



FORT DETRICK THE STANDARD

A SUSTAINABLE COMMUNITY OF EXCELLENCE



Army Revises Combat Fitness Test

By USAG Fort Detrick Public Affairs

The U.S. Army has launched a revised Army Combat Fitness Test (ACFT) based on feedback from Soldiers, an independent RAND study, review of nearly 630,000 ACFT scores, and over three years of ongoing analysis.

Implementation of the ACFT will enable the Army to maintain a high level of personal physical fitness, which is important to each Soldier's holistic health and will support the overall readiness of the Army. The latest revisions to the ACFT maintain the Army's strong commitment to a culture of physical fitness while ensuring fairness in the transition to a new fitness test of record.

Key changes include implementing the ACFT as a general physical fitness test with age and gender performance-normed scoring scales, which account for age and gender grouped performance observed in ACFT test scores. The Army is also eliminating the leg-tuck exercise, while implementing the plank as the required core strength assessment; the 2.5-mile walk is also added as an alternate aerobic event.

The Army will incorporate the ACFT into personnel policies in a time-phased, deliberate manner to ensure all Soldiers can train and adjust to the new event and scoring scales before scores are used for personnel actions. Soldiers will begin taking diagnostic tests with the revised ACFT in April 2022. Record scores for the Regular Army commence in October 2022, giving active duty Soldiers six months to train for the revised test. Record scores for the National Guard and Ar-

my Reserve commence in April 2023, giving Reserve Component Soldiers a year to train for the revised test.

By implementing this revised approach, the ACFT will provide an accurate assessment of a Soldier's physical fitness level and sustain the Army's efforts to maintain a physically fit force capable of a wide range of missions.

ACFT, continued on Page 2














Soldiers participate in the sprint-drag-carry event of the Army Combat Fitness Test during a diagnostic, Aug. 20. Soldiers will begin taking a revised ACFT later this year. (U.S. Army photo by Sgt. Mahsima Alkamooneh)

ACFT, continued from Page 1

Implementation of the ACFT with regular feedback and ongoing analysis will verify the test continues to meet the needs of the Army. To accomplish this, the Army has established a new governance structure to regularly assess test performance data through initial implementation, assess any disproportionate impacts to elements of the force, and work with stakeholders to identify and recommend any future modifications to Army leadership. RAND will continue to provide analytic support to the Army's ongoing assessment. The governance body's initial comprehensive report to the Secretary of the Army will be provided in April 2023.

An ACFT governance body will continue to work with RAND to assess ACFT score performance with new data, assess if there are disproportionate impacts to elements of the force, and recommend future modifications as

needed. A comprehensive ACFT analysis will be delivered to the Secretary of the Army in April 2023.

		POINTS	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+
 MDL (lbs)	Female	100	210	230	230	230	210	210	190	190	170	170
	Male	60	120	120	120	120	120	120	120	120	120	120
 SPT (meters)	Female	100	8.4	8.5	8.7	8.6	8.2	8.1	7.8	7.4	6.6	6.6
	Male	60	3.9	4.0	4.2	4.1	4.1	3.9	3.7	3.5	3.4	3.4
 HRP (reps)	Female	100	12.6	13.0	13.1	12.9	12.8	12.3	11.6	10.6	9.9	9.0
	Male	60	6.0	6.3	6.5	6.5	6.4	6.2	6.0	5.7	5.3	4.9
 SDC (m:ss)	Female	100	53	50	48	47	41	36	35	30	24	24
	Male	60	10	10	10	10	10	10	10	10	10	10
 PLK (m:ss)	Female	100	57	61	62	60	59	56	55	51	46	43
	Male	60	10	10	10	10	10	10	10	10	10	10
 2MR (mm:ss)	Female	100	1:55	1:55	1:55	1:59	2:02	2:09	2:11	2:18	2:26	2:26
	Male	60	3:15	3:15	3:15	3:22	3:27	3:42	3:51	4:03	4:48	4:48
 MDL (lbs)	Female	100	1:29	1:30	1:30	1:33	1:36	1:40	1:45	1:52	1:58	2:09
	Male	60	2:28	2:31	2:32	2:36	2:41	2:45	2:53	3:00	3:12	3:16
 SPT (meters)	Female	100	3:40	3:35	3:30	3:25	3:20	3:20	3:20	3:20	3:20	3:20
	Male	60	1:30	1:25	1:20	1:15	1:10	1:10	1:10	1:10	1:10	1:10
 HRP (reps)	Female	100	3:40	3:35	3:30	3:25	3:20	3:20	3:20	3:20	3:20	3:20
	Male	60	1:30	1:25	1:20	1:15	1:10	1:10	1:10	1:10	1:10	1:10
 SDC (m:ss)	Female	100	15:29	15:00	15:00	15:18	15:30	15:49	15:58	16:29	17:18	17:18
	Male	60	23:22	23:15	23:13	23:19	23:23	23:42	24:00	24:24	24:48	25:00
 PLK (m:ss)	Female	100	13:22	13:27	13:31	13:42	13:58	14:05	14:30	15:09	15:28	15:28
	Male	60	22:00	22:00	22:00	22:00	22:11	22:32	22:55	23:20	23:36	23:36

* The full ACFT grading scales are available at <https://www.army.mil/acft/>



ACFT

ARMY COMBAT FITNESS TEST EVENTS



3 REPETITION MAXIMUM DEADLIFT (MDL)



STANDING POWER THROW (SPT)



HAND RELEASE PUSH-UP ARM EXTENSION (HRP)



SPRINT-DRAG-CARRY (SDC)



PLANK (PLK)



TWO-MILE RUN (2MR)*

* The 2.5 mile walk has been added as an alternate aerobic event along with the row, bike, and swim

The **ACFT** is a general physical fitness assessment with age and gender performance-normed scoring scales

