DASHBOARD: Articles of Interest
12 May 2015

WELLNESS

Save the Children releases global motherhood rankings
(4 May) CNN, By Katia Hetter
Best and worst countries for mothers. The United States continues to be outpaced by smaller countries in its treatment of its mothers, dropping two spots to 33rd place in Save the Children's newest annual global motherhood rankings.

Sexism And Sexual Assault: Connecting The Dots
(6 May) U.S. Naval Institute Blog, By Dr. Joan Johnson-Freese
Addressing tacit sexism requires changing organizational culture, admittedly among the hardest changes to make in an organization. It cannot be done through a PowerPoint presentation, even in an All-Hands meeting. It requires leadership to demonstrate it is serious about change, in this case meaning what it will tolerate. It requires a change in organizational culture.

NCIS investigates alleged assault aboard carrier Ford
(9 May) Navy Times, By Lance M. Bacon
Criminal Investigative Service is investigating an alleged assault of a female sailor aboard the carrier Gerald R. Ford on the morning of May 3. Sources on the ship said the alleged assailant, whom two described as a shipyard worker, tried to pull the sailor into a secluded area on the ship. She then bit him to break free.

Audit: Air Force sexual assault teams skipped training, missed background checks
(9 May) The News Tribune, By Adam Ashton
A large majority of Air Force personnel chosen to work with victims of sex assault were not properly trained or did not go through special background checks before beginning their assignments, according to an April 2014 audit obtained by The News Tribune.

Air Force cadet set for trial in Boulder sex assault case
(11 May) Boulder News, By Mitchell Byars
A cadet at the U.S. Air Force Academy accused of raping a fellow cadet while the two were visiting Boulder last year is set for trial in October after entering a plea of not guilty Friday.

Stop Assualts On Military Campuses
(12 May) New York Times, By Ashley Anderson and Elizabeth Deutsch
…These incidents expose the entrenched sexism that is tolerated at the three military services academies overseen by the Department of Defense – West Point, the Naval Academy and the Air Force Academy.”

Navy Aims To Boost Sex Assault Reporting, Stop Reprisals
(18 May) Navy Times, By Meghan Myers
Instances of sexual assault are down and reporting is up in the Navy, but there are still some trouble spots on officials’ minds, especially male victims and retaliation against those who report abuse. While progress has been made, according to the head of the 21st Century Sailor Office, reports of retaliation and assaults against men are holding steady.

ASSIGNMENTS

Busting A Gender Barrier At 370 Mph
(6 May) Annapolis Capital Gazette, By Tim Prudente
That time she was a child, at an air show, and a Marine recruiter promised a T-shirt if she could hang for a minute from a pull-up bar. She won – and kept hanging. Then, that time she was in high school, and there weren't enough girls for a team, so she played water polo with the boys. And she kept playing. And in March, that time, at age 28, she became the first woman to fly with the Navy's elite Blue Angels. She busted a gender barrier at 370 mph, in the cockpit of a C-130 Hercules named "Fat Albert."

Opinion: The Pentagon should drop the ban on women in combat units – no exceptions
(6 May) The Washington Post, By Brian Wagner
The U.S. did not go to war in Afghanistan or Iraq with the military it had. The country went to war with the men that it had, while female service members were severely restricted from operating in combat zones.
**First Female F-35 Pilot Begins Training**
(7 May) DoD News, By 1st Lt. Hope Cronin
Air Force Lt. Col. Christine Mau, 33rd Fighter Wing Operations Group deputy commander, completed her first training flight in the single-seat F-35A Lightning II joint strike fighter on May 5th.

**Eight women, 101 men will retake Ranger School phase**
(8 May) Army Times, By Michelle Tan
All eight female Ranger School students are being recycled and will not move forward this weekend to the mountain phase of the two-month course, officials from Fort Benning, Georgia, said.

**EXTRA**

**WWII patriotism led woman to join Civil Air Patrol**
(6 May) USA Today, By Jane Lerner
There weren't many ways a young woman could help defend her country when Johnnie Pantanelli graduated from high school in 1943. So she joined one of the few organizations that welcomed women during World War II: the Civil Air Patrol.

**DACOWITS conducts focus groups on post**
(7 May) Fort Campbell Courier, By Megan Locke Simpson
Defense Advisory Committee on Women in the Services members visited Fort Campbell, Tuesday through today, to conduct focus groups examining issues female Soldiers face.

**Marana woman lives life as a Black Hawk pilot and mom**
(9 May) 12 News, By Rich Prange
Marana woman lives life as a Black Hawk pilot and mom.

**Navy to begin testing new female dress uniforms at Naval Academy graduation**
(10 May) Navy Times, By Lance M. Bacon
More than 200 female midshipmen, chiefs and officers will don the new service dress whites in the first of a series of wear tests slated to last through the summer.

**Marine to compete on ‘American Ninja Warrior’**
(11 May) JD News, By Bianca M. Strzalkowski
Capt. Kristin Dalton, 30, was chosen to compete on a special military episode of NBC’s “American Ninja Warrior.”

**Save the Children releases global motherhood rankings**
(4 May) CNN, By Katia Hetter
(CNN) The United States continues to be outpaced by smaller countries in its treatment of its mothers, dropping two spots to 33rd place in Save the Children's newest annual global motherhood rankings.

Norway rose to the top of the list while Somalia remained last for the second year in a row in Save the Children's "State of the World's Mothers 2015: The Urban Disadvantage," released Monday evening.

The five indicators in the 2015 Mothers' Index of 179 countries are the lifetime risk of maternal death; children's well-being as measured by their under-5 mortality rate; educational status, as measured by children's expected years of formal schooling; economic status, as measured by gross national income per capita; and political status, measured by women's participation in national government.

Women in the United States face a 1 in 1,800 risk of maternal death, the worst odds of any developed country in the world, according to the report. And an American child is as likely to die as a child in Serbia.

With more than half of the world's people now living in cities, the plight of the urban poor is drawing more attention. Within the same city, even in industrialized countries, there's a notable disparity between the rich and poor, Save the Children has found.

In Ward 8, the poorest part of the District of Columbia, babies die before their 1st birthday at a rate more than 10 times higher than babies born in Ward 3, the richest part of the city, according to 2012 data in the report.

The contrast between the top and bottom countries remains stark. While 0.3% of Norwegian children die before their 5th birthday, some 15% of Somali children do. Somali children who survive will get fewer than 2.5 years of formal education, while Norwegian children will get 17.5 years of formal education.

"We need to do more to make sure that all mothers and babies have a fair chance of survival and a happy, healthy life -- no
Worst countries for mothers:

1. Somalia
2. Democratic Republic of the Congo
3. The Central African Republic
4. Mali
5. Niger

One woman in 18 in Somalia will eventually die in childbirth, while one in 20 will die in Niger. One child in seven in Somalia, Chad and the Central African Republic will not live to see his or her 5th birthday.

