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ARMY FLIER

SERVING THE U.S. ARMY AVIATION CENTER OF EXCELLENCE AND THE FORT RUCKER COMMUNITY SINCE 1956

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FORT RUCKER ★ ALABAMA

JULY 14, 2016

CONTINUOUS IMPROVEMENT

Fort Rucker earns ACOE Silver Award

By Nathan Pfau
Army Flier Staff Writer

Fort Rucker is known as the home of Army Aviation and one of the Army's centers of excellence, and excellence is something that has become synonymous with the installation on many levels.

Fort Rucker earned silver in the 2016 Army Communities of Excellence Award, an annual assessment of garrisons across the Army that identifies organizations that are the epitome of excellence during a ceremony at the Pentagon May 24, and Fort Rucker will host its own recognition ceremony at the U.S. Army Aviation Museum Aug. 2, according to Deena Jones, plans, analysis and integration office director.

"The award, sponsored by the chief of staff of the Army, is really all about taking a criteria and assessing our organization," said Jones. "We get feedback from our team and an outside team that provides some external perspective, and they validate and tell us our strengths, as well as our opportunities for improvement.

"From there, it's all about making the organization better," she said. "The primary goal is all about continuous improvement."

The ACOE award honors the top Army, National Guard and Reserve installations that have achieved high levels of excellence in building a quality environment, outstanding facilities and superior services, and throughout the year-long process,



PHOTO BY NATHAN PFAU

Gen. Mark A. Milley, chief of staff of the Army, awards Col. Shannon T. Miller, Fort Rucker garrison commander, Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison command sergeant major, and Deena Jones, plans, analysis and integration office director, the 2016 Army Communities of Excellence Silver Award during a ceremony at the Pentagon May 24.

ACOE applicants are assessed and evaluated against the Army priorities and Malcolm Baldrige Criteria for Performance Excellence, said the PAIO director.

"There are what we call the core values within the criteria that we are assessed against," she said. "Some of those criteria include visionary leadership, systems perspective and frontline, and it showcases the maturity of an organization in these core values.

"This is to assess the garrison, and it encompasses our customers and our tenants," said Jones. "Through it, we're also able to showcase our community relations with the surrounding cities."

Some areas where the installation excelled at were in customer focus, and Fort Rucker typically sustains a greater-than 90 percent of customer satisfaction, said Jones, exceeding the Installation Management Command standard for customer satisfaction.

In addition to the award itself, Fort Rucker was awarded \$60,000, which will be used to go back into the community, according to Faye Lewis, garrison resource management office director.

"The funds are used to improve the community," said Lewis. "We ask directors and the garrison activity for ideas and suggestions, and they will submit those sugges-

tions to be weighed and prioritized."

One of the projects that has been decided upon is the addition of a 48-inch, freestanding digital directory kiosk to be placed in the atrium of Bldg. 5700, she said.

The current directory was found to be outdated and difficult for some to read and understand, so it was decided that a new digital, touch-screen monitor will be put in place to help easily guide visitors to where they need to go within the building.

Although the awards and prize money are nice for the installation, the real reward is the ability to help improve the installation, said Jones.

"I think, with this award, it helps to improve the installation because it shows us where we have gaps," she said. "When we assess ourselves against the criteria, we can see where our gaps exist in our performance, so we're then able to work on those for the coming year and improve."

After each award season, an after-action review is also conducted to give the garrison the opportunity to go back in and ask how to correct some of the things could use improvement.

Fort Rucker is no stranger to the award, having won gold in 2013, and Jones said there is no stopping there.

"We're bonding as a team and showcasing what we can do here," she said. "A lot of times we don't get to tell our story – this tells the garrison story. This showcases our frontline and our first impression to Soldiers who come through our doors. Our frontline personnel are who we want to showcase, and it shows how Fort Rucker is a cohesive team and that it's no one person's effort."

STERLING EXAMPLE

Eagle Rising Society inducts retired CW5 into ranks

By Nathan Pfau
Army Flier Staff Writer

With more than 33 years of service to the nation, one veteran who continues to serve his country through various military organizations joined the ranks of one of Aviation's most prestigious organizations.

Retired CW5 Jerry L. Dillard became the 19th member of Order of the Eagle Rising Society as he was inducted into the organization during a ceremony at the U.S. Army Aviation Museum Tuesday.

Dillard's years of service, along with the other members, combine for a total of nearly 650 years of dedicated service, according to Col. Garry L. Thompson, U.S. Army Warrant Officer Career College commandant, who presided over the ceremony.

"Today, we add Mr. Dillard's 33 years of dedicated service, including his continued loyalty and contributions to the warrant officer cohort," said the commandant during the ceremony. "It is now your time to take your place as one of what only 19 Americans have done.

"You are a sterling example of what all of us should strive to be, and an expressive reminder of the selfless service that should live within us all," he continued. "We are grateful for you, what you've done and what you continue to do for your community."

Dillard said he was humbled to be counted among such honorable men and women, and that throughout his career his goal was to serve his Soldiers and their families.

"I'm extremely proud to have been able to serve as a warrant officer and humbled to be recognized by my peers," he said. "My philosophy was very simple. I strove to care for Soldiers and their families, take care of my subordinates, give them full credit for their accomplishments while underwriting their mistakes.



PHOTO BY NATHAN PFAU

Col. Garry L. Thompson, U.S. Army Warrant Officer Career College commandant, and retired CW5 Ronald B. Kaita, Military Officers Association of America ambassador, induct retired CW5 Jerry L. Dillard into the Order of the Eagle Rising Society during a ceremony at the U.S. Army Aviation Museum Tuesday.

"I wanted to earn their trust, respect and loyalty, as well as that of my superiors, and to be a valuable member of the team and to empower those around me," he continued. "My hope was to have been a positive affect on our Army, our Soldiers and our warrant officer corps."

Dillard entered military service in 1973, and, after attending basic training and advanced individual training, was assigned to the 101st Airborne Division (Air Assault) at Fort Campbell, Kentucky.

Throughout his military career, he's served across multiple continents in various leadership positions, culminating his more than 33-year career as the assistant executive officer and second warrant officer adviser to the chief of staff of the Army.

To become an inductee into the Eagle Rising Society, Dillard had to demonstrate the highest standards of integrity and moral character throughout his career, as well as display outstanding professional competence while serving within the U.S. Army warrant officer community, and retired CW5 Ronald B. Kaita, Military Officers Association of America ambassador, believes the selectee did just that.

"Your selection for this year's induction comes as no surprise," said Kaita. "Your support to our Soldiers, and especially the warrant officer cohort, is well known throughout the United States Army.

"Without question, you make things happen," he continued. "To the warrant officer cohort, you've moved mountains. The Military Officer's Association of America has its own motto: 'Never stop serving.' You definitely exemplify this commitment to service to our Army and those who proudly serve."

164th TAOG welcomes new CSM

By Nathan Pfau
Army Flier Staff Writer

Soldiers of the 164th Theater Airfield Operations Group lined Howze Field as they welcomed a new command sergeant major during a ceremony July 7.

Command Sgt. Maj. Todd W. Hedrick assumed responsibility from Command Sgt. Maj. Shawn L. Jones as the NCO sword passed from one command sergeant major to the next.

Col. Michael E. Demirjian, Air Traffic Services Command and 164th TAOG commander, presided over the ceremony to welcome the new leader, while bidding farewell to the outgoing.

"Jones is a great patriot and warrior having served this nation faithfully for the past 30 years., and those of you who know who know Command Sergeant Major Jones well know that he spent a

SEE TAOG, PAGE A7



PHOTO BY NATHAN PFAU

Command Sgt. Maj. Todd W. Hedrick, 164th Theater Airfield Operations Group command sergeant major, speaks after assuming responsibility from Command Sgt. Maj. Shawn L. Jones during a ceremony at Howze Field July 7.

To the warrant officer cohort, you've moved mountains."

— RETIRED CW5 RONALD B. KAITA,
MILITARY OFFICERS ASSOCIATION
OF AMERICA AMBASSADOR

PERSPECTIVE

SOLDIER FOR LIFE

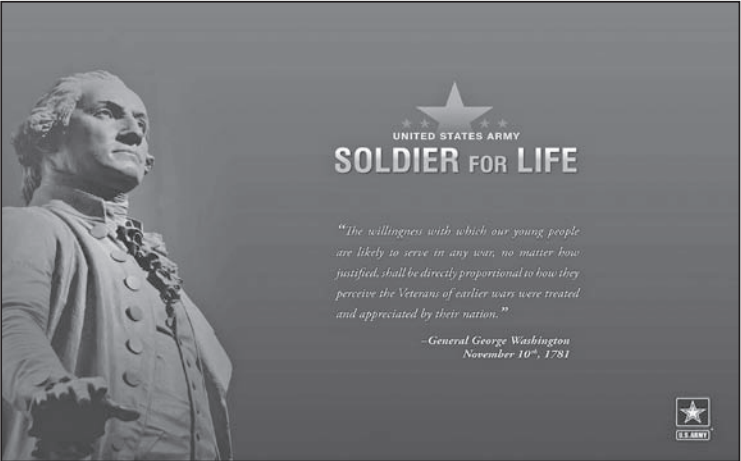
TAP offers tips to help make the most of job fair visits

By Bryan Tharpe
*Fort Rucker Soldier for Life
Transition Assistance Program*

Have you ever contemplated attending a job fair, but thought, “Why bother, it’s only a waste of my time?”

Well, you are not alone. Most job seekers rarely spend time attending job fairs for fear that there will be little or no return on their investment. However, if you take time to properly prepare for job fairs, they can be very beneficial to your overall job search strategy.

Before attending the job fair, you should get a list of all employers attending. Most job fair promoters will make this list available two or three weeks prior to the event, depending upon the number of participants. From this list, you should research the companies to gain a thorough understanding of their products and services. Once you are familiar with the partici-



ARMY GRAPHIC

pants, choose the employers that interest you the most and make a checklist to use at the job fair. By researching the companies and creating a definitely visit list, you reduce your idle time at the job fair.

Make sure you have your job fair résumé in order and plan to take many copies. The number of copies you should take may vary,

depending upon the number of employers attending the fair. You need a copy for each employer on your definitely visit list and several extra. In addition, you may want to complete an application and take it with you. It is much quicker to simply copy the information than spend time trying to remember phone numbers and addresses.

Also, take several blue and black

ink pens. Employers may require that you complete applications in a particular color.

Finally, make sure you are dressed appropriately. Dress as if you were going on an interview. Wear a suit, groom yourself and take a portfolio with your information neatly organized. It is appropriate to wear your uniform if the job fair is being held on a military installation. Do not dress casually – this may send the message that you are not a serious job seeker.

Not all job fairs are alike. There are several types of job fairs, including technical, professional, general and industry specific. Depending upon the type of career you are seeking, you will need to target the appropriate type of job fair. In addition, many job fairs offer free or very low cost admission to job seekers.

If you are an active job fair participant, you should come away with very valuable information,

even if you do not land a job. You should leave the job fair with a good knowledge of company policies, hiring practices and products. Furthermore, you should have a better understanding of job requirements and industry standards.