The **ACFT** measures a Soldier's readiness in the physical domain of the Army's Holistic Health and Fitness system

ACFT IMPLEMENTATION TIMELINE

★ **APRIL 1, 2022** — ★ **OCTOBER 1, 2022** — ★ **APRIL 1, 2023** — ★ **APRIL 1, 2024**

Soldiers continue to take diagnostic tests

Regular Army and Active Guard Reserve start taking the ACFT for record

Reserve Component Soldiers start taking the ACFT for record. All Regular Army and Active Guard Reserve Soldiers must have a record ACFT

Reserve Component Soldiers must have a record ACFT

For more info: <https://www.army.mil/acft>

TIME-PHASED PERSONNEL POLICY

	PME	FLAGS	REENLISTMENT	EVALUATIONS	NCO EVAL BOARD	E5/E6 PROMOTION POINTS	SEPARATIONS
REGULAR ARMY/AGR	October 1, 2022					April 1, 2023	
ARMY RESERVE	Oct 1, 2022	April 1, 2023					April 1, 2024
NATIONAL GUARD	Oct 1, 2022	April 1, 2023					Will be issued by DARNG April 1, 2024

Fort Detrick Celebrates ‘Month of the Military Child’ with Festival

By Erickson Barnes, USAG Fort Detrick Public Affairs

April is the Month of the Military Child, and Fort Detrick will host the Amazing Military Kids Festival to honor military children, as well as educate attendees about the importance of keeping children safe and healthy by providing resources and information to families.

Come out and celebrate with us during the festival, hosted by Family Morale Welfare and Recreation, April 29, from 4 to 7p.m. at the FMWR fields, located at 949 Sultan Drive. All Fort Detrick, Forest Glen Annex, and Balfour Beatty/Detrack Homes community members are welcome to participate in the festival.

April is designated as the Month of the Military Child, underscoring the important role more than 1.6 million military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the unique sacrifices they make and the challenges they overcome.

“While military members serve around the world, we often forget the challenges faced by their children,” said Kimberly Johnson-Moore, Chief of Fort Detrick’s Child and Youth Services. “Military families move on average every two to three years, impacting military children through changing schools and support networks.”

WHAT IS MONTH OF THE MILITARY CHILD

Month of the Military Child is a month-long celebration of military kids worldwide and the important role they play in the armed forces community.



USAMMDA's WDMS PMO Team Reaches Milestone in Hospital Center Conversion Project

By Jeffrey Soares, USAMMDA Public Affairs

The U.S. Army Medical Materiel Development Activity's Warfighter Deployed Medical Systems Project Management Office recently completed its initial phase of modernizing Combat Support Hospitals overseas and throughout the United States, nearing the culmination of more than a decade of effort. To date, eleven Combat Support Hospitals have been converted into up-to-date Army Hospital Centers, with the 27th Hospital Center at Fort Stewart, Georgia, becoming the final active duty (COMPO 1) unit to undergo conversion.

David Wirtz, Jr. serves as product manager for the Medical Devices Assemblage Management team within USAMMDA's Warfighter Deployed Medical Systems PMO. In this role, Wirtz oversees all Hospital Center conversions and related planning efforts at the higher leadership level, coordinating the prioritization and fulfillment of equipment shortfalls while also overseeing the team's Divestiture Roadshow, which is an initiative created to help Army units identify and remove excess equipment and supplies.

"The aim of the Force Design Update [for the Hospital Center conversion project] is to improve on the static, one-size-fits-all structure of the Combat Support Hospital with the more modular, scalable design of the Hospital Center — including shelters and tentage, water distribution and waste water management, power management, medical equipment and supplies," said Wirtz.

"A hospital conversion is unit-specific," he continued, "and usually takes approximately six to twelve months to complete, depending on how many fielding actions are involved. It takes roughly twenty USAMMDA personnel to inventory and issue a conversion."

Wirtz explained the matter of specificity, stating the Army recognizes different units have different strategic readiness needs. Whereas each Hospital Center is based around a Headquarters and Headquarters Detachment, and at least one 32-bed field hospital, the mission-specific needs of any given Hospital Center are supported by a tailor-made strategic configuration of various modular units: Medical Augmentation Detachments, Surgical Augmentation Detachments, and Intermediate Care Ward Detachments. The Medical Augmentation Detachment enhances the 32-bed field hospital with operational dental care, one additional Intensive Care Unit (12 beds), one Intermediate Care Ward (20 beds), additional microbiology capabilities, and outpatient services for all classes of patients. The Surgical Augmentation Detachment provides thoracic, urology, oral maxillofacial surgical capabilities, 24 additional ICU beds, outpatient services, and microbiology resources. The Intermediate Care Ward Detachment offers 60 beds, forming three additional ICWs that provide intermediate nursing care and additional personnel to support nutrition and patient administration capabilities.

In light of the amount of time and manpower it takes to transform a Combat Support Hospital to a Hospital Center, it is clear to see that the conversion of nearly a dozen entire units over the past decade was no small task, and Wirtz described the lengthy project in greater detail.

"Efforts to modernize theater hospitalization have been in the works since before 2010, largely in response to lessons learned from combat operations in Iraq and Afghanistan," he said. "In 2014, the Vice Chief of Staff of the Army officially approved the Hospital Center design, and the first conversion was completed in 2016 with Army Prepositioned Stocks-5 in Qatar. In 2017, the 10th Combat Support Hospital at Fort Carson, Colorado, became the 627th Hospital Center, following which the 1st Medical Brigade completed an After-Action Review, identifying issues and challenges for consideration by the U.S. Army Forces Command, the Office of the Surgeon General, and the U.S. Army Medical Research and Development Command, USAMMDA's higher headquarters. Since then, nine other units have been converted."