While the conditions in which many of the world's children live are grim, about 17,000 fewer children die daily versus 25 years ago. And the number of children who die before their 5th birthday has been cut almost in half, from 90 to 46 deaths per 1,000 live births.


Best countries for mothers:

1. Norway
2. Finland
3. Iceland
4. Denmark
5. Sweden

Save the Children works to improve the lives of children around the world, which includes better nutrition, sanitation, health care and education for mothers and their children.

Sexism And Sexual Assault: Connecting The Dots
(6 May) U.S. Naval Institute Blog, By Dr. Joan Johnson-Freese

As an employee of the Defense Department I am required to complete an (ever-increasing) menu of annual training requirements on subjects ranging from Personally Identifiable Information (PII) to Active Shooter Response. These are usually PowerPoint Presentations I view while sitting at my desk. Occasionally, however, employees are required to attend an All-Hands presentation. Such was the case recently, for training on Preventing Sexual Assault. The Sexual Assault Prevention and Response Office (SAPRO) responsible for oversight of the United States Department of Defense sexual assault policy gave the presentation. SAPRO’S responsibility is to work with the military services and civilian community to develop and implement innovative prevention and response programs.

Requiring employees to attend an in-person presentation designates that leadership considers sexual assault a serious problem needing to be addressed. No one doubts that commitment.

The presenter used a slide that placed ‘sexual assault’ activity on a “Continuum of Harm” ranging from (covert) sexism, to (overt) sexual harassment and sexual assault. But the word “covert” connotes surreptitious or undercover when often that’s not the case. The sociological literature calls it gender harassment (constant and insidious putting down of people by gender). For consideration here, a better descriptor than “covert” is simply “tacit.”

Sexism or gender discrimination is now known to occur from a form of prejudice based on a person’s sex or gender. While it affects both men and women, it is primarily understood to impact female populations to a higher degree than male populations. Research has shown there is a link between tacit and overt activities on the Spectrum of Harm denoted in the all hands training presentation. Sexism can escalate into the overt arena.

It can start, for example, with a lone female colleague’s comments being regularly ignored at meetings. If ignoring her is acceptable, she inherently becomes a second-class citizen, and someone might then decide to throw a snide comment her way. Getting away with a snide comment or two can encourage that to become a regular, though subtle, practice, which creates the perception that the female is a fair-game, penalty-free target. If an aggressor then runs into her or finds her in the right, or wrong, situation, or circumstances, escalation can occur.

What is completely missing in Sexual Assault Prevention training a discussion of the cause and effect trajectory that exists between the continuums tacit components and its violent component in the form of a physical assault on the overt end.

Admirably, the military has taken a number of measures in recent years to address the overt issues. But tacit issues are far less likely to be addressed, sometimes even recognized, in any non-heterogeneous organizational environment. As long as there is a high degree of homogeneity, sexism will more likely be seen as a penalty free bias and a minority population viewed as second-class citizens. Expending efforts primarily in preventing overt activities is a necessary but not the all-inclusive manner of countering sexual assault. Tacit sexism must be addressed as well.

Few women leave an organization because they have overheard a sexist joke or comment, or even one overt incident unless severe. Far more are more likely to leave due to death-of-a-thousand-cuts sexism experienced over time, consisting of being ignored, subtly denigrated, judged differently than their peers, having to repeatedly prove their competency, and having it repeatedly demonstrated to them that leadership is willing to tolerate those slights.

Few women are willing to go forward to leadership with issues or complaints regarding sexism because they have personally seen those who do become dubbed “a problem” while the individuals complained about thrive – often even promoted to higher positions. These actions on behalf of those in positions of authority signal a high tolerance of acceptance.
If tacit sexism is organizationally tolerated, that can also send a signal to men that perhaps it’s okay to go further. Women are also acutely aware, again often through experience, that sexism-related hostile work environment complaints filed with authorities such as the Inspector General are pursued only if there was repeated, witnessed, excessive verbal abuse or physical touching involved. The assumption seems to be if an overt action occurs, it’s a problem; anything less is just a criticism, or worse, whining. Death-by-a-thousand-cuts experiences degrade women’s trust in an organization, negatively effecting retention.

Consequently as well, women who do not trust their organization to take sexism seriously, at any level, become less likely to report sexual assault if it occurs. Addressing tacit sexism requires changing organizational culture, admittedly among the hardest changes to make in an organization. It cannot be done through a PowerPoint presentation, even in an All-Hands meeting. It requires leadership to demonstrate it is serious about change, in this case meaning what it will tolerate. It requires a change in organizational culture.

The Naval War College senior leadership course includes a case study on former IBM CEO Lou Gerstner, who changed the organizational culture of IBM and so saved the company. Gerstner says he changed the organizational processes used to achieve the organization goals – including communication, hiring, retention, salary and advancement – and the culture changed accordingly. Perhaps most importantly and relevant, he also tells the story of having to fire his top sales person because the individual was unable to adapt to the culture change. Doing that, he said, signaled to the rest of the thousands of IBM employees that he was serious. While the military has clearly signaled it is committed to addressing overt sexism, regrettably the same has not been true regarding tacit sexism. And as long as tacit sexism is tolerated, problems will persist across the spectrum on the Continuum of Harm.

NCIS investigates alleged assault aboard carrier Ford

(9 May) Navy Times, By Lance M. Bacon
Criminal Investigative Service is investigating an alleged assault of a female sailor aboard the carrier Gerald R. Ford on the morning of May 3. Officials said the sailor was uninjured.

Sources on the ship said the alleged assailant, whom two described as a shipyard worker, tried to pull the sailor into a secluded area on the ship. She then bit him to break free.

Newport News Shipbuilding's Security Force investigated the alleged assault and, as of May 7, had no suspect, said Christie Miller, NNS spokeswoman. She said the shipyard notified NCIS and the local police department.

Lt. Cmdr. Sean Robertson, the ship's spokesman, said NCIS had launched an investigation as the ship's command took steps of its own.

"We take the safety of our sailors seriously," he said. "We have instituted some appropriate changes to our security measures since the incident. I'm not going to talk details on that, for obvious reasons, but we do have security in place 24 hours a day here."

Audit: Air Force sexual assault teams skipped training, missed background checks

(9 May) The News Tribune, By Adam Ashton
A large majority of Air Force personnel chosen to work with victims of sex assault were not properly trained or did not go through special background checks before beginning their assignments, according to an April 2014 audit obtained by The News Tribune.

The results were so striking that the military began making corrections before the Air Force Audit Agency even completed its report, according to the document.

Since then, Air Force officials told the newspaper, they have adopted more thorough training standards for airmen selected...
to work as sex assault response coordinators and victim advocates.

The audit, conducted in 2013 and early 2014, looked at the qualifications of almost 2,500 Air Force personnel who were chosen to work with victims as sex assault response coordinators or victim advocates.

