 Dark genre
 - 115 Unorthodox sect
 - 116 — Stanley Gardner
 - 118 Brazil —
 - 119 Bistro check
 - 120 Cain raiser
 - 121 Slithery fish
 - 122 Pro-gun gp.



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER



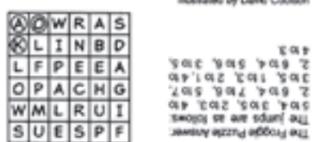
Junior Whirl by Charles Barry Townsend

A HOPPING GOOD PUZZLE!
Below we have seven toadstools occupied by six frogs. Three are green and three are brown. Your problem is to make them change places on the toadstools in the fewest possible moves according to the following rules. (Use pennies and nickels to represent the frogs.)

- Each frog can only jump to the next empty toadstool.
- The green frogs must jump left to right; the brown frogs must jump right to left.
- If one frog is separated from a vacant toadstool by a single frog, it may jump over this frog to occupy the empty toadstool.



DON'T BARK UP THE WRONG TREE ON THIS ONE! Hidden in the grid to the right are the names of 17 kinds of trees. Starting at any letter, spell a name by going from letter to letter horizontally, vertically or diagonally. You can use each letter only once when spelling any one name. As an example, we've given you OAK by circling the letters. Good luck!



Wishing Well by Henry Boltzoff

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

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

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HOCUS-FOCUS by Henry Boltzoff



Find at least six differences in details between panels.



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HAT TRICK

Army, service members, hockey team win at military appreciation night

By David Vergun
Army News Service

WASHINGTON — There are a lot of similarities between the Army and great sports teams like the Washington Capitals, according to the Army chief of staff.

Soldiers and athletes place a premium on physical fitness, cherish high morale and camaraderie, and expect each individual to contribute to the team and to winning, Gen. Mark A. Milley said.

Milley spoke pre-game to service members and their families at a National Hockey League Washington Capitals "Salute to the Military Night," during a game against the New York Islanders, at the Verizon Center, Feb. 4. He was also interviewed by Comcast SportsNet, as well as Caps Radio announcer John Walton during an intermission period.

"Troops who've played sports at a competitive level (prior to) coming into the service have an advantage," he said. "You learn that on any sport, whether on the ice or on the soccer field. It takes a lot of effort on the part of everyone to win."

Milley knows first-hand what it's like to have been on a sports team.

While at his alma mater, Princeton University, Milley played defenseman for the Tigers, a National Collegiate Athletic Association Division hockey team. He ad-



PHOTO BY STAFF SGT. STEVE CORTEZ

A wounded warrior and member of the USA Warriors Sled Hockey Team, a Marine Corps lance corporal, drops the ceremonial puck at a National Hockey League Washington Capitals game against the New York Islanders Feb. 4.

mitted that "while I was not quite as fast or large as some of them (Caps players), I could have kept up with a few."

The chief said he had a shot at being drafted by the National Hockey League, but wasn't, "so I ended up in the Army."

"I think you've done OK for not having been drafted," Walton shot back. "You have an incredibly complex job with so many responsibilities leading the Army. How do you do it?" "There are lots of

challenges (being the Army's chief of staff), but it's pretty easy to do with great leaders working for you, from generals and colonels, all the way down to the sergeants and privates," he replied. "They're the greatest Soldiers in the world. It's a real honor and humbling to be their chief of staff."

Besides honoring all service members worldwide, the Caps' "Salute to the Military Night" was about honoring wounded warriors, Milley said, naming some

who were in attendance at the game who were wounded in Afghanistan.

Some of the wounded warriors were missing limbs and could not play hockey in the traditional manner. One of them, a Marine Corps lance corporal, ceremoniously dropped the first puck at the game. "Those kids are playing sled hockey," Milley said. "It's part of their rehabilitation process. I'm so proud of them, all of them. They're all heroes."

Adding words of appreciation for the military was Raul Fernandez, co-owner of the Caps, the Washington Wizards of the National Basketball Association and the Washington Mystics of the Women's National Basketball Association.

Every year for 14 years, the Caps have been hosting a "Salute to the Military Night," he said. Over the course of that time, the Caps have donated some 30,000 tickets to military men and women.