Dave Wirtz, Jr., product manager for USAMMDA's Medical Devices Assemblage Management team within the Warfighter Deployed Medical Systems Project Management Office, briefs the 3rd Special Forces group from Fort Bragg, North Carolina, during the team's Hospital Center conversion project in November 2021.
(Photo courtesy of USAMMDA WDMS PMO)

Although numerous developments have occurred since the beginning of the Hospital Center conversion project in 2010, Wirtz's team has not ceased in moving forward to complete the given task, which ultimately supports the strength and readiness of our nation's Warfighters. These changes include an organizational realignment in 2019, which saw the group transfer from the U.S. Army Medical Materiel Agency to USAMMDA, as part of the command's new Warfighter Deployed Medical Systems

WDMS, continued on Page 5

PMO.

As deputy product manager for the Medical Devices Assemblage Management team, Nicolle Thompson assists with all Hospital Conversion planning efforts, and coordinates with the Role of Care 3 Lead, Gabriela Brantmier, to help prioritize and guide the Hospital Center team. Thompson and the entire group remain focused on the critical needs of the Warfighter in the field.

"The aim of the Force Design Update, with regard to optimizing the strength and readiness of Role 3 hospitals, is embodied by USAMMDA's mission to 'develop and deliver quality medical capabilities to protect, treat, and sustain the health of our Service Members,'" said Thompson. "The conversion of Combat Support Hospitals to Hospital Centers helps the Warfighter directly by providing a scalable, flexible and modular deployment capability that is fully equipped while also unencumbered by unnecessary components. In this way, combatant commanders are at greater liberty to tailor the hospitalization capability according to mission-specific needs."

Although USAMMDA remains the only USAMRDC subordinate command involved in the Hospital Center conversion project,

many other critical Department of Defense organizations have helped to support this monumental effort. These groups include, but are not limited to, the Army Futures Command, Army Materiel Command, Office of the Surgeon General of the Army, USAMMA, U.S. Army Reserve, and the Defense Logistics Agency.

While the 27th Hospital Center at Fort Stewart, Georgia, constitutes the final active duty (COMPO 1) unit to undergo conversion, the 818th and 805th Army Reserve Hospital Centers (COMPO 2), Regional Training Site (Medical) Camp Parks in California, and Army Prepositioned Stock-4 in Japan all have yet to be converted. Each of these sites is scheduled for conversion during the current fiscal year.

With the completion of the Hospital Center conversion project drawing near, Wirtz explained that going forward, USAMMDA will continue to support converted Hospital Centers by tracking and addressing critical Class VIII (medical material and consumables) equipment shortages due to funding issues or inability to procure devices that meet the required essential characteristics, by way of continued Army Property Book reconciliation teleconferences on a monthly or quarterly basis, as necessary.

Fort Detrick Celebrates Vietnam War, Veterans



Col. Ron Kelsey (ret), US Army, speaks to attendees of the Fort Detrick Commissary Vietnam Veterans War Commemoration held on March 29, 2022. Attendees, many of them Vietnam Veterans, listen to Fort Detrick leadership and local representatives of veteran service organizations who thank them for their service.

(Photos by Lanessa Hill, USAG Fort Detrick Public Affairs)

U.S. Army Signs Lease to add Battery Energy Storage to Existing Solar Project on Fort Detrick

By Army Office of Energy Initiatives

The U.S. Army, through the Office of Energy Initiatives (OEI) and the U.S. Army Corps of Engineers (USACE), and the Defense Logistics Agency Energy (DLA) collaborated with Ameresco Federal Solutions Group (Ameresco) to add a 6 megawatt (MW)/ 6 MWh battery energy storage system (BESS) to the existing 18.6 MW solar renewable energy facility at the Fort Detrick Army Garrison in Frederick, Maryland. The BESS will provide guaranteed utility cost savings of \$125,000 annually to the Government. Project completion is scheduled for early 2023.

The BESS will provide frequency regulation services to the Pennsylvania, New Jersey and Maryland Independent System Operator. In addition, the installed BESS will be microgrid-ready, allowing for future resiliency functions at Fort Detrick to support mission readiness.

“The resiliency of our installations is an important priority for the Army,” said Mr. Paul Farnan, Acting Assistant

Secretary of the Army for Installations, Energy and Environment. “This BESS aligns with the Army’s Installation Energy and Water Strategic Plan to provide installations with energy resilience, efficiency, and affordability to enhance readiness. I am very grateful for the continued collaboration amongst all stakeholders to promote resilient, carbon pollution-free energy for the Army and our local communities,” said Farnan.

In 2015, the U.S. Army awarded a 26-year Renewable Energy Supply Agreement to Ameresco and a lease of approximately 67 acres, to design, build, finance, operate and maintain the 18.6 MW solar renewable energy generation system on Fort Detrick. Ameresco completed the solar project in 2016, which includes 59,994 solar panels, nine central inverters and transformers, and medium-voltage overhead and underground electric distribution. The project currently serves approximately 12 percent of Fort Detrick’s annual electric load requirements.

Fort Detrick is home to the U.S. Army

Medical Research and Development Command. It includes the bio-defense agency and the U.S. Army Medical Research Institute of Infectious Diseases. Fort Detrick remains the world’s leading research campus for biological agents that require special containment.

The OEI serves as the Army’s central program management office for development, implementation and oversight of privately financed, large-scale energy projects focused on achieving resilience on Army installations.

The USACE serves as the real estate execution agent for Army land and supports the OEI.

The Defense Logistics Agency Energy provides acquisition support for facility energy commodities and services including coal, natural gas, electricity, renewable energy, energy savings performance contracts and long-term renewable energy project development.

Ameresco, Inc., founded in 2000, is a leading clean tech integrator and renewable energy asset developer, owner and operator.

Shamrock Run a Success

By Lanessa Hill, USAG Fort Detrick Public Affairs

On March 19, Fort Detrick held its first in-person race in several years when participants lined up for a 5k Shamrock Run. Runners dressed in green to commemorate St. Patty’s Day, showing off their festive spirit across the installation as they ran.