It found that:

• 117 of them did not participate in initial training before beginning their work.

• 852 of them did not participate in required refresher training.

• 826 of them did not receive the background checks the Air Force is required to conduct.

• 167 of them did not have security clearances.

• Altogether, 1,435 sex assault response coordinators and victim advocates had flaws in their records either from deficient background checks or from missed training.

The findings were much more positive at Joint Base Lewis-McChord. All of the 16 Air Force victim advocates and sex assault response coordinators at JBLM who were checked by the audit had appropriate training, background checks and security clearances. The Air Force now has 19 civilians and airmen in those roles at McChord Air Field.

Former active-duty Air Force attorneys say the audit findings reflect the military’s scramble to build sex assault response programs as it has faced increasing pressure from Congress to reduce such misbehavior in the ranks.

“They wanted to give the appearance that they were taking it seriously, so they were pushing these programs in without properly vetting them,” said retired Col. Don Christensen, a former Air Force chief prosecutor who was based at McChord Air Field as a judge from 2008 to 2010. He now is the president of an organization called our Protect Our Defenders that advocates for changes in military law to better serve sexual assault victims.

Training is critical for victim advocates, he said, because “if they don’t have the experience and knowledge to deal with sex assault, then when they’re hearing a survivor, they may be dismissive about what he or she is telling them.”

Mike Berens, a defense attorney who until last year was an Air Force prosecutor at McChord, said the training and background audit showed the military to be “in a hurry to put things in place rather than put things in place in the right way.”

He’s concerned that the push to show improvement on sexual assault has triggered reforms that are not yet fully understood.

“It seemed that senior leaders were facing such pressure from Congress and other representatives that they were throwing already stretched resources at the (sexual assault) program,” he said. “It also seemed almost unending.”

The scrutiny given to military sexual assault personnel was stepped up after an embarrassing incident in 2013, when an Army sexual harassment and assault response program manager was accused of running a prostitution ring at Fort Hood, Texas. Last year, the Army purged 588 soldiers from sensitive jobs that included recruiters and sexual assault response counselors after background checks revealed criminal infractions, according to The Associated Press.

The Pentagon and Congress have launched a variety of programs meant to reduce sexual assault over the past three years. The reforms were driven in large part by high-profile reports of misconduct and an effort by New York Democratic Sen. Kirsten Gillibrand to give military prosecutors more authority over decisions regarding which cases should go to trial. Senior military leaders generally oppose Gillibrand’s proposal because it would take authority away from military commanders.

Last week, the Rand Corporation released a report estimating that 20,300 members of the active-duty military were sexually assaulted in 2014, down from an estimated 26,000 in 2012. Its findings were based on a survey of active-duty troops.

Defense Department officials in December announced that actual reports of sex assault had increased in 2014 compared with the previous year, which they considered to be a good sign because it told them that victims were more comfortable coming forward.

In the South Sound, reports of sexual assault at the Air Force’s 62nd Airlift Wing declined from 12 in 2013 to eight last year.

I Corps, the main Army command at JBLM, also recorded a small decline in reports of sexual assault last year. They dropped to 114, down from 120 in 2013. I Corps anticipates an increase in reports this year, with more male victims reporting the crime.

The Washington National Guard is counting an increase in sexual assault reports. It declined to release statistics. Officials said some of the reports relate to incidents that took place several years ago.

“What we’re finding is that people are much more confident in the (sexual assault response) program,” said Sgt. 1st Class Melinda Heikkinen, a sexual assault response coordinator for the Washington National Guard.

Representatives from the Army and the Air Force said background checks for people who work with sexual assault victims have increased since the 2013 period that made up the bulk of the Air Force audit reviewed by The News Tribune.
Soldiers in sexual assault response positions are now subject to internal military background checks, reviews of criminal databases, security clearance reviews and reviews of information that could disclose addiction problems, said Sgt. 1st Class Charles Daniels of the I Corps sexual harassment and assault prevention program.

In addition to the initial screening that all airmen must pass, the Air Force requires personnel in its sexual assault response program to have security clearances and periodic background checks, said Maritza Sayle-Walker, senior policy analyst for the Air Force program. She did not know why that was not always carried out during the period of the training audit.

Training, similarly, is more extensive than it was two years ago, military service members said.

Kimberly Dickman, chief of training and development for the Air Force Sex Assault Prevention and Response program, said the Air Force has adopted a more interactive training model. Previously, it was a lecture-based weeklong course. The Air Force also requires people who work with sex assault victims to gain certification from the National Organization for Victim Advocates.

**Air Force cadet set for trial in Boulder sex assault case**

*(11 May) Boulder News, By Mitchell Byars*

A cadet at the U.S. Air Force Academy accused of raping a fellow cadet while the two were visiting Boulder last year is set for trial in October after entering a plea of not guilty Friday.

Daniel Ryerson, 21, has been charged with sexual assault on a helpless victim and sexual assault on a victim incapable of appraising her condition. He is also facing one count of second-degree felony kidnapping.

A trial has been set for Oct. 19, while a motions hearing scheduled for Sept. 3.

Both of the sexual assault charges fall under Colorado's indeterminate sentencing statutes, which means Ryerson could face life in prison if convicted.

The female cadet in the case reported to her commanding officer Nov. 2 that she believed she had been drugged and raped the previous night while she and a friend, Ryerson, were partying in Boulder, according to an arrest affidavit.

The two rented a hotel room in Boulder and had drinks before going out to try to find a party. The victim told police they went to several parties before her memory went blank, according to the affidavit.

The victim said she woke up the next morning at the hotel in pain and had a memory she "thought was a bad dream" of being raped and telling someone to stop, but did not remember who was involved or when it happened.

A witness at the last party told police she saw a male matching the description of Ryerson leading a female into the bathroom and that they were inside for 20 minutes, according to court records.

When asked again by police whether he had sex with the victim at any point in the night, Ryerson said he "didn't think so" and "really doesn't believe it was possible," according to the affidavit.

But Boulder police concluded that his DNA matched evidence collected during a sexual assault examination, according to an arrest-warrant affidavit.

**Stop Assaults On Military Campuses**

*(12 May) New York Times, By Ashley Anderson and Elizabeth Deutsch*

Several years ago, West Point cadets initiated first-year students, including young women, by teaching them to sing the following chant while marching: "I wish that all the ladies were holes in the road and I was a dump truck. I’d fill ’em with my load." Years before that, Air Force Academy cadets sang similar refrains marching to and from training events.

One chant described taking a "chain saw" to cut a woman "in two" so that they could keep "the bottom half and give the top to you." Two years ago, a West Point investigation revealed that a cadet on the rugby team had instructed a teammate to "get your girl on a leash."