Job fairs can expose you to many potential employers in a short amount of time. They can provide you with additional access to the hidden job market and they can help you refine your networking skills – if you are prepared!

Plan to attend the upcoming annual Fort Rucker Area Job Fair at the Ozark Civic Center July 21 from 10 a.m. to 2 p.m. A partial listing of employers who will be attending can be found on the Ozark Chambers of Commerce website, <http://www.ozarkalchamber.com/home/>.

Don’t miss out on this great opportunity to have multiple employers under one roof at the same time.

THIS MONTH IN ARMY AVIATION HISTORY

This month we’re spotlighting the July/August 1993 issue of the *U.S. Army Aviation Digest*. This issue features:

Army Aviation Korea – 40 Years of Peace

Ever vigilant, U.S. Army Aviation Soldiers man their equipment and train diligently in preparation for conflict. Around the world, our Army can be found in places of need... and there, too, is Army Aviation. Perhaps no place better reminds us of the need for combined arms readiness than in the Eighth United States Army.

Bring Your Career to Korea!

If you have been listening to the news, you know about the serious issues in our dealings with the North Koreans. As the last vestige of the Cold War – yes, the one that everyone claims we won – North Korea has not accepted the reality of the impending failure of communist dogma.

So You’re Headed for Korea

So you just received orders to Korea, huh? I imagine you’re looking forward to the chance to visit another part of the world, meet some Koreans and to experience their culture. Have you thought

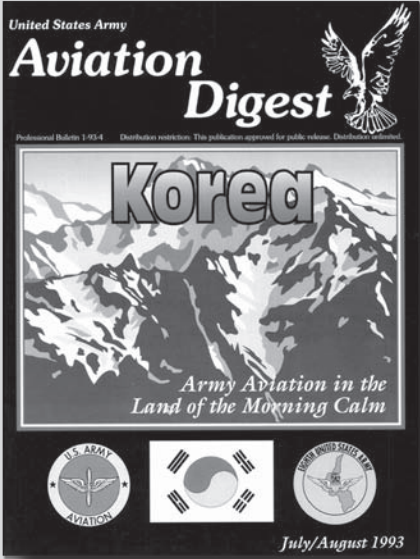
anything yet about working with the Republic of Korea Army in a combined environment?

Guardians in the Republic

The Guardians of the 4th Battalion, 58th Aviation Regiment, South Korea, remain on watch, focused on sharpening their tactical proficiency to safeguard the skies “round the clock.”

... and much more.

Download this issue of the *U.S. Army Aviation Digest* at <http://go.usa.gov/x3sXz/>.



Rotor Wash



Jennifer Hartsock,
military spouse

“I like to spend time with my family and just relax.”



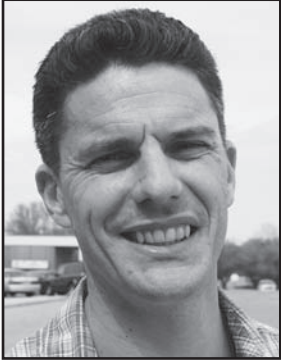
Milly Davenport,
military family member

“I like to spend time with my friends by going to their house or just hanging out.”



Anthony Tidwell,
retired military

“I like to get together with a group of my guys and we just have a good time.”



Jonathan Hanel,
veteran

“It’s nice to go see a movie or go have a nice dinner with the family.”



Alicia Jones,
military spouse

“I actually like to get a good workout or some exercise in. It helps me melt the day away, really.”

“Girls Night Out is returning to The Landing July 22 from 6-9 p.m. What are some activities you do to wind down from the day?”

COMMAND

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FORT RUCKER COMMANDING GENERAL

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FORT RUCKER GARRISON COMMANDER

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CLOSE ENCOUNTERS

Snakes, alligators, other wildlife pose risks on post

By Nathan Pfau
Army Flier Staff Writer

As summer continues to offer people the chance at fun in the sun, it also offers a chance to run into that various wildlife that call Fort Rucker home.

And when people encounter wild animals, they need to exercise caution, according to Daniel Spillers, Fort Rucker fish and wildlife administrator.

Two of those wild animals that people might encounter on Fort Rucker are snakes and alligators, Spillers said. And with alligators taking the spotlight in recent news, he wants to make sure people know what to do and what not to do in case of an encounter, as well as how to avoid these dangerous predators.

One main thing Spillers said people shouldn't do if they encounter a gator is to feed them.

"Alligators that are fed lose their fear of humans and will come close to humans looking for food," he said. "Try to keep your distance from them. Don't try to get close to them to take a picture or touch them. Try to stay at least 60 feet from them if spotted."

Spillers also said that people shouldn't harass or provoke alligators by throwing objects at them, and to keep pets and children away from areas where alligators might nest, which includes areas of heavy vegetation near the water's edge.

There are alligators present in the waters of Lake Tholocco, especially in the shallow timbered upper end of the lake, said the fish



COURTESY PHOTO

Coral snakes are one of the venomous snakes found on Fort Rucker and are most notable for their red, yellow/white and black colored banding.

and wildlife administrator, and they have been known to pop up in locations like at Parours Lake.

"Do not swim in Lake Tholocco other than in the established swimming areas where lifeguards are present, and water skiers should stay in the designated ski area which is deeper and less likely to harbor alligators," said Spillers. "Alligators are a natural part of the environment at Lake Tholocco and do not normally cause problems to people."

They are a protected species in Alabama with a limited hunting season in designated areas. If people encounter an alligator that they think is causing a problem, they should report it to the game warden's office or military police at 255-2222.

Other creatures that people might encounter while out on the lake or in the wild are snakes, said Spillers.

There are a wide variety of snakes on the installation, many of which are not dangerous and pose no threat to people, he said, but there are a few that people should especially avoid, such as the eastern diamondback rattlesnake, the timber rattlesnake, the pygmy rattlesnake, copperheads, cottonmouths or water moccasins, and the coral snake.

The eastern diamondback is the largest of the venomous snakes that can be found on Fort Rucker and they can be identified by the diamond shape markings along its back, said the wildlife biologist. The rattlesnakes, along with the copperheads and cottonmouths, are all pit vipers, which have one main distinguishing characteristic – a wedge-shaped head.

Spillers said that most of the venomous snakes on Fort Rucker have a head that is noticeably larger than its body and shaped like a

triangle. Non-venomous snakes' heads usually just flow into the body of the snake without much difference in size, but the coral snakes head has no such distinction, he added.

"The coral snake is a really colorful snake with red, black and yellow bands along its body," said Spillers. "It's a smaller snake and very reclusive. Unlike most snakes, it doesn't have a wedge-shaped head and its fangs are in the back of its mouth."

The coral snake shares a common coloring with the scarlet king snake, a non-venomous snake, he added, and people can distinguish the two by looking at the tip of the snake's nose. The tip of a Coral snake's head will be black, but the tip of the head of a scarlet king snake won't be.

Because of the snake's reclusive and unaggressive nature, along with the fact that its fangs are so far back in its head, it's unusual for people to actually be bitten by a coral snake, he said.

"This is not a snake that can easily strike you and inject its venom," said the wildlife biologist. "It would basically have to grab onto your finger and start chewing on you to get its venom into you," adding that this fact makes the snake no less dangerous than the others.

The coral snake's venom is particularly dangerous compared to the other snakes because its venom is neurotoxic venom rather than hemotoxic venom, according to the wildlife biologist.

Neurotoxic venom works direct-

ly on the nervous system, which can be particularly harmful when it gets into the blood stream, said Spillers. Hemotoxic venom of the pit vipers are very harmful as well, but is a blood toxin that causes necrosis of the tissue, killing and essentially causing the tissue around the bite area to decay.

Although both venoms are dangerous, Spillers said neurotoxic venom is harder to deal with and treat, but prevention is the best form of medicine.

If people encounter these snakes in the wild, it's best to avoid them, said the wildlife biologist.

"Most snakes aren't very aggressive, so if you leave them alone, they will leave you alone," he said. "Most of the time you would have to step on them or show them you were some type of threat before they would strike."

Spillers also said that if people know they are going to be traveling in wooded areas, they should wear clothing that is appropriate to the environment like boots or some type of heavy footwear that covers up to at least their ankles.

If a person does come across one of these venomous snakes in an area they can't avoid, however, he suggests that people call the military police and they will get in contact with the game warden to try and relocate the snake, if possible.

If a person is bitten by a snake, Spillers recommends that the first thing that people try to do is get medical attention as fast as they can rather than deal with the wound themselves.

TRADOC leaders discuss ready land forces with industry, scholars

By Supunnee Ulibarri
U.S. Army Training and Doctrine Command Public Affairs

WILLIAMSBURG, VA — U.S. Army Training and Doctrine Command leadership participated in a round of discussions with policymakers, senior industry executives and scholars during the 34th annual Virginia Colonial Chapter of the Association of the United States Army Professional Forum at the College of William & Mary's Raymond A. Mason School of Business June 21-22.

Gen. David G. Perkins, TRADOC commanding general, and Lt. Gen. H.R. McMaster, director of TRADOC's Army Capabilities Integration Center, provided their insights and perspectives on the theme of the event, "Ready Land Forces to Win in a Complex World."

"The problem we're trying to solve is how to win in the complex environment that our Army must now operate in," Perkins said.

To address this operating environment, Perkins elaborated on the Army Operating Concept's goal of building a force with the ability and capabilities to rapidly deploy and transition.

"We're generally at an 'away game' and the enemy is at a 'home game,' so they can start to set the environment to our disadvantage. What we want to be able to do is deploy, transition quickly to offensive operations and maintain a high pace of operations," he said.

Perkins explained mobility as the capability permitting military forces to gain po-

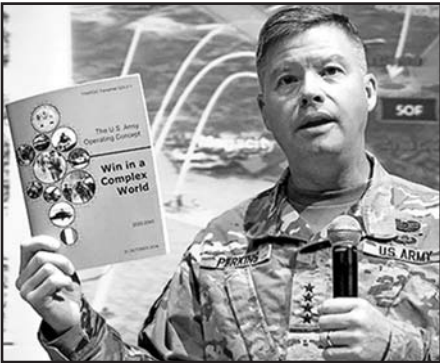
sitions of relative advantage, conduct high tempo operations, and concentrate combat power against decisive points, while operating dispersed across wide areas.

"Army forces must possess strategic, operational and tactical mobility," Perkins said. "When combined with firepower and protection, mobility at the tactical level allows Army units to gain positions of relative advantage and overmatch the enemy in close combat."

The AOC also states that overwhelming the enemy's decision-making process with multiple dilemmas also proves as an advantage in future conflicts. "The key to a strategic win is to present the enemy with multiple dilemmas," Perkins explained. "To compel enemy actions requires putting something of value to them at risk. Army forces allow joint force commanders to dictate the terms of operations and render enemies incapable of responding effectively."