First place winners (pictured) were: Spc. Stephanie Delatola of A Co, 53d Signal Battalion, with a time of 21:19; and Arthur Leathers, with a time of 17:18. Both winners received sneakers from the event sponsor, Charm City Run.

Second place winners were Sienna Laragione, with a time of 22:52; and 1st Lt. Logan Hunt of MRDC, with a time of 19:31.

(Courtesy photo by FMWR)



PCS Season is Coming Soon, Start Preparing Now

By USAG Fort Detrick Public Affairs

Soldiers, civilians, and their Families preparing for a permanent change of station (PCS) move during June, July and August (potentially into September) should anticipate unexpected delays in scheduling of their household goods move. Soldiers, civilians, and their Families should not move or store their household goods prior to receiving PCS orders. Soldiers and civilians need to contact the local transportation office as soon as orders are received and keep their Chain of Command informed on progress or challenges. Upon receipt of PCS orders, any delay in contacting the local transportation office (e.g. waiting 30 days or less for a desired pickup date) may result in non-availability of DoD moving companies.

Fallout from the COVID-19 pandemic has led to DoD moving companies experiencing continued labor constraints, port congestions, shortage of warehouses, trucks, equipment and supplies as well as increases in material costs. These shortfalls will continue to limit industry capacity, increase missed required delivery dates (RDD) and extend lead times for shipment pickups and deliveries up to 4 to 6 weeks during the summer peak season.

As of March 15, 2022, Human Resources Command (HRC) provided the total number of Soldiers (36,984) with 2022 PCS orders that have report dates during the 2022 summer peak moving season months of June, July, and August. In comparison to 2021, this is an increase of 2,897 more PCS orders issued with report dates during the 2022 summer peak moving season months of June, July, and August. Unless industry labor availability improves significantly, the 2022 summer peak season will be even more challenging than 2021 for the movement of household good shipments.

Army Senior Leaders are aware of these challenges and actively exploring mitigation actions for Soldier, civilian, and their Family relocation issues.

Headquarters Department of Army G4 recently published a Household Goods Quality of Life (QOL) [link on the HQDA G4 News page with great resources and information](#).

Some advice from the Fort Detrick Logistics Readiness Center Personal Property Team includes:

P - Plan your move. Pay attention to the Personal Property Team during levy briefings, ask questions, take notes.

Know your maximum Household Goods weight allowance and what items you are authorized to ship. Decide what to ship, store, and or donate or recycle.

C - Coordinate your move. Immediately upon receipt of orders, log in to <https://www.militaryonesource.mil/moving-housing/moving/pcs>, input your information, and select shipping dates.

S - Stay flexible regarding selected dates and remain in contact with your Transportation Service Provider (Moving Company).

The goal is to assist you in making a successful move but you must take an active part in the process. Relocating can be stressful but early coordination and planning can reduce the stress and help you to stay on schedule.

Useful links:

[Moving Day FAQs](#)

[Inconvenience Claims Fact Sheet](#)

[Personal Property Claims Fact Sheet](#)

[Personal Property Quick Reference Guide](#)

Military Landlords, Be Prepared for Recaptured Depreciation

By Brett C. Conyers, Legal Assistance Attorney

A military career requires frequent moves. As a result, Active Duty members may be renting out a home that was bought during a prior assignment. When you sell this home, you will likely have to pay tax on the depreciation you took, or should have taken, on your tax returns filed during the years you rented it out, if your house sells at a price high enough for you to “recapture” this depreciation.

What is “recaptured depreciation?” As you may remember from an economics lesson in school, property that is used

in a money-making enterprise is called capital, and capital loses value or depreciates while being used. When filing a tax return for rental property, the amount of depreciation is subtracted, or should be subtracted, from the amount of rent the tenant pays. The accounting method in use that determines how much value residential real estate loses each year subtracts a certain percentage (3.6363%) of the cost of the house when you started renting it and continues unchanged for 27½ years (if you rent it out that long).

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The amount of depreciation may be different the first and last year depending on when you start and stop renting out the house, but the percentage remains 3.6363% for all the years in between. So, when you “put the house in use” as rental property, it is important to correctly figure the cost.

Accountants call that cost the “adjusted basis” or “adjusted cost basis.” Since land does not depreciate, only the cost of the house itself, the “bricks and mortar,” after some adjustments will be depreciated. Your tax preparer will use the price you paid when you made the purchase, add the closing costs for the purchase, add any improvements you made before putting it in use as rental property, and subtract out the value of the land.

Because you will use the adjusted basis to figure depreciation every year that you rent this house, a tax expert should prepare your taxes that first tax season after you begin renting it out. For that appointment, to correctly figure the adjusted basis, you will be asked to bring your closing documents, the contracts from all the home improvement jobs you made, and your county’s real property tax assessment/bill (which is used to figure the price of the land). That tax expert is likely not going to be in an Army Tax Center. Army tax centers operate under the auspices of the IRS’ Volunteer Income Tax Assistance (VITA) program. Figuring the adjusted cost basis is not within scope of VITA training and certification material, so Soldiers in a tax center are prohibited from completing a tax return for taxpayers the first year after renting out a home. Attorneys in a military legal assistance office, if they have the expertise, are still authorized to prepare such a return. Check before you make an appointment.

So, after figuring the adjusted cost basis, the good news is you get a tax break while you are renting out this home. The bad news is that when you sell this home, the IRS and the tax department of the state this home is located (if the state has income tax) will add up the amount depreciated or that could be depreciated over those years, subtract it from the adjusted basis when you put the house in use to find the adjusted cost basis at the time of sale, compare this to the price at the time of the sale, and, if the difference is a positive number, there is a gain. In other words, you “recaptured” the depreciation you had been or could have been subtracting over the years and that recaptured depreciation is added to your income when you sell and is taxed as ordinary income.