These incidents expose the entrenched sexism that is tolerated at the three military services academies overseen by the Department of Defense – West Point, the Naval Academy and the Air Force Academy. They also help explain repeated reports that the academies have not taken complaints of sexual assault and harassment seriously.

Christensen, the former Air Force chief prosecutor, favors the broader reform backed by Gillibrand. He won a sex-assault conviction against F-16 pilot, only to have a three-star general overturn it in 2013.

"Certain people in the Air Force are taking (sexual assault) more seriously, but I think a lot of our senior leadership doesn’t believe it’s a problem,” he said. “They know what they have to say to Congress, but I don’t think they really believe it.”

As it is, very few cadets and midshipmen come forward to report sex discrimination, but not because they aren’t experiencing it. According to the Department of Defense’s own surveys and data, 8 percent of women at the military academies were sexually assaulted last year, almost half faced serious sexual harassment and nearly 90 percent experienced other forms of sexism and discrimination. Yet fewer than 5 percent of the roughly 1,400 women who were sexually assaulted or harassed reported what had happened to them within their existing systems.

There is a simple way for President Obama, in his capacity as commander in chief, to put an end to this impunity. To provide cadets and midshipmen with a meaningful way to challenge sex discrimination at their academies, he should issue an executive order modeled on Title IX’s legal protections. This order would, in effect, borrow Title IX’s prohibition against sex discrimination and create a pathway for Title IX-like complaints within the Defense Department. The president should also order the Pentagon’s inspector general to enforce this anti-discrimination rule at the academies.

Over the past decade, public outcry about sexual assault on college campuses and in the military has spurred legal reform. But one group at the intersection of these issues – women at the service academies – are still waiting for meaningful change. Last year, while announcing a new task force on gender-based violence on civilian campuses, Mr. Obama spoke to survivors directly: “I’ve got your back,” he said. Female cadets and midshipmen volunteer to serve our country – the president should have their backs, too.

Ashley Anderson and Elizabeth Deutsch are students at Yale Law School, where they are interns in the Veterans Legal Services Clinic. Ms. Anderson is a graduate of the Air Force Academy and was an intelligence officer in the Air Force.

http://www.nytimes.com/2015/05/12/opinion/stop-assaults-on-military-campuses.html

Navy Aims To Boost Sex Assault Reporting, Stop Reprisals

(18 May) Navy Times, By Meghann Myers

Instances of sexual assault are down and reporting is up in the Navy, but there are still some trouble spots on officials’ minds, especially male victims and retaliation against those who report abuse. While progress has been made, according to the head of the 21st Century Sailor Office, reports of retaliation and assaults against men are holding steady.

Statistics in the fiscal 2014 Annual Report on Sexual Assault in the Military, released May 8, show the Navy experienced a 10 percent bump in reports over the previous year. In addition to internal reports, the services are relying heavily on the 2012 and 2014 Rand military workplace studies to put the statistics in context.

The 2012 Rand study found that 62 percent of those who reported unwanted sexual contact felt they had been retaliated against, and the number didn’t budge in 2014, Rear Adm. Rick Snyder told reporters in a May 8 phone interview.

“I am concerned that a high percentage of victims perceive that negative things happen to them [after reporting an assault],” he said. “We’re worried about that number.” The Rand study doesn’t specify what kind of retaliation they felt, which could include everything from punishments and missed career opportunities to feelings of isolation at a command.

That’s something the Navy is trying to learn more about, Snyder said.

“Action is underway with getting more info about what the victims are actually experiencing,” he said. In terms of male assault victims, there’s a focus on hazing and initiation activities that cross into sexual assault territory. Men made up half of the service members who had experienced unwanted sexual contact, according to the Rand study, reporting mostly that the incidents happened multiple times, with multiple perpetrators, without the involvement of alcohol, as some sort of hazing ritual.

The reporting rate for women has raised dramatically in the past few years, Snyder said, but reports are stagnant for men at a rate of about 8 percent.

One in three women report, on the other hand. “The victims need to understand that what they’re experiencing, although they may consider it hazing or initiation, we need to look at more broadly,” he said. “It’s sexual assault if it involves sex parts.”

Going forward, the Navy plans to work to eliminate the stigma surrounding sexual assault again men, according to the DoD SAPR report.

http://www.navytimes.com/
Busting A Gender Barrier At 370 Mph

(6 May) Annapolis Capital Gazette, By Tim Prudente

That time she was a child, at an air show, and a Marine recruiter promised a T-shirt if she could hang for a minute from a pull-up bar. She won – and kept hanging.

Then, that time she was in high school, and there weren't enough girls for a team, so she played water polo with the boys. And she kept playing.

And in March, that time, at age 28, she became the first woman to fly with the Navy's elite Blue Angels. She busted a gender barrier at 370 mph, in the cockpit of a C-130 Hercules named "Fat Albert."

"I can keep up with the boys," she said, "even fly it better." Fans named her: "Katie the Riveter," "Captain Katie," even today's Amelia Earhart.

Her name is Katie Higgins, Marine Corps captain. Her parents, Bill and Jan Johnson, live in Severna Park. She's a third-generation pilot and 2008 Naval Academy graduate, who briefly, as a young girl, considered life as a nun. Higgins will be in the cockpit for the Blue Angels' Annapolis air show on May 20. She'll be in the right seat of "Fat Albert," not actually flying, but performing communications (pilots rotate for shows). She'll pilot "Fat Albert" in June for an Ocean City air show.

The Navy's beloved flight demonstration team formed in 1946 for recruiting purposes and was named after New York City's famous Blue Angel nightclub. Since then, more than 250 pilots have flown with the Blue Angels, but never before a woman.

"The right candidate for the right team has just not come along," Higgins said. "I happened to be the puzzle piece that fit into the 2015 team."

She was practically born for the role. Both of her grandfathers flew in the military, also her two uncles and father, Bill Johnson, a 1981 Naval Academy graduate. He works as an engineer for Northrop Grumman.

His advice to his daughter: Compartmentalize steps of flying. Complete one task at a time, best as you can.

Also, her younger brother, Chris Johnson, graduated from the Naval Academy in 2010. His parents can't reveal what he does.

More than a dozen times, the family moved while Higgins was a child. They followed Bill's career with the Navy, from California to Japan. She graduated in 2004 from W.T. Woodson High School in Fairfax, Va., then from the Naval Academy in 2008 with a bachelor's degree in political science. Her parents moved to Severna Park seven years ago.

In flight school, her notes were so detailed other pilots studied them. And that time she drew an outline of an airfield, spread it on her back porch, and walked the flight path to memorize it.

She chose the C-130 Hercules, rather than the F/A-18 Hornet, because the cargo plane is versatile, capable of refueling in the air and transporting troops. She can land it on a beach, even a coral reef island, since prop engines don't risk sucking in debris like jet engines.

During air shows, she pilots "Fat Albert" in 45 degree climbs, then nose dives as steep as 30 degrees.