Perkins said a complex world is defined as an environment that is not only unknown, but unknowable and constantly changing. "We cannot predict who we will fight, where we will fight, and with what coalition we will fight. To win in a complex world, we must provide the joint force with multiple options, integrate the efforts of multiple partners, operate across multiple domains and present our enemies and adversaries with multiple dilemmas."

While Perkins reiterated how to "Win in a Complex World," as described in the AOC, McMaster presented the way ahead, by defining the Army's requirements to develop the capability and capacity to win in future conflicts.



ARMY PHOTO

Perkins

McMaster presented the topic, "Think, Learn, Analyze, Implement: How the Army Develops Capability and Capacity to Build the Future Force."

"It's essential we work together today; not just across our Army, but across the joint force and especially with industry, as well," McMaster said. "We are at a period of time where threats to national security are increasing. I personally believe, we are at a period of greatest risk of a major international military crisis."

Risks are going up because of threats, enemies and adversaries, he said. "But risks are also going up because of decreases in resources in our Army."

McMaster emphasized three areas of concern that contribute to increased risks: the reduction in the size of the Army, the reduction of the modernization budget and lack of modernization of the current Army.

"We have to do the best we can with what we've got. That means, we have to work together even more effectively at prioritizing our efforts and going from the concept

on how we are going to fight to delivering capabilities," he said.

McMaster outlined the way ahead in this dilemma as: think, learn, analyze and implement. Under "think," the process is defined as establishing a sound conceptual foundation for Army modernization. Concepts include describing how future forces will fight and win, while also providing an intellectual foundation for modernization. "Learn" defines the process to conduct rigorous experiments, wargames and assessments to learn in a focused, sustained and collaborative manner.

"To address the Army Warfighting Challenges, learning must provide an analytical framework in a focused, sustained and collaborative manner. Learning also requires using wargames, experiments, assessments and experience to identify capability gaps and opportunities to achieve overmatch. Learning requires developing solutions in the near, mid and far terms to ensure future combat effectiveness," McMaster said.

"Analyze" involves an effort focused on first-order military challenges, where rigorous analysis is needed to identify top priorities and ensure sound investments in the future. Lastly, "implement" requires a process to deliver integrated doctrine, organization, training, materiel, leadership, personnel and facilities solutions to improve combat effectiveness of the current and future force.

"There is a huge role for all of us in this," McMaster said. "For industry in particular, your research and development efforts are helping us identify opportunities now."

To watch the full event visit <https://www.youtube.com/user/usarmytradoc>.

News Briefs

Community strengths, themes assessment

Fort Rucker is running its second biennial Health Promotions Community Strengths and Themes Assessment now through July 29 aimed at collecting population data as it relates to the health and readiness of the Community. Data is collected through the Internet, which allows Soldiers, family members, civilians and military retirees to take the survey from their homes or offices. The survey focuses on how the community feels on health, safety, quality of life and overall satisfaction with the installation. Information is collected through the Fort Rucker Community Health Promotion Council Office. It will be used to help identify population health concerns for assessing health-related needs of the Fort Rucker community for program planning, policy development and program evaluation.

The confidentiality of responses is assured under Section 308 (d) of the Public Health Service Act. Procedures are in place to prevent the disclosure of personal data, including data encryption and secure data networks. No personal identifiers are collected as part of this survey process.

The assessment is available at <https://usaphcapps.amedd.army.mil/Survey/>

se.ashx?s=251137452BC46511.

For more information, call 255-0529.

Change of responsibility

* The Fort Rucker Garrison will host a change of responsibility ceremony Aug. 2 at 1 p.m. in the U.S. Army Aviation Museum. Command Sgt. Maj. Christopher D. Spivey will assume responsibility from Command Sgt. Maj. William D. Lohmeyer.

Change of command

The 1st Battalion, 11th Aviation Regiment will host a change of command ceremony today at 9 a.m. on Howze Field. Lt. Col. Edward D. Rouse will assume command from Lt. Col. John C. Tucker.

School physical appointments

To ensure the highest continuity of care possible while providing timely access for patients requiring a school physical, Lyster Army Health Clinic will offer school physical appointments during the dates and times below. These slots will fill quickly, so people should book as soon as possible. The appointments serve to provide additional times and dates for dual-working parents and those who

cannot schedule an appointment during normal business hours.

Parents should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with the primary care clinician.

Appointments are available: July 27, 4-6 p.m.; Aug. 3, 1-3 p.m.; Aug. 10, 4-6 p.m.; Aug. 24, 1-3 p.m.; Aug. 31, 4-6 p.m.; Sept. 7, 1-3 p.m.; Sept. 14, 4-6 p.m.; Sept. 21, 1-3 p.m.; and Sept. 28, 4-6 p.m.

SAMA induction ceremony

The Fort Rucker Sergeant Audie Murphy Association will host an induction ceremony to honor new members July 25 at 10 a.m. at the U.S. Army Aviation Museum. New members will be recognized, and receive the SAMA medallion and certificate from current members of the association.

Retirement ceremony

Fort Rucker will host its quarterly retirement ceremony July 29 at 2 p.m. at the U.S. Army Aviation Museum. All are welcome to attend and honor the post's latest retirees for their service.

AAFES expands layaway

The Army and Air Force Exchange Service is extending its layaway program to include computers and tablets. Now through Aug. 31, just in time for back-to-school season, Fort Rucker Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads – items that are not typically eligible for the program, according to Dave Smith, Fort Rucker Exchange Main Store manager.

A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at the Fort Rucker Exchange for complete details.

Thrift shop

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

For more information, call 255-9595.

SecDef offers details on deployment, Iraq campaign

By Karen Parrish
Department of Defense News

WASHINGTON — Defense Secretary Ash Carter and one of his senior commanders offered some details about the role of the 560 additional U.S. troops the Defense Department announced Monday will deploy to Iraq to support Iraqi forces combating the Islamic State of Iraq and the Levant.

Carter spoke Monday in Baghdad to reporters traveling with him. The commander of Combined Joint Task Force Operation Inherent Resolve, Lt. Gen. Sean MacFarland, joined Carter for the news briefing.

MacFarland told reporters the troops will serve a support role, “to help expand the base at Qayyarah West airfield into a node that can support the Iraqi security forces as they move forward with the Mosul operation.” He added that some of the troops will help provide “a security envelope” for the force.

Carter noted the airfield is one of two objectives – the other being the town of Makhmur in Erbil province – “that we set some months ago as places from which the Iraqi security forces would position themselves for the southernmost envelopment of Mosul.”

He added, “The whole idea is to envelop Mosul from the north and the south, and then collapse ISIL’s control over it, as has been done in other cities – Hit, Rutbah, Fallujah, Ramadi, and so forth.”

Achieving ‘important results’

Carter said Iraqi forces have achieved important results against ISIL, aided by the U.S.-led coalition. “It’s essential that this work continue. It’s not done yet. We still have important work to do here in Iraq and also in Syria,” he said.

The secretary noted that “as we expel ISIL from the major urban areas of Iraq, which the Iraqi security forces with our help are in the process of doing, there will ... need to be a larger effort to secure the country.”

In discussions with Iraqi Prime Minister Haider al Abadi,

Carter said, the two leaders also discussed possible support from U.S. intelligence and for countering improvised explosive devices for Baghdad, where ISIL has mounted deadly attacks in recent weeks.

Taking control away from ISIL

MacFarland emphasized that ISIL’s territorial losses are affecting the group’s ability to mount organized attacks.

“As the enemy loses control over some of these key support nodes, like Manbij (in Syria), and eventually Raqqah and Mosul, they lose a base of operations,” the general said. “They lose finances. They lose the ability to plan, to create the fake documentation that they need to get around the world.

“And they lose financial resources,” he added. “So we don’t know how many acts of terror that we’ve disrupted or prevented so far. It’s impossible to know or to prove. But you have to believe that as we continue to deny the enemy the ability – or a safe haven where they can plan and prepare for these operations – it will eventually support the larger campaign against terror around the world.”

MacFarland said that ISIL is an adaptive enemy that requires an adaptive offense.

“The best defense is a good offense,” the general said. “And by continuing to put pressure on the enemy in places like Raqqah, Mosul (and) Manbij, it does prevent the enemy from really hatching a lot of these types of plots. But we are starting to put pressure on the enemy’s ... terror networks, threat networks that are around the capital, and we will continue to ramp that up over time.”

Carter said he and other military leaders will continue to look for ways to accelerate the campaign against ISIL in Syria and Iraq, “consistent with our overall strategic approach, which is to achieve a lasting defeat which means working with capable, motivated local forces that can hold territory and govern territory after ISIL is expelled from it.”

The secretary added, “We will defeat ISIL, I don’t have any doubt about that. But as and when (MacFarland) de-

termines that there are additional capabilities that he needs, again in the enabler role, we will provide them. I will ask the president for them and I have every expectation he will give them.”

‘Getting the contributions we need’

MacFarland noted that coordination with the Iraqi government is key to the coalition’s efforts. “Whenever we look for an additional capability to bring into the country, we do that in consultation with the government of Iraq. And that’s an important part of the process. And so far, we’ve had absolutely no issues with getting the approvals that we require,” he said.

“Our coalition partners are also increasing their capabilities here right along with us,” the general continued. “And it’s not just the United States. There is a large coalition and more and more we’re getting the contributions that we need from our partners who, by the way, are decreasing the number of U.S. troops that need to deploy, as well.”

MacFarland said the deployment announced yesterday will not put U.S. forces “any closer to the enemy than we’ve been anywhere else.”

“But we need to move to this place so that we can be as close to the fighting as we have been in the Euphrates River Valley fights,” he said.



PHOTO BY NAVY PETTY OFFICER 1ST CLASS TIM D. GODBEE

Defense Secretary Ash Carter speaks with service members during a troop event in Baghdad Monday.

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PRESIDENT:

8,400 U.S. troops to remain in Afghanistan through January

By Jim Garamone
Department of Defense News

WASHINGTON — The situation in Afghanistan remains “precarious,” President Barack Obama said July 6, and that is why he will keep 8,400 U.S. service members in country through the end of his term.

The president was joined for the announcement from the Roosevelt Room at the White House by Defense Secretary Ash Carter and Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff.

Obama had planned to draw down the number of American troops in the country to 5,500 by the end of the year. There are currently 9,800 U.S. troops in the country.

“As president and commander-in-chief, I have made it clear that I will not allow Afghanistan to be used as safe haven for terrorists to attack our nation again,” Obama said. “I strongly believe that it is in our national interests, especially after all the blood and treasure we’ve invested in Afghanistan over the years, that we give our Afghan partners the very best opportunity to succeed.”

Consultation

Obama made the decision after consulting with the new U.S. commander in Afghanistan, Army Gen. John Nicholson; his national security team; Congress and allies. Pegging the number at 8,400 troops will allow the United States “to continue to provide tailored support to help Afghan forces continue to improve,” the president said.

The decision means the United States will maintain a presence in both Kandahar and Jalalabad. The president’s announcement came shortly before he departed for the NATO Summit in Warsaw, Poland, Friday and Satur-



WHITE HOUSE PHOTO BY PETE SOUZA

President Barack Obama talks with Defense Secretary Ash Carter and Marine Corps Gen. Joe Dunford Jr., chairman of the Joint Chiefs of Staff, outside the outer Oval Office at the White House July 6 following a statement to the press on Afghanistan.

day, where leaders discussed the situation in Afghanistan.