You may think that you do not have to pay tax on recaptured depreciation if you did not bother with figuring depreciation as you rented out your home. But, the gain is fig-

ured on the amount that *could be* depreciated. It does not matter whether or not you subtracted depreciation on your returns while you rented your home. If you did not, since the IRS will issue a refund up to three years after a return is due, you should amend your last three returns and take advantage of this tax break.

You may think you will not have a gain because you are selling the house for the same or even less than what you paid for the house. But, the gain for which you pay capital gain taxes and gain from recapturing depreciation are calculated differently. The price (after adjustments) at the sale that exceeds the cost basis is a gain. But, remember that concept about using capital? The house has been losing value as your rent it out. After subtracting the depreciation from the adjusted basis, the gap between the sale price and the adjusted cost basis widens. So, even if you sell for the same price or even lower than your purchase price, you will likely have recaptured the depreciation when you sell.

For example, suppose you bought a house for \$200,000 and after living in the home a couple years (without making any improvements so no adjustment is needed), you began renting out the house. Let’s make depreciation the first year be the same as the others and let’s say you advertised the house for sale on January 1st. You decide to put the house on the market at the end of the third year so you give notice to your tenants and you put the house on the market on December 31st. The yearly depreciation was about \$7,273, which means you depreciated a total of \$21,819 over those three years. Suppose then that the house sells just for just enough to cover your closing costs so you pocket what you paid for it, or \$200,000. Your profit or capital gain is zero. But, you still recaptured some of your depreciation. After subtracting the depreciation, your adjusted basis was \$178,181 and the difference is a gain of \$21,819. So, all the depreciation was recaptured at the sale. That \$21,819 will show up on your Form 1040 as ordinary income and taxed as such.

You may think you do not have to worry about this extra income so long as you moved back into this home and are living in it when you put it on the market. However, it no longer matters if your home is classified as “your home,” which the law defines as a place where you lived two out of the last five years (10 years if you are active military) or as a rental property (a.k.a. investment property). This is because the homeowner’s capital gains exemption, which still applies to exempt up to \$250,000 (\$500,000 for married couples) of profit or gain you make when your home,

no longer applies to that portion of the gain that is recaptured depreciation. So, despite what you may have heard, you will not avoid tax on recaptured depreciation by moving your tenants out so you can move back in before putting your home on the market.

In summary, if you are going to rent out a home, keep closing documents from the purchase as well as the receipts and contracts for any improvements and take these to a tax expert to figure your cost basis and depreciation the first year you put the house in use as rental property. Be sure to subtract the depreciation on each year's income tax return as you rent out your home! Keep a record of all of the depreciation as it accumulates or be sure to save all your returns. Finally, remember to set aside the proceeds from the sale in order to pay the tax on recaptured depreciation both to the IRS and the taxing department of the state where the home is located will assess. There is usually no withholding from the sale of the proceeds to cover the tax on recaptured depreciation.

While Army Tax Centers and legal assistance offices are authorized to prepare that return, they will do so only if you have the record showing the sum of depreciation. So, if you do not have this record or if you suspect the cost basis and depreciation may not have been determined correctly, it is a good idea to pay an expert to prepare your income tax return the year after you sell.

For more information on recaptured depreciation, make an appointment to meet with an attorney in the Fort Detrick Legal Assistance Office by calling (301) 619-2221.

AER: Soldiers Helping Soldiers Since 1942

By Erickson Barnes, USAG Fort Detrick Public Affairs

Army Emergency Relief is the official nonprofit of the U.S. Army, and provided \$44.8 million in loans and grants to almost 26,000 Soldiers and families in 2021.

"Army Emergency Relief has always been an important tool for commanders. In my nearly 40 years of service, I repeatedly witnessed the impact Army leaders had on their Soldiers' lives by sending them to their AER office for financial assistance," said AER chairman and retired general, John F. Campbell.

This high level of assistance was possible due to the support of donors. Contributing to AER is the most direct way to help Soldiers. Ninety cents of every dollar donated goes straight to Soldiers and families in need. Since 1942, the organization has relied on the camaraderie and generosity that exists between the men and women in uniform.

Categories of Assistance

All assistance requests are unique and considered on an individual basis, but some categories for consideration include:

Emergency travel; natural disaster preparation and evacuation; mortgage, rent and initial deposit; temporary lodging; food; healthcare not covered by TRICARE; vehicle costs; utilities; funeral expenses; PCS travel; home repair; special needs medical equipment; child care; and much more.

Eligibility

The following individuals are eligible for AER assistance in

accordance with Army Regulation 930-4:

Soldiers on active duty and their eligible dependents; Army Reserve and National Guard Soldiers activated on Title 10 orders for more than 30 days and their eligible dependents; Soldiers retired for longevity, medical or upon reaching age 60 (reserve component) and their eligible dependents; surviving spouses who have not remarried and children of Soldiers who died on active duty or died after reaching retirement eligibility.

Three Ways to Apply

1. Talk to your chain of command

The fastest and most effective way to request financial assistance through AER is to talk to your chain of command. Your chain of command has the power to approve immediate financial assistance up to \$2,000. Your chain of command can also refer you to the on-post AER officer. Your chain of command is empowered to help. Just ask!

2. Visit your AER officer

Any Soldier (active or retired) can visit their nearest AER officer. Officers are conveniently located at many Army installations around the world. No Army post nearby? No problem! Soldiers can visit any military installation and request AER assistance from any military aid society.

3. Call the American Red Cross

Not located within 50 miles of a military installation? The American Red Cross is authorized to provide financial assistance on behalf of AER. Call the American Red Cross at 1-877-272-7337 and select the option for financial assistance.