The Navy estimates that each year 11 million people watch Blue Angels air shows, which happen weekly, around the country, March to November.

After the Annapolis show, she plans to take her team to Cantler's Riverside Inn and teach them to pick crabs.

Higgins has deployed to Afghanistan and Africa and flown nearly 400 combat hours. In September 2014, she was selected to the elite flight team, three months after a former Blue Angels commander, Capt. Gregory McWherter, was reprimanded for condoning lewd practices, including allowing pornography in cockpits.

His command of the Blue Angels ended about two years before Higgins arrived. He was reprimanded, however, in June of last year, three months before she was selected.

The team was never pressured to pick a woman, she said. "This team picks the right person."

In fact, she didn't think much about being the first woman to fly with the Blue Angels, her father said.

"She was nervous and apprehensive about doing well," Bill Johnson said. "But she never considered it a barrier. She never paused."

She spent winter training with the Blue Angels, before her first show March 14 in El Centro, Calif.

Her parents traveled across the country to attend. In the crowd, they met an excited Marine, who didn't know the Johnsons.

He asked if they realized a woman was about to fly – and they were all about to witness history.

Watch the show

The Navy's elite Blue Angels are scheduled to perform an Annapolis air show over the Severn River beginning 2 p.m. on May 20.

A Blue Angels rehearsal is planned for 2 p.m. the previous day. Also, a fly-over is planned for 10:04 a.m. the day of the Naval Academy graduation, May 22.


Opinion: The Pentagon should drop the ban on women in combat units – no exceptions

(6 May) The Washington Post, By Brian Wagner

"You go to war with the army you have, not the army you might want or wish to have," former Defense Secretary Donald Rumsfeld famously told troops during a 2004 town hall appearance. He was correct in theory, but wrong in practice.

The U.S. did not go to war in Afghanistan or Iraq with the military it had. The country went to war with the men that it had, while female service members were severely restricted from operating in combat zones.

That is now changing. The next time the U.S. goes to war, the country will go to war with the entire army — and entire military — that it has. At least, that’s the plan.

In January 2016, Defense Secretary Ashton B. Carter will decide whether to open all occupational specialties to women. But there is still a loophole: services have the ability to request that certain combat specialties be excluded from the full
integration of female service members. The Defense Department set in motion a major, long-overdue change when it began the process of ending the combat ban in 2013. There should be no exceptions in 2016.

The arguments against allowing women to compete for every position in the military are far from new. When President Truman approved the integration of black service members in 1948 and when President Obama signed off in 2010 on ending the ban on gay service members serving openly, naysayers abounded. Yet their predictions of mission disruption and interpersonal discord never came true; members of both groups now anchor a more open and diverse military.

Two primary arguments are deployed today to create breathing room for the approval of exceptions. Both were torn apart by a field of qualified academics, veterans and politicians at the April 27 forum “Women in Combat: Where they Stand.” It was hosted by groups including Women In International Security and the No Exceptions campaign, both of which call for all jobs in the military to be opened to women in the future.

First, a common trope is that the addition of women in tight-knit combat units will inevitably damage unit cohesion. That is misleading. According to panelist Megan MacKenzie, the author of the upcoming book “Beyond the Band of Brothers,” there is no body of data or studies that justifies the continued exclusion of women from frontline roles. The most common arguments against women in combat units relate to the challenge they allegedly pose to the social cohesion of male-only units. But far more important to a unit’s ability to complete its mission is task cohesion, the ability of unit members to work together in accomplishing a common goal, MacKenzie said.

MacKenzie’s review of existing U.S. and international research on military task cohesion found minimal correlation between female integration and mission achievement. Simply put, there is no proof that adding women to units affects the ability of the unit to do the job it exists to complete. What she did find is that the presence of strong leadership within a unit has the ability to create acceptance for and cohesion with new female unit members rapidly.

Second, there are concerns that women will not be held to the same standards as men once they are allowed to compete for combat roles. Yet as panelist Gayle Lemmon, author of the new book Ashley’s War, told the audience after her recent trip to observe Ranger School at Fort Benning, Ga., the testing underway has held women to the same high requirements. As of April 23, eight women continue to persevere at the current Ranger course. They may all fail to complete the entire course. Yet their mere presence in the program, conducted under intense public scrutiny, is already a victory for integration. Women are being held to the same standards as men. They are operating under some of the most adverse conditions that combat troops could ever face, and they are doing it without any special treatment or shortcuts. Lemmon’s book tells the story of a group of brave women who volunteered to work alongside U.S. Special Forces teams on night raids in Afghanistan, where the male service members required help dealing with Afghan women and children during raids. It wasn’t the first time that women service members have been tested by adversity. As U.S. Rep. Tammy Duckworth (D-Ill.), who lost her legs in Iraq in 2004 when a rocket-propelled grenade hit the helicopter she was piloting.

Even though the general ban is on its way into the dustbin of history, the potential for exceptions is a serious matter. Veterans and national security professionals at the Truman National Security Project and the Center for National Policy launched the No Exceptions campaign in 2015 to press the Defense Department to remove all policy-driven hurdles to full female integration in combat roles and units. The underlying intent of the campaign is not gender equality, but to empower the military to utilize its best and brightest service members to their full potential, regardless of their gender.

The complete abolition of the combat ban, with no exceptions granted to the services in 2016, will not mean that women must always be on the front lines. They must earn that right on an individual basis. But so long as they have the right to compete for every job, like they do in the civilian workforce, they will be living proof that the U.S. has recognized that segregating elements of the military by gender no longer makes sense.

If the No Exceptions campaign succeeds, the U.S. will finally be ready after 2016 to go to war with the entire military it has. That’s not a gender issue. That’s a matter of putting the mission first.

http://www.washingtonpost.com/news/checkpoint/wp/2015/05/06/opinion-the-pentagon-should-drop-the-ban-on-women-in-combat-units-no-exceptions/

---

**First Female F-35 Pilot Begins Training**

*(7 May) DoD News, By 1st Lt. Hope Cronin*


Previously, Mau completed 14 virtual training missions in the F-35 Academic Training Center's full-mission simulator. “It wasn’t until I was taxiing to the runway that it really struck me that I was on my own in the jet,” said Mau, formerly an F-15E Strike Eagle pilot. “I had a chase aircraft, but there was no weapons system officer or instructor pilot sitting behind me, and no one in my ear, like in simulators.”

And with that, like the other 87 F-35A pilots trained here over the last four years, Mau thundered down the runway and was airborne as the first woman in the Air Force’s premier fighter.

**An Easy Adjustment**
“It felt great to get airborne,” she said. “The jet flies like a dream, and seeing the systems interact is impressive. Flying with the helmet-mounted display takes some adjusting, but it’s an easy adjustment. The training missions in the simulator prepare you very well, so you’re ready for that flight.” The initial flight in the F-35 training syllabus is designed to orient pilots with the physical aspects of flying the F-35 as compared to other fighters they’ve flown previously, such as the F-15E Strike Eagle, F-15C Eagle, F-16 Falcon, A-10 Thunderbolt II or F-22 Raptor.