Milley added his appreciation to the Caps for hosting the event. The chief said that while the Caps have a devoted fan base, it's essential that the Army has one, as well.

"It's important for our morale to make sure that we know America supports our veterans," Milley said.

The chief admitted that since coming to Washington, D.C., he's become a Caps fan, but doesn't get out to games because of his busy work schedule as chief.

And, when he does watch games on television, they're usually his "beloved Bruins." He added that his son is a big Caps fan, though.

The hundreds of military spectators and thousands of others watching that night's game who were Caps fans were in for a treat. Alex Ovechkin scored his 29th goal of the season, leading the Caps to a 3-2 victory over the Islanders.

Olympian: Performance Triad key to marathon prep

By David Vergun
Army News Service

LOS ANGELES — "A marathon is like a war," said a 2004 U.S. Olympic runner and member of the Oregon Army National Guard.

There is a lot of planning, preparation and training, as well as qualifying races to compete in before the marathon. The amount of training is comparable to readying Soldiers for combat, Maj. Dan Browne, said.

Browne, head coach of the Army's World Class Athlete Program, spoke just minutes before three of his runners, all Soldiers like himself — Spc. Elkanah Kibet, Spc. Paul Katam and Sgt. Augustus Maiyo — competed in the Olympic Marathon Trials Saturday on the streets of downtown Los Angeles.

Maj. Kelly Calway, who is not coached by Browne, also competed.

The obvious comparison of a Soldier to an elite athlete, he said, is the high level of physical fitness required to win. But that alone is not enough.

Adequate sleep and good nutrition are also important to an athlete, as well as a Soldier. The Army's Performance Triad demonstrates the importance and interconnectedness of all three: sleep, activity and nutrition, he said.

"Performance Triad is truly right on the mark," Browne said. "In order to perform, you have to have those three things completely dialed in."

His Soldiers are, in fact, "dialed in," he added, and all "understand their bodies really well."

Having all aspects of the Performance Triad dialed in will — besides "getting the most out of yourself physically — also undoubtedly help the mental aspect" of training and racing, he said.

This mental or psychological aspect is key to success, he said. There will be disappointments, such as losing a race or getting injured — it comes with the territory. The important thing is "understanding that disappointments are just an opportunity to readjust and refocus your efforts. If you look at it in that sense, it takes away the negative stigma from it. Looking for the silver lining is key to developing that mindset."

Army resiliency training is very similar to methods coaches use to get the best out of their athletes and help them "bounce back from setbacks," he said.

Coaching techniques

As a former Olympic athlete, "I know myself very well," Browne said. "But, to really help develop that peak performance mindset in each individual Soldier, I've got to know them and work with them and understand what makes them tick."

When coaching his distance runners, Browne said: "I'm very attuned each and every day to how they're feeling. This is kind of the art of coaching, so to speak.

"I notice things about their facial expressions and how their stride looks," he continued. "Because of my experiences in running, I kind of understand this means they're tired, (or) this means they need to be worked a little bit harder."

Regarding the physical component, Browne said his runners have had high-altitude training as part of their regimen to better increase lung capacity for endurance.

After high-altitude training, athletes "have more red blood cells so there's more oxygen-carrying capacity and also the perceived effort is much less. That's why athletes often undergo high-altitude training before big events.

Browne's Soldiers have good training venues. They train amongst Jerry Schumacher's Bowerman Track Club in Portland and Alberto Salazar's Nike Oregon Project in



PHOTO BY DAVID VERGUN

Amy Cragg, who placed first at the marathon Olympic Trials in Los Angeles Saturday, came in at 02:28:20. Shalane Flanagan came in third at 02:29:19.

Beaverton, Oregon. "These are powerhouse programs," Browne said.

Great coaches are said to beget great coaches. Browne said his coaches and mentors were Salazar, who won the 1982 Boston Marathon, and Bob Larsen, a Hall of Fame track and field coach.

Under Salazar's tutelage, Browne made the Olympic team in 2004 and competed in Athens, placing 12th in the 10,000-meter race as the top American finisher and 65th in the marathon.