Dr. Lawrence Lightner Retires After 43 Years of Service

By Jeffrey Soares, USAMMDA Public Affairs

Dr. Lawrence Lightner began his storied career more than 40 years ago as a Captain in the U.S. Army, and in March he will retire as a federal civilian from the U.S. Army Medical Materiel Development Activity, Fort Detrick, Maryland.

Lightner currently serves as project manager of USAMMDA's Warfighter Protection and Acute Care Project Management Office, leading a team of more than 30 civilian, military and contractor personnel in support of the WPAC PMO's mission to develop, deliver and field U.S. Food and Drug Administration-approved preventions, diagnostics, and treatments for infectious diseases and combat wound infections; blood products and blood components; and drugs for battlefield pain management to protect and sustain Warfighters worldwide.

Yes, his is truly a storied career, with many interesting avenues along the way. During our conversation, Lightner explained how he initially arrived at USAMMDA.

"I began working for the U.S. Army Medical Research and Development Command, assigned to the Walter Reed Army Institute of Research in 1979 as a Captain, Medical Service Corps, right out of the Army Medical Department's Officer Basic Leadership Course," said Lightner. "On my fifth assignment I was sent to a new USAMRDC unit – the U.S. Army Medical Materiel Development Activity, better known as USAMMDA – which was provisionally established in August of 1984 and then formally stood up in March 1985. I served as a product manager in the (then) Biological Systems Project Management Office from 1984 to 1988."

In September of 1991, still in the military, Lightner returned to USAMMDA as the deputy project manager for the

Biological Systems PMO, and held that position until February 1995. He then went on to other assignments, leading up to his military retirement as a Colonel in 2002 after 23 years of service. Finally, after serving one year as the Civilian Deputy Director of the USAMRDC's Military Infectious Diseases Research Program, Lightner joined USAMMDA for a third time, as project manager for Pharmaceutical Systems (formerly Biological Systems and now the WPAC PMO) — where he has remained for nearly two decades.

In total, Lightner has accumulated more than 43 years of combined service (23 military and 20 civilian) in support of the USAMRDC. An amazing feat, to say the least. However, to better understand the man who would dedicate well more than half of his life serving our nation and its Warfighters, we must travel back to see how this all came about.

"I was born, raised, and attended school through my junior year of high school in Joliet, Illinois, about 30 miles south of Chicago," he began. "A few days before the start of my senior year, my family moved to Iselin, New

Jersey. After graduating from high school there, I returned to the Midwest to attend Iowa State University in Ames, where I spent the next 10 years working on three degrees, culminating in a Ph.D. in Zoology (Parasitology). Between completing my doctorate and entering the Army, I spent two years in Cali, Colombia, South America, working on a Postdoctoral Research Associateship for Tulane University."

Although one may assume his career path was intact since childhood, Lightner is quick to squelch this notion, as he provides a somewhat lighthearted explanation of his early journey.

"What did I want to be when I was young? At what point? It changed so much over the years!" he jokes. "When I began college, I had aspirations of attending Veterinary school, but soon realized I was too much of a lackluster student for that to happen. So, I shifted my emphasis to biology and thoughts of joining a college faculty somewhere, teaching and conducting research. That all ended when, in my job search after

LIGHTNER, continued on Page 11



Dr. Lawrence Lightner, right, began his storied career more than 40 years ago as a Captain in the U.S. Army, and in March he retired as a federal civilian from the U.S. Army Medical Materiel Development Activity (Photo courtesy of USAMMDA)

completing my Post-Doc, on a whim I contacted the Army. I was recruited with an offer too good to refuse, and the rest, as they say, is history.”

History, indeed.

“I think I started down the path I eventually followed, influenced by the books I read on scientific discoveries,” said Lightner. “This was heavily reinforced when I entered graduate school and shared an office with a large group of highly motivated graduate students and a Major Professor who was well-known and at the top of his field.”

“When I joined the Army,” he continued, “I was fortunate to be assigned to work for Major Larry Hendricks, a former Marine Corps officer who really gave me an education in both what it was to be an Army Officer and the history of the Command. My other significant mentor was Colonel “Pete” Pedersen. Pete was a Virginia Military Institute graduate and a longtime staff member of the USAMRDC. He was an original member of the Task Force that created USAMMDA, and he really guided most of my career moves early on.”

Lightner acknowledges the Army provided him with quite a career, but throughout his military years, he provided our nation and its citizens with unparalleled service — as evidenced through the numerous awards and citations he has received. His military awards include the Legion of Merit Medal, Meritorious Service Medal (with 4 Oak Leaf Clusters), Army Commendation Medal, Army Achievement Medal, Armed Forces Reserve Medal, National Defense Medal, Army Service Ribbon, Army Overseas Ribbon (2 Overseas Tours), and the Army Superior Unit Award (with Oak Leaf Cluster). Further, he received the Army Surgeon General’s “A” Proficiency Designator in Microbiology and was inducted into the Order of Military Medical Merit.

As project manager for USAMMDA’s WPAC PMO, Lightner has led his team to success on many occasions as well, often reaching critical development milestones and garnering FDA approval for a number of life-saving treatment products. These include Artesunate for Injection, a drug solution used in the initial treatment of severe malaria in adult and pediatric patients; the antimalarial drug Tafenoquine, hailed as the first FDA-approved prophylactic drug for malaria in nearly two decades; and a rapid diagnostic test for coronavirus, BioFire’s COVID-19 Test 2, which recently received FDA 510 (k) clearance for its ability to detect the presence of SARS-CoV-2, the virus that causes COVID-19, in approximately 45 minutes.

Dawn Rosarius, Senior Executive Service and Principal Assistant for Acquisition, USAMRDC, has known Lightner for much of his career and highly values his contributions

to the command, the military, and our nation.

“Dr. Lightner has been a strong project manager and leader for our command,” she said. “He has led the way in moving products forward to FDA approval and fielding, or termination — both are great successes, and Dr. Lightner and his team should be very proud.”