Women have served in combat aviation roles in those and other aircraft for more than 20 years. Mau acknowledged that although she may be the first woman pilot in the F-35 program, her gender has no bearing on her performance. She joked that the only difference between her and her fellow F-35 pilots is the size of her G-suit and facemask -- both extra-small.

**A Great Equalizer**

“Flying is a great equalizer,” Mau said. “The plane doesn’t know or care about your gender as a pilot, nor do the ground troops who need your support,” she explained. “You just have to perform. That’s all anyone cares about when you’re up there -- that you can do your job, and that you do it exceptionally well.”

Mau’s combat experience and technical prowess in the cockpit were the primary draws for her selection to her position with the 33rd Operations Group.

**Eight women, 101 men will retake Ranger School phase**

*(8 May) Army Times, By Michelle Tan*

All eight female Ranger School students are being recycled and will not move forward this weekend to the mountain phase of the two-month course, officials from Fort Benning, Georgia, said.

The female soldiers, along with 101 male soldiers, will be recycled back into the Darby phase after failing to meet requirements, officials announced Friday. The next Darby phase begins Thursday at Fort Benning.

In all, 115 Ranger students, all of them male, successfully met the requirements to move forward to Dahlonega, Georgia, on Saturday for the beginning of mountain phase.

On average, more than 37 percent of Ranger School graduates recycle at least one phase of the school. The Darby recycle rate is about 15 percent.

The soldiers being recycled "failed to meet the standards of the Darby phase of Ranger School for a variety of reasons,” said Col. David Fivecoat, commander of the Airborne and Ranger Training Brigade, which runs Ranger School. This could include patrols, peer evaluations, spot reports, or a combination of the three, he said.

"The vast majority, however, failed several opportunities as a squad leader or team leader to lead a patrol successfully," Fivecoat said.

“Lieutenant Colonel Mau brings a valuable level of combat and operational knowledge to our team,” said Air Force Col. Todd Canterbury, 33rd Fighter Wing commander. “We’re nearly a year out from declaring initial operational capability with the F-35. We need battle-tested pilots to help us put the F-35A through its paces and ensure we have a trained and ready force of F-35 pilots to feed into our combat air forces.”

Canterbury witnessed Mau’s leadership and combat effectiveness first-hand when they were both deployed to Afghanistan in 2011, where she was part of another important milestone for women in the combat aviation community.

**Made History in Afghanistan**

While with the 389th Expeditionary Fighter Squadron, Mau was part of the first all-female combat sortie. The combat mission provided air support to coalition and Afghan forces in Afghanistan’s Kunar Valley. From the pilots and weapons system officers of the two F-15E jets to the mission planners and maintainers, the entire mission was carried out entirely by women.

“As a service, we need to attract the most innovative and skillful airmen possible for one reason: it makes us more effective,” Canterbury said. “The broader the net that we cast into the talent pool, coupled with a laser focus on performance, ensures we have the best airmen in place to carry out the mission. Performance is key, and it’s the standard we hold all of our airmen to in the Air Force.”


All of the recycled students have been checked by medics to make sure they don't have serious injuries, he said.

About 35 male Ranger students failed to meet the standards and will not be recycled. They will return to their units, officials said.

These soldiers will return "having learned a great deal about themselves and small unit tactics, patrolling, leadership and team work," officials said in a statement. "No changes have been made to the deliberate evaluation process used to determine which students are dropped, recycled or allowed to move forward to the next phase."

"I had the opportunity to visit the Ranger students yesterday and was impressed that whether going forward to the mountains or recycling the Darby phase, they were motivated to continue training and focused on successfully completing the Ranger Course," said Maj. Gen. Scott Miller, commanding general of the Maneuver Center of Excellence, in a statement. "They're a strong group of soldiers who are working their way through the U.S. Army's most physically and mentally demanding course."

A total of 19 female and 381 male soldiers started Ranger School on April 20.
The women are part of a one-time, integrated assessment of the storied school. The assessment is part of a wider effort to determine whether and how to open combat-arms jobs to women, and it is a first for Ranger School, which until now has been open only to men.

At the end of RAP week, eight women and 184 men remained in the Ranger course.

RAP, which stands for Ranger Assessment Phase, spans the first four days of Ranger School. During this time, soldiers are evaluated in a series of punishing physical events, including a physical fitness test, a swim test and a land navigation test. Students also must complete a 12-mile foot march wearing a 35-pound rucksack in under three hours.

On average, about 45 percent of Ranger School students will graduate. As many as 60 percent of all Ranger School failures will occur in the first four days during of RAP week.

In fiscal 2014, PT test failures made up the largest number of Ranger School failures. About two-thirds of those who complete RAP week will eventually pass the Darby phase and move on to the mountain phase, according to data on the Airborne and Ranger Training Brigade website.

Twenty women qualified to attend the integrated Ranger School assessment after successfully completing the Army National Guard Ranger Training Assessment Course.

To prepare for the April assessment, the Army required female candidates to attend the two-week RTAC, setting aside seats for female candidates in each iteration of the course between January and April.

RTAC has historically been a strong indicator of whether a candidate will be successful at Ranger School. Data has shown that more than half of the soldiers who complete RTAC will successfully complete Ranger School.

Women who successfully complete Ranger School will receive a certificate and be awarded the coveted Ranger tab. They will not, however, be assigned to the 75th Ranger Regiment, which is separate from Ranger School. [http://www.armytimes.com/story/military/careers/army/2015/05/08/women-ranger-school-recycle/26984151/](http://www.armytimes.com/story/military/careers/army/2015/05/08/women-ranger-school-recycle/26984151/)

WWII patriotism led woman to join Civil Air Patrol

(6 May) USA Today, By Jane Lerner

WHITE PLAINS, N.Y. — There weren't many ways a young woman could help defend her country when Johnnie Pantanelli graduated from high school in 1943.

So she joined one of the few organizations that welcomed women during World War II: the Civil Air Patrol.

Now, more than 71 years later, the motorcycle-riding great-grandmother is still a member. And the CAP colonel's wartime service has been recognized with a share of the Congressional Gold Medal, the highest civilian honor from the U.S. House of Representatives.

"It's quite an honor and a privilege," the White Plains resident said Tuesday after she was feted at a weekend ceremony.

The Gold Medal honors CAP's World War II volunteers for helping to protect the country. Congress approved the medal for the organization and the design for it was revealed in December; CAP is now issuing replicas to eligible veterans across the country. According to its website, there are 327 confirmed eligible Gold Medal awardees nationwide.