There has been undeniable progress in Afghanistan, the president said, but the country — one of the poorest in the world — needs more time to develop governmental, military and economic capabilities.

The first U.S. troops went into Afghanistan in October 2001, he said, and attacked al-Qaida. The terror group planned the 9/11 attacks against the United States behind a shield erected by the then-ruling Taliban. The aim was to stop Afghanistan from ever being able to be a safe haven for terrorists.

“We pushed al-Qaida out of its camps, helped the Afghan people topple the Taliban and helped them establish a democratic

government,” the president said. “We dealt crippling blows to the al-Qaida leadership, we delivered justice to Osama bin Laden and we trained Afghan forces to take responsibility for their own security.”

Missions remain

The number of American forces will be higher than planned, but the missions will remain the same, the president said. Those missions are to train and to advise Afghan forces and to support counterterrorism efforts aimed at the remnants of al-Qaida and the Islamic State of Iraq and the Levant, which is trying to gain a foothold in the country.

Afghanistan is still dangerous, as witnessed by the deaths of 38

Americans in the country since combat operations stopped in December 2014, Obama said. “We resolve to carry on the mission for which they gave their last full measure of devotion.”

The United States is a leader, but it’s just one nation among many seeking a safe and stable Afghanistan, Obama said. There are 41 allies and partners working in the country, fielding more than 6,000 troops of their own. The Afghan security forces have more than 320,000 members and they are providing security for the people.

“But these forces are not as strong as they need to be,” Obama said. “With our help they are still seeking to improve critical capabilities such as intelligence, logistics, aviation

and command and control.”

The Taliban remains a threat, the president said, and in some areas they have actually gained ground against government forces.

Message to the Taliban

“My decision today also sends a message to the Taliban and all those who oppose Afghanistan’s progress,” he said. “You have now been waging war against the Afghan people for many years. You’ve been unable to prevail. Afghan security forces continue to grow stronger and the commitment of the international community — including the United States — to Afghanistan and its people will endure.”

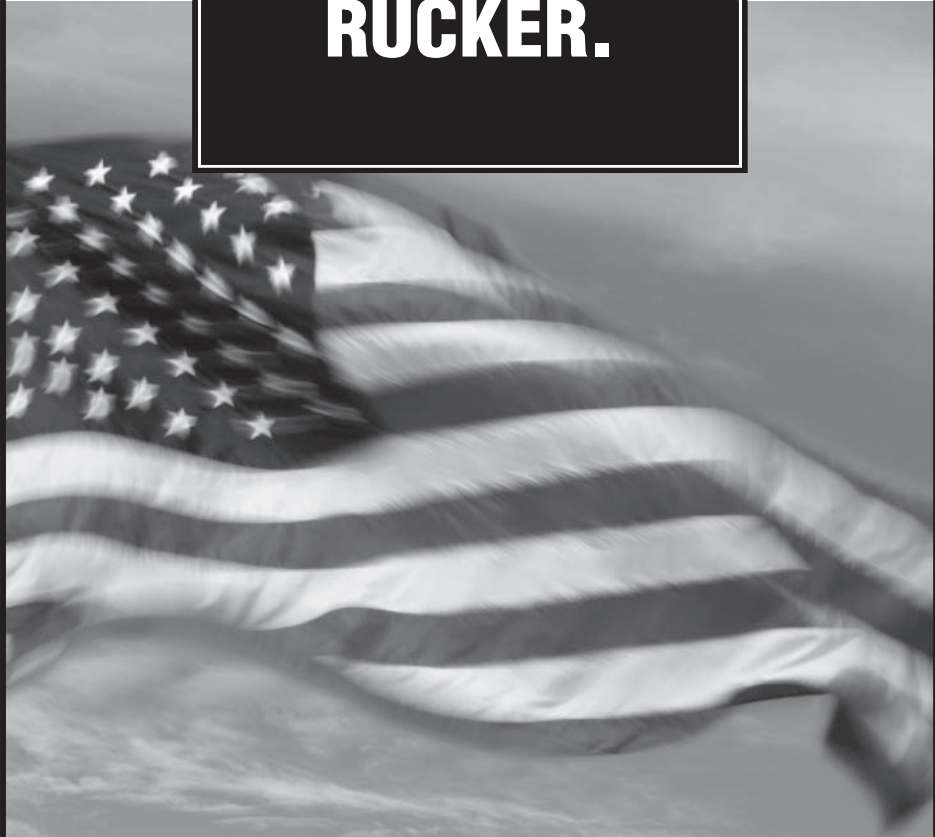
The only way the Taliban can end the conflict is to negotiate with the government on a lasting political settlement, Obama said.

The president said his decision will allow his successor the leeway to make changes in the U.S. mission in Afghanistan.

Following the announcement, Defense Secretary Ash Carter said in a statement that military and defense leaders made the recommendation to the president. The recommendation was made in consultation with Nicholson; Army Gen. Joseph L. Votel, the U.S. Central Command commander; and Dunford.

The U.S. troop level in Afghanistan “will enhance our ability to continue progress on our two central missions in Afghanistan: strengthening Afghan forces so they can secure their nation and prevent its use as a safe haven for terrorists,” Carter said. “In consultation with President [Ashraf] Ghani, Chief Executive Abdullah and the Afghan government, we and our NATO partners remain determined to help the people of Afghanistan secure a more peaceful future.”

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INHERENT RESOLVE

Coalition strikes target ISIL terrorists in Syria, Iraq

Combined Joint Task Force
Operation Inherent Resolve
News Release

SOUTHWEST ASIA – U.S. and coalition military forces continued to attack Islamic State of Iraq and the Levant terrorists in Syria and Iraq Monday, Combined Joint Task Force Operation Inherent Resolve officials reported Tuesday.

Officials reported details of the latest strikes, noting that assessments of results are based on initial reports.

Strikes in Syria

Attack, bomber, fighter and remotely piloted aircraft conducted 16 strikes in Syria:

- Near Raqqah, two strikes struck an ISIL used-bridge and destroyed an ISIL oil wellhead and three ISIL pump jacks; and
- Near Manbij, 14 strikes struck nine separate ISIL tactical units, destroyed 17 ISIL fighting positions, an ISIL logistics hub and an ISIL artillery piece and damaged an ISIL fighting position.

Strikes in Iraq

Attack, fighter and ground attack aircraft conducted seven strikes in Iraq, coordinated with and in support of Iraq's government:

- Near Baghdadi, a strike destroyed an ISIL communication relay tower;
- Near Bashir, a strike struck an ISIL tactical unit and destroyed an ISIL vehicle and ISIL assembly area;
- Near Kisik, a strike struck an ISIL tactical unit;
- Near Qayyarah, three strikes struck an ISIL tactical unit; destroyed an ISIL ve-



DOD GRAPHIC

hicle, three ISIL fighting positions, an ISIL assembly area, an ISIL excavator, an ISIL mortar system and three ISIL boats and denied ISIL access to terrain; and

- Near Sinjar, a strike struck an ISIL tactical unit and destroyed an ISIL fighting position.

Task force officials define a strike as one or more kinetic events that occur in roughly the same geographic location to produce a single, sometimes cumulative, effect. Therefore, officials explained, a single aircraft delivering a single weapon against a lone ISIL vehicle is one strike, but so is multiple aircraft delivering dozens of weapons against buildings, ve-

hicles and weapon systems in a compound, for example, having the cumulative effect of making those targets harder or impossible for ISIL to use.

Accordingly, officials said, they do not report the number or type of aircraft employed in a strike, the number of munitions dropped in each strike, or the number of individual munition impact points against a target. Ground-based artillery fired in counterfire or in fire support to maneuver roles is not classified as a strike.

Part of Operation Inherent Resolve

The strikes were conducted as part of Operation Inherent Resolve, the operation

to eliminate the ISIL terrorist group and the threat they pose to Iraq, Syria, and the wider international community. The destruction of ISIL targets in Syria and Iraq further limits the terrorist group's ability to project terror and conduct operations, officials said.

Coalition nations that have conducted strikes in Iraq include the United States, Australia, Belgium, Canada, Denmark, France, Jordan, the Netherlands and the United Kingdom. Coalition nations that have conducted strikes in Syria include the United States, Australia, Bahrain, Canada, France, Jordan, the Netherlands, Saudi Arabia, Turkey, the United Arab Emirates and the United Kingdom.

TAOG

Continued from Page A1

considerable amount of his career in the Special Operations Aviation Regiment and what he brought to us from there was tremendous," said the colonel. "Hedrick is also a product of the Special Operations Aviation Regiment, so the TAOG shouldn't miss a beat. I look forward to having you as my right-hand man and I know the team will benefit from your great focus and leadership. It's great knowing you're here and that you can make it happen."

Jones also offered his welcomed Hedrick and his family to the Guardian team.

"Todd, you have some of the finest Soldiers out here," he said. "Take care of them and train them hard. I'm glad to have you on board."

Hedrick began his military service in 1988 as an Army Reservist, completing Basic Training an Advanced Individual Training at Fort Leonard Wood, Missouri, as a combat engineer. He entered active-duty service in 1992 when he completed AIT at Fort Rucker as an observation scout helicopter repairer.

The incoming command sergeant major has served in numerous leadership positions across multiple continents throughout his almost 30-year career, including crew chief, flight instructor, platoon sergeant and battalion command sergeant major.

He has also served in multiple deployments, including Operation Restore Hope in Mogadishu, Somalia, and Operation Restore Democracy in Port au Prince, Haiti.

Hedrick said he hopes to be able to fill the large shoes that Jones left behind and is ready to answer his call to lead.

"I'm looking forward working with the TAOG, and I'm ready and committed to giving the organization 110 percent to ensure that they are above the best that the Army has to offer," he said. "I want

to thank Shawn for making the transition so smooth. You've gone above and beyond anyone could expect. You're leaving me a formation that is well versed and trained at the task ahead of them, and I could not ask for a better command sergeant major to assume responsibility from.

"To the officers, NCOs and Soldiers of the TAOG, you guys look awesome today and I can't thank you enough for your hard work," said the new command sergeant major. "I stand here before you humbled, ready and excited. I

look forward to getting to know you and your families, and I'm eager to earn your trust and I'm honored to stand with you."

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DIRECTIONS: From Rucker Blvd toward Ft Rucker, turn right on Regency Dr. at the Shell Station. Continue around to dead end into Antler. Turn left then first right on Woodley. House is third on left.