“He leaves behind a strong legacy through the development of many leaders — both military and civilian — during his tenure,” she added. “He also has helped to develop many senior leaders, including myself, providing us with significant feedback for our understanding and growth, for which I am truly grateful. I will miss Larry, and I am proud that he has decided to move on to the next chapter in his life, and hand over the reins to the next leader.”

Looking back over his career, Lightner admits that as he has been blessed with so many great experiences, he finds it difficult to narrow these down to one that is most interesting. However, for the sake of our conversation, he tries.

“I would say that, possibly, my career highlight as a military officer may be commanding the WRAIR unit in Kenya,” said Lightner. “My daughters were all at impressionable ages, and living in a foreign country, going to an International School, and having the opportunity to go on ‘safari’ almost every weekend was something they still talk about. And for me, being part of a U.S. Embassy community, interacting with State Department and other military personnel, was really stimulating.”

As he thinks of his daughters during that time period, the conversation progresses to thoughts of his wife and family — of whom Lightner is extremely proud. So much so, his face seems to light up.

“My wife and I have been married for 38 years,” he said. “Susan is a former Army Nurse Corps Captain — she was trained as an ICU nurse but now works as a nursing supervisor for a home healthcare company. We have four wonderful children — three daughters and one son — and six grandchildren with one more on the way. All of our daughters have Master’s degrees in Education and are teachers in Maryland, and our son just completed his Master of Public Administration degree and currently has an internship in a state senator’s office.”

After all of the years — and all of the adventures — Lightner says there are far too many people to thank and acknowledge, although he sincerely appreciates each and every person he has met. After more than four decades, he can agree the time spent in getting to know your colleagues is always worth the sadness when it comes time to say farewell.

USAMRDC Joins Frederick to Honor Vietnam Veterans, Mark Years of Remembrance

By Danae Johnson, USAMRDC Public Affairs

The U.S. Army Medical Research and Development Command and civic leaders in Frederick, Maryland, commemorated the 50th anniversary of the end of the Vietnam War during a recognition ceremony in downtown Frederick on March 27.

In celebration of National Vietnam War Veterans Day on March 29, the ceremony was designed to honor the service and sacrifice of nearly three million Vietnam War service members. According to local officials, more than 4,500 Vietnam Veterans call Frederick home.

"To the Vietnam veterans here with us, please know that the military and the nation are grateful for your service and sacrifice," said Brig. Gen. Anthony McQueen, commanding general of the U.S. Army Medical Research and Development Command and Fort Detrick. "The Service Members of today and myself included owe you a debt of gratitude."

Among those whom McQueen acknowledged was John Fer, a retired colonel with the U.S. Air Force. Fer is a Silver and Bronze Star Medal awardee and a former prisoner of war who was released in 1973 from North Vietnam.

"I'd like to close today by thanking those Vietnam veterans in our crowd who didn't get the due respect they should've gotten when they returned from Southeast Asia," said Fer. "You have my gratitude, you have the gratitude of every single surviving prisoner of war, and we will never forget your sacrifice."

In addition to the contingent from Fort Detrick, local government leaders joined the ceremony for the purposes of



Brig. Gen. Tony McQueen, commanding general, U.S. Army Medical Research and Development Command, delivers remarks to Frederick County community, during the Vietnam Veterans War Memorial ceremony in Frederick, Maryland, on March 27, 2022.

(Courtesy photo by Vivian Laxton)

paying their respects. Frederick County Executive Jan Gardner, County Sheriff Chuck Jenkins, County Council President M.C. Keegan-Ayer, and Frederick City Mayor Michael O' Connor were among those in attendance. .

A proclamation reading which recognized March 29 as Vietnam Veterans Day for Frederick concluded the ceremony with a benediction from Fort Detrick Chaplain Lt. Col. Craig Johnson and a presentation of colors.

"For decades, the Fort Detrick Installation has helped shape the local industry, education, and public health throughout the nation," said McQueen. "Today, MRDC, along with other organizations on our campus, work tirelessly to contribute to our national defense and medical

USAMRIID crowned 2022 intramural basketball champions



The team representing USAMRIID was crowned Fort Detrick's 2022 intramural basketball champion following the final game of the season at Odom Fitness Center, March 2.

This is the first basketball season since the start of the covid pandemic, and participants called it a huge success.

Intramural sports are used to help develop teamwork skills and competitive spirit with Soldiers. At the same time, it helps them maintain their physical fitness and unit readiness. For more information about intramural sports, contact FMWR.

(Courtesy photos by Fort Detrick FMWR)

News - Events - Training

COVID-19

Masks and COVID-19 testing are not required to enter most facilities on Fort Detrick or Forest Glen Annex. Masks are still required inside the Barquist Army Health Clinic and the VA Community Based Outpatient Clinic. Commanders/Directors may implement more rigorous workplace mandates to meet mission requirements.

For updates and materials on COVID-19 visit:

<https://home.army.mil/detrick/index.php/covid-19-information>

Fort Detrick Barber Shop open for appointments

Fort Detrick Barber Shop is open by appointment only. Call (301) 619-2345 to book your appointment.

COVID vaccines by appointment at Barquist

The Moderna COVID vaccine is available at the Barquist AHC on Thursday mornings by appointment only. Please call (301) 619-7175 to schedule your appointment.

Alternatively, vaccines are available to all military beneficiaries at any TRICARE participating pharmacy free of charge. Check with your local pharmacy for additional information.

Retirement Ceremonies

USAG Fort Detrick conducts Quarterly Retirement Ceremonies honoring retiring Service Members, and Civilian employees and their families. These ceremonies take place on the second Thursday of the second month of each quarter in the auditorium, Building 1520 at 10 a.m.