"One of the key ingredients, I believe, is that when you surround yourself with excellence, it spurs you on. These Soldiers get to see some of the world's best athletes. It breeds that mentality of 'hey, I see what these guys are doing. I can do that, too.'"

Browne added that a lot of what coaches like he and others do is provide insights and help the athletes with the small details he's picked up over the years. "They've already developed to a very high level already."

Olympic trial results

Resiliency would be important for the Soldiers at the Olympic Trials. Out of hundreds of competitors, only three men and three women would be selected for the U.S. Olympic marathon team heading to Rio de Janeiro, Brazil, later this year. Although all of the Soldiers gave it their best, none qualified.

Nonetheless, their times were respectable:

- Maiyo, 02:18:33 (16th place); and
- Kibet, 02:20:10 (19th place).

Katam ran for 01:56:19 but did not finish. Calway also did not finish.

The men's winners were:

- Galen Rupp, 02:11:12;
- Meb Keflezighi, 02:12:20; and
- Jared Ward, 02:13:00

The women's winners were:

- Amy Cragg, 02:28:20;
- Desiree Linden, 02:28:54; and
- Shalane Flanagan, 02:29:19

Kibet said he made some tactical errors during the race. A strong competitor "made a move I wasn't expecting. I tried to catch up, but didn't," he said.

Also, the temperatures on race day were in the upper 80 degrees and he said that affected him because he hadn't trained in those conditions.

In 2015, Kibet finished seventh in the Chicago Marathon with a time of 2:11:31.

There are a lot of other competitions coming up that Kibet said he's looking forward to participating in.

Katam, despite not finishing the race due to a foot pain, is already focused on the 10,000-meter Olympic Trials coming up in July in Eugene, Oregon. If he succeeds there, he'll go on to the Olympics.

Katam said his other love besides running is the Army. He intends to stay in and make a career of it.

Maiyo, too, thinks he might make the Army a career. Like Katam, he plans to compete in the 10,000-meter Olympic Trials and hopes to go on to Rio.

Calway said her hip had been bothering her prior to the race and her coach pulled her out early.

The strategy for doing that, besides preventing a serious injury, she said, is to rest and recover for the July Olympic Trials that Katam and Maiyo are also aiming for.

While she'll need to lay off from running, she said she does pool running, which is similar to treading water in the deep end, and using a zero-gravity bike designed for astronaut training.

In 2013, Calway won the Marine Corps Marathon.

When Calway isn't training, she's a combatives instructor at the U.S. Military Academy, West Point, New York.

Her dad, Lt. Gen. Robert Brown, was on-site in Los Angeles to cheer her on, as was her mother and sister. "He's my biggest fan," she said of her father.

Coach Browne

Besides competing in the Olympics in Athens in 2004, Browne competed in the 1996 Olympic Trials in Atlanta. The following year, he graduated from West Point.

In 2013, he deployed to Afghanistan and was assigned to a special operations unit.

Though no longer a professional athlete, Browne still looks fit and trim. He said he runs a little and bikes.

He explained how coaching and running as a competitor are different.

As a runner, "you have a selfish mindset," he said. "Now, I'm in a natural transition to giving back and supporting others. I'm so thankful for this opportunity. I really enjoy the season of life I'm now in."

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Army Medicine provides facts on Zika virus

By Col. Mark D. Harris
*Chief of Preventive Medicine,
 Public Health Emergency Officer
 Regional Health Command-Atlantic*

FORT BELVOIR, Va. – Headlines from CNN to the BBC shouted the story of the Zika virus, predicting millions of cases and warning of widespread disease. Major US airlines have offered refunds to passengers who chose not to go to areas affected by the Zika virus.

What do soldiers and their families need to know and do in the face of this danger?

The Zika virus was first discovered in Uganda in 1947. It spread to Brazil in early 2015 and by Jan 27 was in 22 countries in the Americas. People who contracted Zika infection overseas have been found in Texas, Arkansas, Hawaii, and Virginia, but there has been no transmission in the U.S.