1:00 – 3:00 PM • 200 E SOMMER OAK: \$267,500 • NEW LISTING!! SOMMER BROOKE



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This absolutely stunning, move in ready home has 4 bedrooms and 3 full bathrooms! Located in the desirable Sommer Brooke neighborhood, this home is convenient to Enterprise and Fort Rucker. Home has new flooring in living area, upgraded Trane HVAC with filtration system installed in 2011, and a new deck. Yard is level, completely fenced, and private... perfect for a pool! Master bedroom suite is spacious, with a bright bathroom. The front bedroom has its own bath, and the other two have a Jack 'n' Jill set up. Functional kitchen has stainless appliances and a large breakfast area, plus a mud room with access to the driveway. Must see to appreciate! **THERESA HERNANDEZ 379-5937**

DIRECTIONS: Hwy 27N to right on Porter Lunsford (light by Marco's Pizza). Take left into Sommer Brooke, then first right on E. Sommer Oak. House is one block down on the right.



1:00 – 3:00 PM • 306 E SOMMER OAK: \$254,900 • SOMMER BROOKE



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Beautiful large (over 2450 sq. ft.) 3BR/2.5BA home in Sommer Brooke. The complete interior has been freshly painted. Hardwood floors in living area and Master BR. New tile in kitchen. Master Bath completely remodeled last year. Also features an over-sized garage, a generator that cuts on automatically with loss of power, and a Renu tankless water heater. The library/office could be converted to a 4th bedroom if needed. Come see all this home has to offer. **CHERYL PICCININI 390-9612**

DIRECTIONS: Hwy 27N to right on Porter Lunsford, go about a mile and turn left into Sommer Brooke, Take first right onto Sommer Oak Drive, the house will be on the right.



1:00 – 3:00 PM • 203 SONYA: \$268,000 • SHELL LANDING



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HOUSE

Excellent Brick Home with split floor plan - Features grand foyer, open living room with fireplace, tray ceilings, formal dining room, breakfast nook, granite counter tops, ample cabinets, pantry, beautiful flooring, covered porch and patio, fenced yard with fire pit and much more - Convenient to Ft Rucker and shopping. **BOB KUYKENDALL 369-8534**

DIRECTIONS: Boll Weevil Circle to Hwy 27 N (Toward Ozark) - Take left on Shell Field Road - right on Sonya Drive - House will be on the left.



1:00 – 3:00 PM • 181 CR 680: \$244,800 • LAKE NICHOLS



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HOUSE

Beautiful Home on 2.3 +/- acre lot. French doors open onto a huge and gorgeous screened patio that looks out onto a large wooded back yard. Current owners have created a nice walking trail through the woods. If peaceful country living and privacy are what you seek, then this house is perfect! The floor plan is great for everyday living and entertaining. There's plenty of room for a large family or lots of guests. With acceptable offer, owners will install a closet in the 4th bedroom which they use as a den. **CARL SHEFFIELD 954-651-6722**

DIRECTIONS: From Boll Weevil Circle take Hwy 27 South, right on County Rd 651, left into Lake Nichols Subdivision, left at dead end on County Rd 680, house on left.



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557 AVERETT: Built in 2013, this one owner home features hardwood and tile floors throughout. Nice open floor plan with gas log fireplace. Eat-in area as well as formal dining room area compliment the open floor plan. Covered patio with natural gas hook-up off back of house overlooking large privacy fenced backyard. Gas stove, microwave hood, and side by side refrigerator also go with this home. Come check it out! **EVELYN HITCH 406-3436**

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207 STONECHASE: \$246,000: New 4-3 in Stonechase. Stop and see this new neighborhood and the beautiful homes that make up Stonechase. All homes offer wood privacy fences and whole yard sprinkler systems as standard. 30 year architectural shingles, brick and stone are also standard. Inside you'll find open floor plans, granite counter tops and stainless appliances, including the refrigerator. The main living areas are tile and wood, with the bedrooms having carpet. **MARGE SIMMONS 477-1962**

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203 SQUIRREL HOLLOW: Lake, clubhouse with salt water pool, walking trails, sidewalks, energy star certified home with stainless steel appliances, granite counter tops, custom cabinets, coffered ceilings, custom trim, gas tankless Rinnai hot water heater, timer for outside lighting, lots of closets for storage all on a large, flat lot with side entry garage! **TEXT TERRI 406-2072**

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113 DEERFIELD: Nice all brick home, needs a facelift, wonderful home good bones, great rental potential Bring your paintbrush and your design ideas Owners are not going to remodel, it sells as is Sellers are motivated. **DEBBIE SUNBROCK 406-9079**

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HEAVY LIFTERS

82nd CAB's 'Flippers' welcomes new CH-47 Chinooks

By Staff Sgt. Christopher Freeman
82nd Combat Aviation Brigade

FORT BRAGG, N.C. — The 82nd Combat Aviation Brigade's "Flippers," B Company, 3rd General Support Aviation Battalion welcomed the newest aircraft to its fleet, replacing the battle-hardened CH-47Fs that have been flown by the unit.

"We began receiving the CH-47 Chinook Multi-Year II fleet in April of this year," said CW3 Monica Narhi, Aviation mobility officer, 3rd GSAB. "The aircraft provides many advancements over the Multi-Year I model that B Co. currently flies, most of which being avionics-based."

The advancements provide the All-American heavy lifters with the best technology available on helicopters, said Narhi.

"These helicopters have updated software, faster processors, better communications, better navigation and an improved

digital flight control system," said Narhi. "These aircraft are all new or renewed, which means all components from the engine to the hydraulic systems have zero time on them when installed."

The advancements to the Chinook not only provide better avionics to our pilots, but also make it a safer aircraft to fly, she added.

"One of the new additions to these models are the Cargo Performance Health Environment systems," said Narhi. "These sensors are throughout the aircraft and provide feedback on various components and can indicate an impending failure that can be captured before parts or systems fail."

When a unit receives a new piece of equipment, operators must be trained. Even with the extensive training our pilots receive just to fly the aircraft, there is

SEE LIFTERS, PAGE B4



PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

Maintainers from B Co., 3rd General Support Aviation Battalion, 82nd Combat Aviation Brigade, work to install additional equipment on the Multi-Year II CH-47 Chinook at Fort Bragg, N.C., June 2.



PHOTO BY SGT. ANTHONY HEWITT

Air crews assigned to the 82nd Combat Aviation Brigade, 82nd Airborne Division conduct a flyover prior to the start of the Major League Baseball game between the Atlanta Braves and Miami Marlins at Fort Bragg, N.C., July 3. The Marlins downed the Braves, 5-2. MLB funded the building of the stadium, which will be converted into a recreational complex, and MLB and the MLB Players Association held the game on the post as a tribute to America's armed forces, according to MLB.com.

Paratroopers train to evacuate American citizens during conflicts

By Sgt. Anthony Hewitt
3rd Brigade Combat Team,
82nd Airborne Division
Public Affairs

FORT BRAGG, N.C. — In the fictional country of Atropia, the people recently lost their president to an unexpected death.

The president's son takes control and rejects elections and amends constitutions. Rebellious students and other citizens form the South Atropian Peoples Army — a group seeking to transform Atropia and force its beliefs upon the population.

The violent activities of SAPA become more frequent, friendly Atropian forces are in need of assistance and the U.S. places SAPA under international sanctions. SAPA begins to threaten the U.S. embassy and its officials, and threatens to acquire chemical weapons.

The time has come to evacuate, and bring any and all American citizens home. The global response force deploys to assist in noncombatant evacuation operations and secure the embassy.

This was the simulated scenario included during the joint operational access exercise conducted by Soldiers assigned to and in support of the 3rd Brigade Combat Team, 82nd Airborne Division; the 16th Military Police Brigade; the 82nd Combat Aviation Brigade; and representatives from the U.S. State Department June 22 at Holland Drop Zone.

Using the scenario the Soldiers and role players were given, those participating in the training reacted accordingly.

Staff Sgt. Shayse Stokes, a paratrooper assigned to 108th MP Company, 503rd MP Battalion (Airborne), 16th MP Bde., said the job of the military police was to consolidate, extract and protect American citizens



PHOTO BY SGT. ANTHONY HEWITT

Paratroopers assigned to 108th Military Police Company, 503rd MP Battalion, 16th MP Brigade participate in noncombatant evacuation training during a joint training exercise at Fort Bragg, N.C., June 22.

in order to remove them from the country. "We then brought them to the evacuation control center; where they will be briefed, searched and processed for travel to a safe haven and in the event of an actual NEO, eventually back to the United States."

In charge of the NEOs is the ambassador, serving as the U.S. representative and directly responsible for the safe evacuation of American citizens.

Allyn Brooks-LaSure, a diplomatic officer from the State Department, says in the past it has been Marines conducting these missions. "Today, we are here to support and observe the Department of the Army execute and train to prepare for these scenarios."

"It's important for us to be trained and ready to conduct these types of operations. The brigade will eventually be the global response force and possibly be called upon to conduct these operations," said Capt. Bill

Seskey, a paratrooper assigned to 3rd BCT.

As the day moved forward, paratroopers established security, processed role players and eventually executed the steps required for being successful during the training.

"The biggest takeaways for the leaders in this brigade during the exercise is understanding 3rd Brigade's role with partnered government agencies," said Seskey.

"This is not a hollow exercise. The mission that this unit is performing has real-world implications, and can be the difference between life and death for American citizens," said Brooks-LaSure. "We have no greater responsibility than protecting and advancing U.S. personnel and interests abroad, so when we're in a situation where there is political instability, American citizens are calling upon us. This exercise reinforces our capabilities to work jointly and extend this service to Americans in need."

EW key to near-peer fights

By Staff Sgt. Samuel Northrup
1-2nd Stryker Brigade Combat Team
Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash. — An enemy soldier stood by his truck, communicating with his higher headquarters via radio. He was about to receive some critical information that would allow him to maneuver the members of his group against U.S.-friendly forces, but something unexpected happened.

Suddenly, there was nothing but garbled sounds and static coming through his receiver. He had lost his ability to communicate with other members of his unit, let alone his headquarters — a severe handicap in battle.

This was just one hypothetical scenario demonstrating how electronic warfare can be used in the modern battlefield. But how does the U.S. Army define EW, how does it implement it and what does the future hold for EW?

"Our main mission is to dominate the electromagnetic spectrum," said Sgt. 1st Class Louis Daniels, electronic warfare NCO in charge for the 1-2nd Stryker Brigade Combat Team. "We allow friendly use of the EMS and deny the enemy's use of the EMS."

Electronic warfare has been around for a while in some form or another, said CW2 Vincent Cimino, electronic warfare technician for 1-2nd SBCT. Any kind of manipulation of the EMS to attack the enemy is considered electronic warfare. As soon as electronic transmission was invented, someone found out they were able to overpower someone else's transmission with a more powerful one.

Defending against systems that are using the EMS to target friendly forces could include anything that uses the EMS to propagate enemy communication, such as radio waves, cell phone, Wi-Fi; and also includes any kind of counter-fire radar system, Daniels said. The EW personnel want to deny those capabilities to the enemy.

"At the brigade level, we are kind of

SEE ELECTRONIC, PAGE B4



ARMY PHOTO

The Electronic Warfare Planning and Management Tool, currently in development, will allow for greater control and enhancement of electronic warfare capabilities.