For Pantanelli, her service has been just one part of a life of adventure. Her motorcycle license is current, but at 91 she doesn't ride much anymore. Her pilot's license has lapsed after many years of flying. And even though she's decades past the age when most people retire, she's still working at a Long Island City company she and her husband founded.

She has a son, four grandchildren and three great-grandchildren.

Pantanelli's association with CAP, which conducts search-and-rescue missions, offers aerospace education and prepares young people for military and civilian careers, started as a way to serve her country. After joining, she served as a wartime aircrew observer.

"I wanted to do something to help," she said.

She dreamed of being an aeronautical engineer, an unusual goal for women in the 1940s. Pantanelli also joined the Marine Corps Reserve in 1945, serving briefly until World War II ended.

"I wanted to stay in," she recalled, "but they said, 'Thank you, ladies, for your service. We don't need you anymore. The guys are coming home.'"

She continued with CAP instead. Over the years she has mentored hundreds of young men and woman who joined the organization (which was founded a week before Japan attacked Pearl Harbor in December 1941), and the local division that now bears her name.

"She has made a difference in the lives of so many kids," said Ed Miraglia of Somers, deputy commander of the Col. Johnnie Pantanelli Composite Squadron NY-238. "She says, all the time, 'These kids are our leaders of the future.'"

Pantanelli rarely misses a Wednesday night squadron meeting and attends most of the group's events.
“She is unbelievably dedicated,” Miraglia said. “Everybody loves her.”

Pantanelli said that watching cadets grow and accomplish things in their own lives has been her greatest reward.

DACOWITS conducts focus groups on post
(7 May) Fort Campbell Courier, By Megan Locke Simpson
Defense Advisory Committee on Women in the Services members visited Fort Campbell, Tuesday through today, to conduct focus groups examining issues female Soldiers face.

Established in 1951, the Defense Advisory Committee on Women in the Services (DACOWITS) provides advice and recommendations on matters and policies relating to recruitment and retention, treatment, employment, integration and well-being of women in the U.S. military. Committee members are appointed by the Secretary of Defense.

Colonel Betty Yarbrough, DACOWITS military director, came to Fort Campbell, along with operations officer Robert Bowling and committee members retired Lt. Gen. Frances Wilson, U.S. Marine Corps, and retired Navy Vice Adm. Carol Pottenger.

“They provide independent advice and recommendations to the Secretary of Defense,” Yarbrough said. “The committee members are selected based on either their military experience or their experience working with women’s workforce issues.”

The focus groups were comprised of both male and female Soldiers of varying ranks from Fort Campbell’s units. Information gleaned from these focus groups will help DACOWITS craft its annual report to the Secretary of Defense. Also during the visit, committee members met with 101st Airborne Division and Fort Campbell Commander Maj. Gen. Gary J. Volesky, with command teams from the 101st Airborne Division and tenant units and toured the installation.

Focus groups are designed to be a “facilitated discussion,” Yarbrough said, with emphasis placed on study topics selected in advance by the DACOWITS committee. The highlighted topics for 2015 include: gender integration, career progression of service women, female accessions, quality of life and Family issues for military service women that are impacted by key state and federal laws, pregnancy and postpartum policies, impacts of social media on military service women and facilitators and barriers to reporting sexual harassment and sexual assault. Not all focus groups necessarily touch on all of these topics, Yarbrough said, and discussion is not limited either.

“The committee has been tackling sexual harassment and the sexual assault issues for some time, bringing this issue to the forefront of the military,” Yarbrough said. “… When you can get people to start talking about an issue, that’s when you begin to resolve it – instead of nobody wanting to address the elephant in the room.

“It’s a topic that continues to be talked about, so there are resolutions that are being brought up and brought forward.”

The recommendations the committee makes through its annual report to the Secretary of Defense have helped make influential changes to laws and policies regarding women in the U.S. military, as well as their male counterparts. Research and focus groups are conducted independently of the Defense Department, and committee members are unpaid volunteers who simply want to serve the nation in this way, Yarbrough said.

“Members of the committee conduct research and focus groups at several U.S. military installations each spring. The committee has not been to Fort Campbell in a number of years, Yarbrough said. The annual report from the federal advisory committee, featuring anonymous feedback from Fort Campbell Soldiers and other research, should be available online in February 2016.

Recommendations made by DACOWITS in previous years included opening combat aviation to female pilots, standardizing sexual assault reporting and ensuring victim confidentiality, improving equipment and uniforms and allowing women to attend the Ranger course. To learn more, visit dacowits.defense.gov.

“There are some very big decisions that are getting ready to be made by the Department of Defense with regard to women serving in combat positions,” the director said. “So yes, the committee’s input is still needed. There are still inequities that exist, and there are still things that need to be addressed even today.

“Sometimes if you don’t have someone who is questioning what is, you never get to what could be.”

http://www.fortcampbellcourier.com/news/article_d5ad7192-f501-11e4-beda-7f52046cf0fe.html#.VU6FqBV8yjE.email

"They come back after they've been out in the world and done all kinds of things and they say, 'Thank you for helping me,' " she said.

http://www.usatoday.com/story/news/nation/2015/05/06/congr
essional-medal-honors-civil-air-partols-wwii-fliers/70909060/
Navy to begin testing new female dress uniforms at Naval Academy graduation

(10 May) Navy Times, By Lance M. Bacon

More than 200 female midshipmen, chiefs and officers will don the new service dress whites in the first of a series of wear tests slated to last through the summer.

The uniform prototypes have the same high collar common to the male uniform. This includes an improved metal clasp that provides better closure and a more professional appearance. The uniform has no chest pockets, and buttons are smaller yet proportional.

The first wear test will take place at the Naval Academy graduation on May 22. Roughly 200 female graduates and six academy staff members, a mix of chiefs and officers, will take part. The midshipmen will wear their standard cover until they are commissioned, and then will don the combination cap. The active-duty testers will wear the new combination cover, a prototype that closely resembles the male cover but is made with women's head sizes and proportions.

The graduates will provide feedback upon reporting to their first assignment. Since some will go on leave prior to reporting, officials expect it will take about a month to receive all evaluations.

During that time, the Navy will launch a second wear test that will include 20 flag officers and chiefs from Norfolk, Virginia, to Newport, Rhode Island, and from Washington, D.C., to Honolulu.

"We will test the uniform on women of varying body types, who will wear it at different events in different locations," said Cmdr. Chris Servello, spokesman for the Chief of Naval Personnel. The locations run the gamut, from the amphibious assault ship Bataan to Portsmouth Naval Hospital in Virginia. Participants will provide ongoing feedback and give a final report to the Uniform Matters Board by summer's end.

Where the program goes from there depends on the results of the wear test. It normally takes 12 to 18 months from the end of a wear test before sailors see uniforms on the shelf.

"We are pushing that process and expect to see uniforms in the exchange and available online in the fall of 2016," Servello said.