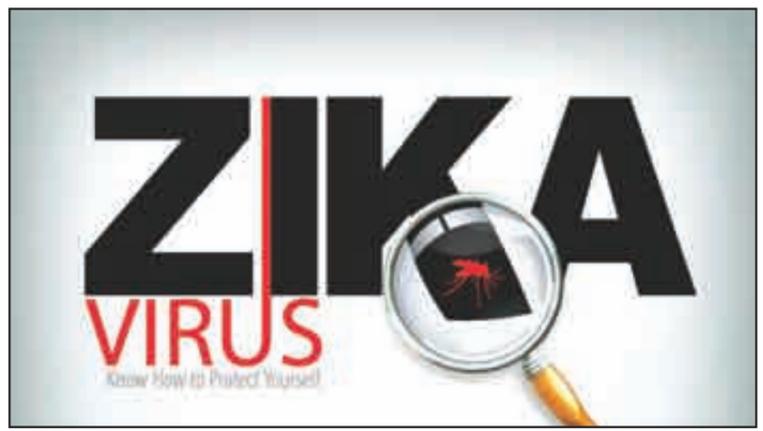
Bites from certain types of mosquitoes found in the southeastern United States transmit the virus. Fortunately, dropping temperatures decrease virus transmission and freezing temperatures kill the mosquitoes.

Eighty percent of patients with Zika virus never develop symptoms. Twenty percent develop fever, rash, muscle aches and joint pain lasting about one week. More serious complications are very rare. Many fear that Zika infection might be associated with

birth defects. More study is needed, but the Centers for Disease Control and Prevention recommends that pregnant women consider postponing trips to countries where Zika virus is being locally transmitted, such as Central America and northern and central South America.

Treatment for Zika virus includes controlling pain and fever, good fluid intake and rest. Other medications including antibiotics are not effective and there is no vaccine. People can reduce their chance of becoming infected with good mosquito protection: (<http://www.cdc.gov/zika/disease-qa.html>):

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Use Environmental Protection Agency (EPA) registered insect repellents. All EPA-registered insect repellents are evaluated for safety and effectiveness.
- Always follow the product label instructions
- Reapply insect repellent every few hours.
- Do not spray repellent on the skin under clothing.
- If you are also using sunscreen, apply sunscreen before applying insect repellent.
- If you have a baby or child:



ARMY GRAPHIC

- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
- Adults: Spray insect repellent onto your hands and then apply to a child's face.
- Treat clothing and gear with permethrin or purchase permethrin-treated items.
- Treated clothing remains protective after multiple washings. See product information to learn how long the protection will last.
- If treating items yourself, follow the product instructions carefully.
- Do NOT use permethrin products directly on skin. They are intended to treat clothing.
- Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

The recent outbreak of Zika virus is a genuine concern. However, by taking a few simple precautions, Soldiers and Families can protect themselves.

FORT RUCKER SPORTS BRIEFS

Youth T-ball, baseball, softball registration

Fort Rucker Child, Youth and School Services will run registration for youth T-ball, baseball and softball throughout February. The cost is \$25 for 5-6 year olds, and \$45 for 7 year olds and up. There will be a parents meeting March 3 at 6 p.m. in the youth center gym, Bldg. 2800 located on Seventh Avenue. If coaches are in place, practices will start March 8. The regular season will start on or about April 4.

People interested in coaching or registering should call 255-0950.

ATV trail ride

Outdoor recreation will host an all-terrain vehicle trail ride Saturday. People must pre-register to take part and all participants must be 16 years or older. The ride is open to the public. For more information or to register, call 255-4305 or 255-2997.

Registration for British Soccer Camp

Fort Rucker Youth Sports is partnering with Challenger Sports to bring the British Soccer Camp to the post May 31 to June 3. Registration for the camp runs now through May 26. There are four camp options. Youth are required to have a child, youth and school services membership and a current youth sports physical. Registration may be done on the WebTrac or at

parent central services in Bldg. 5700, Rm. 193. Youth who register before April 15 will receive an official British soccer jersey.

For more information, call 255-2257 or 255-2254.

Youth jump roping

Fort Rucker Youth Sports will host a jump roping activity for youth ages 6 years old and older starting Tuesday. The activity will meet two times a week at 6 p.m. in the youth center gym, Bldg. 2800 on Seventh Avenue. The cost is \$25. Jump ropes will be provided, or youth can bring their own. Any parents interested in leading the activity should call youth sports at 255-0950.