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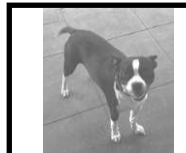
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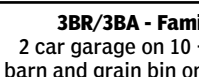
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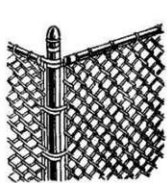
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Lifters

Continued from Page B1

continuous training to familiarize them with the advanced helicopter and its capabilities, she said.

“Since most of the upgrades are avionics-based, our avionic mechanics had 11 days of training, where our pilots had nine days,” said Narhi. “Even once the training is completed, there are evaluation flights that occur, sometimes planned other times random to ensure our Aviators are remaining proficient in their flight duties.”

Even with the unit receiving new aircraft, the old aircraft need a new home, she said.

“Over the course of the fielding, all of the Multi-Year I Chinooks in our CAB will be transferred to National Guard and Army Reserve units that currently have the CH-47D model,” said Narhi. “Before we can transfer an aircraft, we must get ahead of scheduled maintenance so the receiving unit has a ‘buffer’ before the next major scheduled maintenance.”

Beyond normal maintenance, there is an estimated 40 man hours that go into preparing an aircraft for transfer,” continued Narhi. “Some aircraft require more extensive repairs before they can be transferred.”

With maintenance hours increasing,

this places a strain on the only Chinook company in the 82nd Airborne Division, she said.

“The most challenging part of this whole process is finding the time to prepare the incoming and outgoing aircraft that we have,” said Capt. Ryan Tompkins, commander of B Co. 3rd GSAB, 82nd CAB. “Our workload doesn’t decrease at any time. Being the only heavy lift company in the division puts a lot of use on our aircraft and personnel. Chinooks are in high demand which leaves little personal time to my unit after required training and mission support.”

When the aircraft arrive at the 82nd CAB, they still require configuration to meet the mission requirements of the division. “Even the new aircraft require maintenance time before they can be flown,” said Narhi. “On average, it takes about 64 man hours per aircraft to install survivability and the cargo on/off loading system. That stretches our maintainers pretty thin – limiting the amount of missions we can fly to support the division.”

This upgrade will continue until fiscal year 2020 when the entire Flipper Chinook inventory is upgraded to the Multi-Year II configuration. In the interim, they will continue to support the All-Americans at home and abroad, she said.



PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

Paratroopers from the 82nd Airborne Division wait to board one of the new CH-47 Multi-Year II Chinooks during airborne operations at Fort Bragg June 30.

Electronic

Continued from Page B1

like an EW liaison,” said Daniels. “We know the capabilities that are out there in our joint services and through a process of requesting and integration with staff at the brigade level, we also know what capabilities are available within a theater of operations. When our brigade is doing a mission, we know what EW assets are available that can be used to help our guys on the ground.”

It is a relatively new Military Occupational Specialty, according to Daniels. The Army is still getting their heads back around EW since it has not been heavily used in a while. Ever since the Global War on Terrorism era, the U.S. really did not

have an enemy who was very capable of using the EMS or any of the other systems to target the military.

“As we get away from counter insurgency or COIN and move into the hybrid threat scenarios or near-peer scenarios, we must start to assume that our near-peer will have the same capabilities, if not more,” Cimino said. “Some of them already do.”

It is harder for a lot of people to see how EW works, said Daniels. For most, they may think, ‘What’s the big deal? OK, you guys are jamming a signal.’ The problem is going to be when the Army gets into these near-peer fights with enemy’s that have the equipment and training to produce and fight against these EW effects.

“The enemy has equipment right now,”

said Col. Jeffery Church, the Electronic Warfare Division Chief at the Pentagon, in another interview. “They can step out and we see demonstrations of that quite frequently.”

In the future, EW will be more important as an asset to the Army, said Cimino. It is important now as an Army to start to close capability gaps and start fielding ground offensive electronic warfare equipment. That is way ahead.

“I equate it to the when the Army made the very painful transition from a horse run Army to an internal combustion engine,” Church said. “Everybody thought that in this Army, everybody loved their horse and thought the cavalry ruled everything, but we made the transition and

look, we have a much better Army today. If we were still relying on the horse, we would be much less effective than we are now.”

If fielded with more equipment, the EW technicians could do so much more for the commanders they are supporting, said Cimino. There is an untapped capability here that needs to be tapped.

“This has to be organic, at brigade level,” said Daniels. “We need something at the tactical level to deploy against the enemy. Soldiers need to train to this. It does not have to be from scratch. Our sister services have this stuff in their arsenals already. We would not have to reengineer these things, but this process must start now.”

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JULY 14, 2016

Girls Night Out

DFMWR event caters directly to women

By Nathan Pfau
Army Flier Staff Writer

One of Fort Rucker's most popular events that caters to ladies is returning to The Landing to provide women of the Wiregrass a special night out.

The Directorate of Morale, Welfare and Recreation is bringing back Girls' Night Out to the ballroom at The Landing July 22

from 6-9 p.m., where people can enjoy a live DJ, dancing, visiting various organizations throughout the community, shopping opportunities and door prizes, according to Aida Stallings, DFMWR community recreation division business manager.

Tickets for the event are \$10 in advance and \$12 at the door, which includes a drink stub good for one beverage, and

giveaways throughout the night, including a grand prize drawing for a Michael Kors handbag at the end of the evening, said Stallings. Tickets are available at MWR Central in Bldg. 5700, The Landing Zone, The Landing Zone Catering Office and the Coffee Zone in Lyster Army Health Clinic.

A host of local businesses and organizations donate different

prizes, such as gift certificates and gift baskets to be given out throughout the night, said Stallings, and during the last event, more than 300 women were in attendance from the surrounding communities.

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

Ladies should also suit up in their best 80s attire for the 80s trivia and best dressed contest.

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

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

Dianna Dirole, military spouse, said that she attends Girls Night Out every chance she gets with her girlfriends, and at a previous event said she had an amazing time with her friends.

"You never know what you're going to find out here," she said. "You can come here and get some waxing done, try out some different beauty products or just come and hang out with friends and dance. It's really just a fun night to hang out."

"We all love to dance and the music was great," she said. "Sometimes dancing just makes you feel better, and if you have all your friends to dance with you then there just isn't a better time to be had."

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

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

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

For more information, call 255-1749.



PHOTOS BY NATHAN PFAU

Ladies get together to take a photo with Sgt. Ted E. Bear during Girls Night Out at The Landing ballroom in February.



Ladies take to the dance floor and show their moves during Girls Night Out at The Landing's ballroom in February.

TRIVIA QUEST

Interactive game show offers prizes, camaraderie

By Jeremy Henderson
Army Flier Staff Writer

Local residents are invited to come test their trivia and vie for a chance to win prizes at the Super 8 Armed Forces Trivia Quest Sunday at the Fort Rucker Post Theater.

Aida Stallings, Directorate of Family, Morale, Welfare and Recreation community recreation division business manager, said the event is the perfect opportunity for the community to come together and meet new people.

"I believe a live game show such as this one pulls people together, whether they have common interest or not," Stallings said. "This event is 100 percent audience participation."

AFQT is a live game-show experience created to salute, entertain and celebrate the men, women and families that serve the nation. Admission is free with pre-registration and the event is open to all Department of Defense card holders age 18 and older.

Doors open at 6 p.m. and the event starts at 7 p.m.

AFQT is a live interactive game show experience created in collaboration with the Department of Defense and Army Entertainment. The entire audience gets involved as they play for team and individual prizes by answering a series of multiple-choice trivia questions.

According to AFQT's website, there are five preliminary elimination rounds where the entire audience participates with wireless keypads provided to everyone in at-



ARMY GRAPHIC

tendance.

The audience answers multiple choice trivia questions during each round. After five rounds, the top-scoring person from each team comes to the stage to participate in the grand finale — a fast-paced test of trivia skills and gamesmanship.

"It is a free event that allows you to come with a group or by yourself," Stallings said. "Even if you are new to our Fort Rucker community, there is no reason to be sitting at home on a Sunday evening with nothing to do. Come out and enjoy this live, interactive game show."

Participants are urged to take and share as many photos as they wish. There will be several chances to win prizes by participating in social media challenges during

the game.

Over \$10,000 in prizes will be awarded, including multiple door prizes and random drawings, throughout the night. The top player will advance to the season-ending tournament of champions at Joint-Base San Antonio in October.

"We are eager to bring new, exciting and innovative entertainment to our Soldiers, their families, retirees and our Fort Rucker community," Stallings said.

For more information or to register, call 255-9810 or visit www.triviaquest.org. Participants may also pick up a ticket at MWR Central. Admission is free but tickets are required for entry and participation. Youth age 17 and under will not be permitted to attend.

SAMPLE QUESTIONS

Question 1:
What NFL team played in Houston before the Texans?
A. The Raiders
B. The Oilers
C. The Ewing's
D. The Oilbarrons

Question 2:
What is the name of the Principal on the television show "Saved By The Bell?"
A. Mr. Belvedere
B. Miss Bliss
C. Mr. Van Wilder
D. Mr. Belding

Question 3:
What is buried in Grant's Tomb?
A. Ulysses S. Grant
B. Lou Grant
C. Foster Grant
D. Amy Grant

Question 4:
What does the military nickname "G.I." stand for?
A. Government Identity
B. Gentleman Inducted
C. Government Issue
D. Gallant Individual

Correct Answers: B, D, A, C

ON POST

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

Newcomers welcome

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

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

Armed Forces Trivia Quest

The 2016 Armed Forces Trivia Quest Live, America’s first live military game show, will be at the Fort Rucker Post Theater Sunday. Doors will open at 6 p.m. and the show will start at 7 p.m. This is a free event for military and DOD civilians, ages 18 and older. Audience members will have a chance to make it onto the stage where their trivia skills will be put to the test for a chance to win \$10,000 in prizes. Free tickets are available at www.triviaquest.org.

For more information, call 255-9810.

Mom & Me: Dad too!

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

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

Homeschool Q&A

The Center Library will host a free home-school question and answer learning session Wednesday from 1:30-2:30 p.m. Home-schooling parents will be available to answer questions, show samples of curriculums used and discuss the benefits of teaching children at home. Space is limited to the first 65 people to register. The event is open to authorized patrons only.

For more information or to register, call 255-3885.

Girls Night Out

The Landing will host an 80s-themed Girls Night Out July 22 from 6-9 p.m. for an evening full of fashion, fun and prizes – along with a DJ providing entertainment, and best-dressed and trivia contests. Organizations from throughout the community that cater to women will be on hand and prize drawings will be held throughout the evening, with a grand prize drawing at 9 p.m. People must be present to win all prizes. The event is open to the public for women ages 18 and older. Tickets are on sale for \$10 in advance and will cost \$12 at the door. Tickets are available at MWR Central, The Landing Zone, The Landing Catering Office, or Coffee Zone in Lyster Army Health Clinic and The Landing Zone. For more details, call 255-0769 or 255-9446.

Federal job workshop

Army Community Service Employment Readiness will host a federal job workshop July 27 from 8:30-11:30 a.m. in Bldg. 5700, Rm. 284. The interactive workshop is aimed at getting people the information they need to increase their federal employment possibilities. All workshop participants will receive a complimentary copy of Kathryn Troutman’s “Jobseeker’s Guide” (seventh edition). Space is limited to the first 60 people to register. Pre-registration is required. For more information and to register, call 255-2594.