Any Military at Fort Detrick or in the local surrounding community or Civilian employees who wish to participate should contact Tom Yocklin with the Directorate of Operations by calling (301) 619-2503. The deadline for participants to be included is two weeks prior to the ceremony.

Spring Season is right around the corner at FMWR

Fort Detrick has an opportunity to partner with Little League Fredrick. We are looking for interested families of all ages for baseball and softball!

The season starts in April so act quickly to participate in this league! Please respond to John.m.seat.naf@army.mil or call (301) 619-2538.

Tax Assistance for Active Duty

The Fort Detrick Legal Assistance Office will assist active duty members of U.S. Armed Forces assigned to units located on or supported by Fort Detrick in preparing and electronic filing of both federal and state income tax returns for Tax Year 2021. Members in grades O-3 and below, to include enlisted personnel and warrant officers,

and their DEERS dependent spouses, are eligible for assistance by appointment only. For an appointment, follow the instructions provided at: <https://home.army.mil/detrick/index.php/my-fort/all-services/legal-assistance-office>.

Barquist Clinic & Pharmacy closures

7 April: Reduced Hours (Training/MEDDAC Wide Safety Stand-Down) – Close at 11:30.

22 April: Reduced Hours (Training) – Close at 11:30.

20 May: Reduced Hours (Training) – Close at 11:30.

27 May: Military Training Holiday (DONSA/Reduced Hours) – Close at 11:30.

30 May: Memorial Day (Federal Holiday Observed) – Closed All Day.

Chapel News

The Fort Detrick Chapel hosts a Men's Prayer Breakfast and Bible Study the second Saturday of each month at the Chapel. Free breakfast served at 7 a.m. and Bible Study starts at 8 a.m.

For more information, call (301) 619-7371.

Fort Detrick's 2021 Drinking Water Quality Report

Fort Detrick's [2021 Drinking Water Quality Report](#) is available for community review. The report summarizes water quality information collected by water suppliers to comply with drinking water regulations.

For more information, call the Fort Detrick Directorate of Public Works at (301) 619-3136.

Leisure Travel Services Hours of Operation

Leisure Travel Services will be temporarily closed effective March 31, 2022 until further notice. We apologize for the inconvenience and will provide an update when we are back to normal operating hours.

Auto Repair Lot ribbon cutting

April 5 at 11 a.m., located at 121 Hamilton Street. For more information, call 301-619-3271.

FORT DETRICK YOUTH TRACK

**Run, Jump, Throw and
find your niche within
Track and Field!**



Join Fort Detrick CYS Sports for Track Season! Youth will have the opportunity to practice running, jumping, and throwing with compliant AAU equipment in all events. There is a \$65 registration fee which will cover a singlet to be worn for meets (to be returned at the end of the season) and practice time with approved equipment. We suggest wearing black athletic shorts or pants. Track Meets are optional at an additional cost per meet and are limited on entries. Typically Meets will be hosted on Sundays at various locations. Numerous events are offered for ages 7-14.

COVID Guidelines will be followed.

**Register by 4/3/2022
Open to Ages 7-13**

**Practices are held from 4:30-5:15 PM on
Wednesdays and Fridays at Odom Track
from March 30, 2022 through May 27, 2022**



#DetrickMWR
www.detrick.armymwr.com
www.facebook.com/DetrickMWR

AUTO REPAIR LOT RIBBON CUTTING CEREMONY

Please come out to witness the ribbon cutting of our new Auto Repair Lot. This area will allow patrons to perform routine maintenance on their vehicles from dawn to dusk.

**5 April 2022 1100
121 Hamilton Street**

**For more information
please call 301- 619 - 3271**



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www.detrick.armymwr.com
www.facebook.com/DetrickMWR



PET EXAM AND VACCINATION CLINIC

6 April 2022 0800-1300
Pet Kennel 121 Hamilton Street

- \$35 exam
- Vaccine price varies between \$10-\$15 per vaccine
- Open to Active Duty, Retirees, National Guard and Reservist
- Please call 301- 619 - 3271 for more information

Pre-register now for our Pet Exam and Vaccine Clinic. Pre-registration is required before arriving.
Call 301-677-1300 before 5 April 2022 to make your reservation today



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www.facebook.com/DetrackMWR



FORT DETRICK

VENDOR SHOWCASE

MEDICAL /// MRO /// EXPEDITIONARY

//// WHY ATTEND

- Discover the latest solutions with suppliers & SMEs
- Share capability requirements with top manufacturers
- Network with other organizations & agencies

//// MARK YOUR CALENDAR

APRIL 6
0800 – 1600

Frederick Event Center

5400 Holiday Drive, Frederick, MD 21703

CONTACT YOUR ADS REP FOR MORE INFO



Fort Detrick AMAZING KID'S FESTIVAL

April 29, 2022

4 pm to 7 pm

Sultan Drive

Come out for an awesome evening of entertainment and fun! Fort Detrick will be hosting its annual Amazing Kid's Festival! Some of the activities will include arts and crafts, activities for the children, a talent showcase, outdoor activities, face painting, music, food and more.

Don't miss out on this event!

CDC safety guidelines will be followed



#DetrickMWR

www.detrick.armymwr.com

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BIKE TO WORK DAY 2022

Friday, May 20

**FREE EVENT - REGISTER AT
BikeToWorkMetroDC.org**

**Pre-register by May 13 for Free T-Shirt* + Bike Raffle.
Free refreshments + giveaways at participating
locations, while supplies last.**

**Working from home? No problem!
Bike to your local "pit stop" for your
free T-shirt and back home again.**



Visit biketoworkmetrodc.org for pit stop locations and times.

*T-Shirts available at pit stops to first 15,000 registrants.
Pit stops in D.C., Maryland, and Virginia!

Bike to Work Day is funded by DDOT, MDOT, VDOT, and USDOT.

Register free at
BIKETOWORKMETRODC.ORG
800.745.7433

  #BTWD2022