"We think we have the 95-percent solution, with feedback from the wear test taking us to the final design," he said. "Changes have been made to the internal structure, the collar height, the shoulder cap and button placement since the initial Naval Academy graduation fittings in November.

Midshipman First Class Adriana Ayala, who was part of that initial fitting, said the new dress whites are "definitely different, nothing like any uniform" currently worn by females. It closely resembles the male version but is well-fitted to the female body, and "it does look very sharp."

"It is comfortable, but definitely not as flexible as the old uniform," said Ayala, a history major from Englewood, California, who is slated to be a surface warfare officer aboard the destroyer Gonzalez in Norfolk. "It's pretty stiff. Maybe it takes some breaking in; it was definitely hard to move our arms."

One observation that is sure to make her final analysis is the lack of pockets. She said an inside pocket would be nice to have. The ability for a new officer to help inform the design of a new uniform is not lost on one of the Academy's senior officers.

"Any time you are allowed to have a voice in the future of your service, you get a little excited about it," said Col. Roberta Shea, deputy commandant of midshipmen. She has seen dozens of uniform changes over her career. In fact, she is part of the Corps' wear test of the female dress blues, which includes the iconic leatherneck collar (similar to the so-called mandarin collar on the Navy's service dress whites).

"Everybody has an opinion, and people have strong opinions sometimes when it comes to uniforms," said Shea, who has heard "a wide variety" of thoughts on the new SDWs. Some folks "are not crazy about it," while others beamed when they put the jacket on.

"We are learning a lot," Shea said. "We are learning what people like, and what they don't like, and that's the whole point of having a wear test."

There are always learning curves. For example, the Corps did not provide guidance on ribbon placement for its new female dress blues, so Shea and fellow Marines used the spirit of existing rules to work out the issue as best they could. The Navy adopted current regs for the wear test.

While uniformity with the male SDW is the primary goal, Navy officials are adamant that women will not simply be issued smaller versions of a man's uniform. That effort will be aided in coming years by an anthropometric sizing correlation study that kicked off in late 2014.

Though the study is not finished and was therefore not considered for changes to the service dress whites, the study will be used to improve the comfort, performance and fit of all uniforms for both genders. The study will measure 4,000 sailors and compare those findings to a 2010 Army study that measured 94 body points on 13,000 soldiers.

The Army study — the first of its kind since 1988 —— combined standard measurements with three-dimensional surface scans of the body, head, face and foot. Army officials found that modern service members are larger with more defined muscle mass, but uniforms were still designed using 25-year-old data.
Some of that data was used to develop a female-specific Army Combat Uniform, the soldier’s equivalent of the Navy Working Uniform. The female-cut ACU comes in 13 sizes and boasts more than a dozen upgrades suited to meet the size and shape of every woman. Jackets come in different chest, waist and sweep measurements, while trousers come in different hip measurements.


Marana woman lives life as a Black Hawk pilot and mom
(9 May) 12 News, By Rich Prange
The sound of Black Hawk helicopters landing at The Western Army National Guard Aviation Training Site in Marana is a beautiful sound to Latny Salt.

"This is the sound of freedom," Salt said.

Salt is an Army Chief Warrant Officer 3 with the Army National Guard based in Marana. She is helping to pilot that freedom.

"It is cool to fly these things," Salt said, as she shows off the Black Hawk.

Salt has been flying with the Army National Guard for more than 10 years. First on the Chinook and now the Sikorsky UH-60 Black Hawk.

"It is a nice little sports car. Very maneuverable. She responds very quickly to your imputes. Doesn't make you work a whole lot," said Salt, describing how the chopper handles.

She says the Black Hawk is a lot more fun than a sports car, because it can go up and down.

While there aren't too many female military pilots serving. Salt has seen plenty of action. She helped fight the oil spill off the Gulf of Mexico in 2010. In 2006, Salt was deployed to Iraq where she saw combat.

"I vividly remember my first engagement. The training just kicks in. There's this calm about you and you have faith in the training you received," Salt said.

Now she's training other pilots. Many of the Black Hawks flying above the Silverbell Army Heliport are Salt's trainees.

The Black Hawk has long been considered a workhorse in Army aviation capable of carrying out many types of missions.

A perfect match for Salt who also wears many hats. She's a pilot, instructor and a mother to her 15 month old daughter named Luciana.

Marine to compete on ‘American Ninja Warrior’
(11 May) JD News, By Bianca M. Strzalkowski
A local Marine is training for the challenge of her life.

Capt. Kristin Dalton, 30, was chosen to compete on a special military episode of NBC’s “American Ninja Warrior.” She had watched the Japanese version of the series for years and her interest peaked once it came to the United States. She decided to send in an application video after encouragement from her mom during a Thanksgiving visit.

"So much personality and tries to be the boss of me (chuckles)," Salt said.

Motherhood can create unique situations when you're an active member of the National Guard. Salt says her commanding officers have been very accommodating.

"Before I go fly, I need to pump and when I come back from flying I have to pump," Salt said.

She is currently grounded for the time being because she's expecting her second little girl with husband Johnathan in July.

"It humbles me that she's good at everything she does," Johnathan Salt said.

Johnathan Salt served with the Army National Guard until two years ago. The Salts credit that experience with helping them succeed as a family.

He understands and respects the responsibilities his wife takes on as an aviator and mother.

"Both of us having served in the military. It's definitely understood, that when she comes home and she's saying 'oh I have to go to this school for how many weeks. I need to go here.' Ok, were going to make it work because that's just what has to happen," Johnathan said.

Being a mother, a wife and a Black Hawk pilot and instructor keeps Army Chief Warrant Officer Salt busy and she would not trade it for the world.

"No I can't. I love it too much (chuckles)," Salt said. "My husband and I are very patriotic. We love our country and we have an awesome family too."

As a mom of three, full-time civilian employee and Marine reservist, Dalton is drawn to scenarios where she can test herself.

“I just love challenging myself and my body. I grew up doing gymnastics. I was a collegiate pole vaulter,” Dalton said. “… Even being a Marine, the obstacle course was my favorite thing to do because I like to challenge myself to see what I am capable of doing.”

She admits she hates running so her training has focused on diverse workouts: rock wall climbing, muscle-ups, box jumps and lunges on area beaches. Part of her routine includes 50-100 push-ups per day and squeezing in training whenever she can, such as using a grip bar on drives from work.

Dalton, who was commissioned as a Marine officer in 2006, faced a tough period of life on her journey to this challenge — one that tested her commitment to her own happiness.

“I went through a really ugly divorce a couple years ago, and I was a single mom for two and a half years and it was incredibly difficult with kids that young and having to do it by myself,” Dalton said. “My life was not my own so trying to find time to work out — my priority was taking care of my kids, coming home, cooking dinner, getting them bathed and in bed. By the time I sat down on the couch, it was 9 o’clock and I was exhausted. I had to make the mental decision to make the time.”