Army Family Team Building app

People can complete Army Family Team Building training through AFTB’s app. Visit <http://www.ftuckermwr.com/acs/army-family-team-building/> to find the direct link to the app. Once complete, people can contact Fort Rucker AFTB to receive their certificate. Search for AFTB in the app store for Apple devices. For more information, call 255-9637.

Right Arm Night

The Landing Zone will host Right Arm Night July 28 from 4-6 p.m., hosted by the 1st Battalion, 11th Aviation Regiment. Right Arm Night is an Army tradition, promoting a night of camaraderie and esprit de corps as leaders come together and treat those who help them accomplish the mission. Complimentary appetizers will be served while supplies last. Right Arm Night is held every month, and both military and civilians are welcome.

For more information, call 255-0768.



PHOTO BY NATHAN PFAU

Job fair

A scene from last year’s job fair. The 13th annual Fort Rucker Area Job Fair is scheduled for July 21 from 10 a.m. to 2 p.m. at Carroll High School in Ozark. The event is hosted by the Fort Rucker Transition Assistance Program, Army Community Service, the City of Ozark and the Ozark Chamber of Commerce. The fair is open to the public and free to all job seekers. Representatives from government contractors, employment agencies and local companies will be on hand. Workshops will be conducted prior to the job fair, including: resume writing, interviewing skills and personal branding. Attendees should bring their resumes, be prepared to be interviewed and be dressed for success, according to organizers. For more information, call 255-2558 or 255-1117.

Relocation readiness workshop

Army Community Service will host its relocation readiness workshop July 29 from 9-10 a.m. in Bldg. 5700, Rm. 371D. Soldiers and spouses will receive information on benefits, entitlements, advance pay, government travel cards and more.

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

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session Aug. 4. People who attend will meet in Rm. 350 at 8:40 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about 11 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

River float tube trip

MWR Central will offer a river float tube trip to Milton, Florida, at Adventures Unlimited Aug. 20. The trip will include four hours of tubing along Coldwater Creek, past secluded sugar white sandbars and through Blackwater River State Forest. Cost is \$35 per person for regular tubes and \$40 per person for deluxe tubes. Trip includes transportation and a tube to ride the river. Registration deadline is Aug. 5.

People can sign up at MWR Central. For more information, call 255-2997 or 255-9517.

Thrift Savings Plan 101

Army Community Service will host its Thrift Savings Plan 101 class Aug. 10 from 9-10 a.m. at the Soldier Service Center, Bldg. 5700, Rm. 282. Topics will include: why invest with the Thrift Savings Plan, how to start a contribution, discussion of risk tolerance, traditional or Roth account, discussion of the five core funds and life-cycle funds, and diversification. Pre-registration is required by Aug. 9. Free childcare is available with registration.

For more information and to register, call 255-9631.

Family resilience training

Army Community Service will host family member resilience training Aug. 11 from 9-11:30 a.m. at The Commons. The course is designed to give Army family members the tools they need to become more resilient in all the challenges that life may throw at them.

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

SAC open house, ice box party

The Fort Rucker School Age Center will host an open house and ice box party Aug. 12 from 5-7 p.m. The event will feature frozen yogurt, popsicles, ice cream, sundaes, smoothies and root beer floats, along with

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activities designed to show what the facility offers. Youth art projects will also be on display.

For more information, call 255-9108.

Tot Time

Army Community Service hosts its Tot Time playgroup Wednesdays from 9:30-11a.m. at The Commons, Bldg. 8950. The playgroup is for children 12-36 months and their caregivers. The playgroup provides programs and activities that enhance caregiver-child interaction, and stimulate child growth and development.

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

International Spouses Get Together

Army Community Service hosts its International Spouses Get Together the first Friday of every month at 9 a.m. at the Allen Heights Community Center. According to ACS officials, the get together is a place for spouses to find support, and help with finding resources for obtaining U.S. citizenship, education, drivers licenses and more. Multilingual volunteers are available.

For more information, call 255-3735.

FORT RUCKER MOVIE SCHEDULE FOR JULY 14-JULY 17			
Thursday, July 14	Friday, July 15	Saturday, July 16	Sunday, July 17
Alice Through The Looking Glass (PG)7 p.m.	X-Men: Apocalypse (PG-13)7 p.m.	Teenage Mutant Ninja Turtles: Out of the Shadows (PG-13)4 p.m. Me Before You (PG-13)7 p.m.	Armed Forces Trivia Quest See Story on Page C1 for more information.
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Deputy defense secretary speaks to children at education seminar

By Jim Garamone
Department of Defense News

WASHINGTON — Deputy Defense Secretary Bob Work understands the needs of military children – he was one.

He also understands the needs of military parents – again, he was one.

The deputy secretary answered questions posed by a panel of children from military families during the Military Child Education Coalition's 18th annual National Training Seminar June 28. The students asked questions from the children of military families from Guam to Hayfield High School, Virginia, and all points in between.

Work grew up in a Marine Corps family. "By the time I got to sixth grade, we had made four moves, he said. "I went to schools on base; I went to schools off base. When I got to seventh grade, my dad was based at the Marine Barracks Rota, Spain, where I finished out high school at a DOD school in Europe.

"I went to the University of Illinois in the ROTC program and became a Marine for 27 years, so I just want to tell you that I understand what it is like to be in a military family. I understand what it is like to be a military spouse and I understand what it is like to be a military father," he said.

The deputy secretary said he understands the stresses of moving. He understands just how much pressure is put on military families to do what they do. Work said he is firmly on the side of military families, especially for the educational needs of military children.

Best advice

The students asked Work what stays with him about growing up in the military. They also wanted to know the best advice he was ever given.

"I took for granted what was happening," Work said. "I wish my mom and dad had told me just how difficult and stressful it is on military families."

The deputy secretary stressed that it is a family decision to serve the nation. "It is not just mom and dad who commits to a life of service, it's the entire family," he said.

"Even though I grew up in a military family, I wish my mom and dad would have said, 'Look, if you are going to embark on this course, you really have to think about how you are going to go about being a good father and a good husband and keep the family in the center of what you are going to do,'" Work told the students.

The deputy secretary said that two things his father told him are as true today as they were 40 years ago. The first was to treat everyone else the way you would want to be treated, Work said.

"My father also said, because I would get a full head of steam behind me and



PHOTO BY AIR FORCE STAFF SGT. BRIGITTE N. BRANTLEY

Deputy Defense Secretary Bob Work answers questions from a panel of military children during the Military Child Education Coalition's 2016 National Training Seminar in Washington, D.C., June 28.

I'd tell him how wrong he was, he'd say, 'Just because you are passionate about something doesn't mean you're right,'" he said.

As deputy secretary, Work said he deals with many people passionate about many things. "I have to listen to all these passionate people and then be dispassionate about all the decisions we have to make."

Future of the military

The students were curious about where the deputy secretary sees the military being in 50 years.

The entire DOD leadership has spent a lot of time contemplating just this, Work said, and discussed two key components. The first is what Defense Secretary Ash Carter calls the Force of the Future.

"How do we make sure that we continue to attract the best and the brightest young men and women to serve in ... the Department of Defense?" the deputy secretary said.

Millennials are different than past generations and the department has to change to attract the new generation, he said. "Think of the military kind of like an escalator and you are getting promoted and going up. Many young people today just don't want to get on that escalator and stay for the ride: they want to have more flexibility."

Many want to jump off the escalator and do a fellowship and then jump back into the military, Work said, while others may want to jump off and spend time with their families. Still others may want to jump off for an educational opportunity and then jump back on.

The department is looking at a wide variety of options to provide more opportu-

nities to service members of the future, the deputy secretary said. "We're also looking at doing talent management differently." This means seeking out people with specific skills and putting them in places where they can excel.

On the technology side, the deputy secretary said, there is a lot of thinking about artificial intelligence and autonomy that are technologies entering the marketplace now. "Many of you probably have a car that has autonomous parallel parking," he said. "A lot of people look out 50 years and say, 'My gosh, we're headed for Terminators and Skynet.' That's not our vision of the future."

DOD wants to use artificial intelligence and autonomy to empower service members. "Fifty years from now, I expect the degree of human/machine collaboration to be much, much more advanced," Work said. "And I have to say that the kids that grew up in the 'i-world' accept this readily."

The bottom line, he said, is that over the next 50 years DOD wants to continue to attract world-class service members who will operate world-class technology to

protect the United States and its citizens.

Students' thoughts

The deputy secretary then reversed the tables on the students, asking them what they thought of DOD's push to give all qualified Americans the opportunity to serve in the military.

The students said they agreed with the policy changes that open all career fields to women and the decisions affecting the lesbian, gay, bisexual and transgender communities. The students also said they feel encouraged by the changes, but anticipate some growing pains – which they said should be "no big deal."

These decisions "are so personal, it takes a long time to work through the practical realities," Work said. "What we will always come back to ... is if we do make a change what will it do for military effectiveness – which is our No. 1 concern – and military readiness?"

Work thanked the young men and women for what they do and encouraged them to keep involved and keep striving. He said military families are an important part of the joint force.

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FUTURE ARMY

SecDef observes, speaks with future leaders at ROTC Cadet Summer Training

By Michael Maddox
*Reserve Officer Training Corps
Public Affairs*

FORT KNOX, Ky. – The leaders of tomorrow’s Army met with one of the leaders of today’s military as Secretary of Defense Ash Carter visited the post and also with ROTC cadets completing their Cadet Summer Training in late June.

During his visit, Carter observed cadet training, held a question-and-answer session with cadets, and had lunch with several cadets attending CST.

Carter started out his Q&A session with the cadets by sharing some words of wisdom on how Army leaders can stay the world’s leaders in the global community.

“It’s a competitive world out there, and the only way to stay ahead is to keep challenging yourself, keep pushing yourself, keep getting better. That’s the spirit I need for you to have in yourselves, in your leadership and your Army in the future,” he said. “You need a spirit where it’s never good enough to be the best – it’s only good enough to stay the best.

“We need to be constantly challenging ourselves to do that. One of the things that you are taught here is not only that you can be a great leader, but also the sense of responsibility that comes with the sense of being a Soldier in the United States Army – it’s a very, very big responsibility,” he added.

Along those lines, one cadet asked the defense secretary how America can stay competitive with other nations in terms of national defense. Carter said there are several ways to do that – with a main focus on readiness.

“What we are prioritizing in the Army at the moment is readiness. You always have to balance force size, force structure, end strength, modernization and readiness in any military investment. In today’s climate, your leadership is prioritizing readiness,” he said. “The reason for that, first and foremost, is I never want you to go into combat or any situation where we are counting on you not fully ready. I have tremendous confidence in the people who make up our military.”

Readiness requires preparing tomorrow’s leaders as best the country can with the tools available,



PHOTOS BY MICHAEL MADDOX

Secretary of Defense Ash Carter prepares to speak to U.S. Army Cadet Command cadets who are at Fort Knox, Ky., to complete Cadet Summer Training.