For more information, including exact times of the activities, call 255-0950.

Deep sea fishing trip

Outdoor recreation will host a deep sea fishing trip Feb. 27. The private charter will seat 18 guests and has all the same amenities as the regular season boat. The trip is designed for more seasoned fishermen, but is open to all participants. The trip will also include bottom fishing and trolling. Price per person is \$150. The trip will depart from the Bldg. 5700 parking lot at 4 a.m. and travel to Destin, Florida. People are welcome to bring a cooler with drinks and snacks – no glass allowed. The trip is

open to the public.

For more information, call 255-2997/9517.

Enterprise baseball

Enterprise's semi-pro baseball team needs players for the 2016 season. The team hosts tryouts Saturdays and Sundays now through March 27. For times and locations, call 347-4275 or 464-1729.

Lifeguard Courses

The Fort Rucker Physical Fitness Center will host lifeguarding courses Feb. 26-28 and March 5-6. Hours are 4-7 p.m. Feb. 26, and 8 a.m. to 5 p.m. the other days. The course is open to patrons ages 15 and up, and costs \$125 for military and Department of Defense ID card holders and \$150 for members of the general public. A prerequisite test must be passed on the first day. People can register at the front desk of the Fort Rucker PFC. The cut-off for registration is three days prior to course start date. Classes may be canceled if minimum enrollment is not met.

For more information, call 255-2296.

Golf lunch and a lesson

Silver Wings Golf Course will host its lunch and a lesson special on Wednesdays in March and April from noon to 1 p.m. The special includes lunch, golf balls and

a golf lesson for \$20. There needs to be a minimum of three participants to conduct a lesson.

For more information, call 598-2449.

Youth turkey hunt

Outdoor recreation will host a youth turkey hunt March 5 from 5-11 a.m. The hunt is open to the public for youth ages 7-15. Registration is \$15. A parent or escort of the youth must have an Alabama State Hunting License and Hunter Education Completion Card.

For more information and to register, visit ODR or MWR Central, or call 255-4305 or 255-2997.

Spring couples scuffle golf

Silver Wings Golf Course will host a spring couples scuffle the first three Sundays of each month from March until May from 11 a.m. to 2 p.m. – scores must be turned in by 4:30 p.m. The event is open to couples of all skill levels. Entry fee is \$5 per couple, per week; or \$15 per couple, per month – does not include cart and green fees. This is a two-person scramble format, with team handicap determined after two rounds. Awards socials will be held at 4 p.m. on the third Sunday of each month. Prizes and trophies will be awarded for the month's weekly games.

For more information, call 598-2449.

PUZZLE ANSWERS

Super Crossword
Answers

| | | | |
|-------------|-----------|-----------|-------|
| ERROL | BLATANT | AGE | JIM |
| READY | ROMANIA | LAY | UNI |
| INFORMATION | BELIZE | LID | |
| NUTRIENTS | YEE | KEGS | |
| SID | SWEDENTHE | POT | |
| ELECTRICO | ATAR | STAR | |
| MILLS | CULOTTE | ENRAGE | |
| IPSO | LOCAL | NYE | LOW |
| ROADMAP | YEMEN | MERINQUE | |
| ALLEG | OCTET | NEARS | |
| HUNGARY | MOUTH | STOFEED | |
| TENON | AMAIN | HOME | |
| BAHRAIN | BUSTER | BAROQUE | |
| ARI | STA | LAMER | AULD |
| RAPPER | GENUINE | SHINE | |
| ALAI | PASSTHE | BHUTAN | |
| HELP | MERWANDA | ARE | |
| AREA | LOO | ASSURANCE | |
| LOX | NINETEEN | HAI | TI |
| EDU | UTE | AVERAGE | FRILL |
| YES | TED | BELABOR | FORTE |

Weekly SUDOKU
Answer

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

Trivia

Answers

1. James Brown
2. Laa-Laa
3. Weightlifting
4. Plums
5. William Shakespeare
6. 1 billion
7. Maine
8. Egypt
9. Gerald Ford
10. 10,000 years

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