Carter explained.

“I’ve talked about the force of the future and what it will look like. I created new avenues that you all will have available to give you advanced education and training because in today’s world you don’t just educate yourself and quit – in today’s world you need to be educating yourself right up until the day you die in order to keep up,” he said. “So I need to change the way we do things. The technology allows us to do more and other kinds of educational training, and I want you to have new opportunities.”

Carter expands on the topic of the military as a profession, one that adds another dimension that makes military service more attractive, which he says is valuable to retention, but also attractive to other employers.

“We’re also doing a lot to change the equipment and environment for our Soldiers. That’s a revolution that’s going to continue to grow with automation, visualization tools, all of the communications tools available to you – you have the equipment today that division headquarters had 20 years ago in terms of communication equipment,” Carter said. “The key to that is that what you have on your belts today is better than what companies had in the old days. A lot of stuff is



Carter speaks to ROTC cadets.

changing and we have to be on the cutting edge of that in our society.”

Along with the best technology, Carter said it takes the best people to take advantage of that and add to America’s history of being a global leader.

“We need to continue to draw from all of our society. I don’t want a cross section of the American people – I want the best – I want to pick and choose from an all-volunteer force,” he said. “I get to pick from everybody and that’s good for us, and good for our Army. We need excellence, honor and the trust of the profession of arms in a changing world.”

Another cadet in the audience asked Carter how he plans to continue to keep the force ready in a

time of shrinking defense budgets.

“We have a large defense budget – I’m grateful to the country, I’m grateful to the tax payers, I think we try to give them an excellent value,” he said. “I’m a stickler on how we spend our money because if they (the American people) don’t have confidence that we know what we are doing with their money, they aren’t going to give us the amount that we need to protect them.”

Carter expands on the budget and how the gridlock in Washington impacts the department.

“We try as best we can to manage in that environment, to limit the instability as it effects the force, because our leaders need to have a rough visibility into their budgeting future to build the force the way

they need to. And our individual services members need financial stability in their lives so that they’ll stick with us,” he said.

Carter also thanked the cadets for volunteering to be the future leaders of the Army and for being the best of the best.

“I am so proud of you guys, our whole country is proud of you and you should be proud of yourselves. There is nothing better than contributing to the noblest of missions as a young person in the Army does, and that is protecting our people and leaving a better world – that’s what you do,” he said. “I say that because you wouldn’t be here if you weren’t good at what you do. I’m proud of our country because we have the brightest fighting force in the world has ever known and the reason for that is our people. One of my jobs as secretary of defense is to make sure I leave to my successor a force as fine as the one that I came into. That means I need to make sure that the folks in my generation are followed by people who are the best – that’s what you represent.”

The U.S. Army Cadet Command is the largest single source of new officers for the Army, commissioning the majority of the Army’s new officers each year through the senior ROTC program.

U.S. Soldiers form friendships with Korean students

By Do, Mi-ri
*19th Expeditionary Sustainment Command
Public Affairs*

DAEGU, South Korea – Soldiers from 19th Expeditionary Sustainment Command and students from Kyungpook National University participated in the fifth iteration of the command’s Korea Less Traveled Program, a two-month cultural awareness pilot program, recently.

Team 19 Soldiers and KNU students met for the first time at the opening ceremony and teams were paired and given the KNU Challenge. Challenge examples included taking a picture with the KNU flag and meeting an international exchange student. Soldiers and their partners communicated with each other and became closer after going around campus to complete their team’s mission.

Soldiers and their partners met again for

the Daegu Challenge – a couple missions for this challenge included finding a Galaxy S7 and finding something “shocking.” Wandering around every corner of Dongseongno Street, groups actively accomplished their team mission while sightseeing downtown and experiencing Korean food, such as tteok-bok-ki and ho-tteok.

In addition to the previous missions, each team had to make a travel plan that would cover aspects of the Korean culture and Korean society.

“I traveled to Seoul with my partner. I talked with other Korean people and my partner introduced me the Korean culture. I tried on the traditional clothing, and tried traditional foods like raw crab and raw octopus. We also watched a Korean movie and did some shopping. Seoul was awesome,” said Pvt. Kasandra M. Hodges, 19th ESC Headquarters and Headquarters Company

human resources specialist.

Reflecting on the experiences with her partner, Hodges said, “The KLT program was the best experience that I have had. I feel like I found a great friend. This program taught me to be more open minded when meeting foreigners. My partner is like a sister to me.”

“For me, one of the most memorable ex-

periences was visiting the U.S. Army base, Camp Henry. I realized that my partner is a real Soldier and I was in an Army base. As a girl in Korea, I have never thought about military things. It was very special for me to experience something unusual through my partner’s job,” said So-hee Ha, a Kyungpook National University student and Hodges’s KLT partner.



ARMY PHOTO

Pvt. Kasandra M. Hodges, 19th Expeditionary Sustainment Command Headquarters and Headquarters Company human resources specialist; So-hee Ha, Kyungpook National University student; and Mae-sol Kang, Kyunpook National University student, take photos while wearing hanbok, Korean traditional clothes, in front of Gyeongbok Palace in Seoul May 28.

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MOBILITY

Extreme weather automotive track tests military, civilian customers

By Mark Schauer
*U.S. Army Test and Evaluation
Command
Public Affairs*

FORT GREELY, Alaska – The U.S. Army Cold Regions Test Center is the Department of Defense’s primary extreme cold test facility.

Tasked with testing virtually everything in the ground combat arsenal in a natural environment where winter lows drop far below zero, CRTC has just experienced its busiest test season in several years.

Among other things, the test center completed two rigorous tests of a new variant of the Stryker combat vehicle and a M109A7 Paladin self-propelled howitzer, both of which underwent testing at CRTC’s Mobility Test Complex. At the same time, however, the track also accommodated multiple customers from private industry, something it has done hosting commercial testing since its inception in 2004.

“When we have low military workload, being able to do commercial testing allows us to maintain equipment capabilities and the expertise needed for doing those things,” said Jeff Lipscomb, technical director. “That way, whenever a military test comes, we’re not scrambling to figure out how to support it. To me, the biggest benefit of the commercial automotive workload is that it keeps us on the cutting edge of automotive testing.”

Hosting commercial testing also ensures that the test center’s mobile snow-making machines and other specialized track grooming equipment keep moving, which saves on maintenance costs in the long run. Further, continuous use means the equipment operators skill levels on the esoteric machines don’t degrade: for instance, in unskilled hands, a mobile track dryer could ruin the track’s asphalt while melting snow and ice.

Both military and commercial customers have access to a desirable facility that boasts a 1,000-foot-by-800-foot lateral acceleration pad, a 200-foot-by-1,200-foot skid pad, and grades ranging in steepness from 20 to 60 percent, a dramatic difference from the 6 percent or less grades an American motorist finds on an interstate highway in the lower 48 states. No taxpayer money



PHOTO BY SEBASTIAN SAARLOOS

Working amid freezing temperature in the dead of the Alaskan winter, the Army’s newest howitzer is put through its paces at the Cold Regions Test Center, Alaska.

is used to subsidize commercial testing, however.

“We make sure we are meeting their requirements without doing something with government money for private industry,” said Lipscomb. “Commercial customers pay the whole bill for everything they use and do here.”

The track, 3 1/4 miles long, can accommodate as many as 35 vehicles simultaneously, though typically there are no more than 25 at a given time. Last winter was the track’s busiest season ever, hosting testing of both military and commercial vehicles simultaneously. Though military customers take priority, there has never been a scheduling conflict in more than a decade of operation.

“There are tracks in the lower 48 that offer more than we do, but they don’t offer the low temperatures in the early and late parts of the season,” said Dan Coakley, test

track manager. “By the latter part of February, there is nowhere else to go except a foreign country, which is a logistical nightmare and horribly expensive.”

Virtually every major commercial automotive manufacturer known to the American motorist has conducted testing at CRTC’s automotive track, though usually with specialized testing that doesn’t require running laps.

“They’ve done all of the distance stuff by the time they get here,” said Coakley. “They’re looking at short runs of 2,000 feet or less, braking, handling, traction control, emergency stops, cornering. The only time they’ll use the entire oval over and over again is if they are breaking in the tires: prior to testing a tire, they have to put 200 miles on it, which is the industry standard.”

Commercial car companies are eager to maintain trade secrecy with their competitors, and CRTC is happy to accom-

modate this desire, going so far as to carry an opaque screen alongside personnel if it becomes necessary to walk past another company’s activities. Scheduling time at the track is relatively simple, too.

“Generally, on our end we can be done in two weeks, but often the manufacturers have a long legal process on their end,” said Coakley.

Though summertime maintenance following CRTC’s extreme winters can be rigorous, the track itself was constructed with care to prevent frost heaves, a ruinous road condition in which thawing permafrost under a road surface causes the ground to soften and sink.

“The track was built to a standard of far more compaction than a highway,” said Lipscomb. “We wanted to make sure we didn’t get a frost heave. It was dug far down and re-filled with gravel to ensure there was no permafrost that would affect the track.”

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Alabama birds come to Landmark Park

Landmark Park Press Release

Landmark Park will present Animal Adventures, a special one-hour educational program that provides a unique opportunity to learn about our natural world Friday and July 22.

Children ages 5 and older are encouraged to come with their families to see first-hand the wonder of many native animals. Animal Adventure programs begin at 10 a.m. in the park's Interpretive Center Auditorium. Animal Adventures are free with park admission.

Admission is \$4 for adults, \$3 for children and free for park



members. Registration is required.

July 15: Great Gators

Tim Ward, an officer with the Alabama Department of Conservation, will present a program

on one of South Alabama's most misunderstood creatures, the American alligator. A combination of slides, skins and skulls as well as a live alligator will be used to illustrate and teach participants about the lifestyle and

habitats of this threatened animal.

July 22: Amphibians 101

Amphibians can be slimy and lay eggs, but they also have a lot of other interesting characteristics. Join Jimmy Stiles as he talks about various amphibian species including frogs, salamanders, and one big amphiuma. Stiles works with the Alabama Natural Heritage Program through Auburn University and has been involved in herpetology for 25 years.

Landmark Park is a 135-acre natural science and history museum located on the outskirts of Dothan. Features of the park include nature trails, a planetarium,

playground, picnic areas, an elevated boardwalk, a turn-of-the-century farmstead with sheep, goats, pigs, chickens, cows and other farm animals along with crops typical of an 1890's farm.

In addition, the park includes a drugstore with operating soda fountain, one-room school, general store, and historic church, all preserved from the surrounding area. The park is open Monday-Saturday from 9 a.m.-5 p.m. and on Sundays from noon to 6 p.m. The park is located on U.S. Hwy 431 North, three miles north of Dothan's Ross Clark Circle.

For more information or to register, call 794- 3452 or visit www.landmarkparkdothan.com.

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

ONGOING — The American Legion Post 80 hosts a dance with live music every Saturday from 7:30-11:30 p.m. For more information, call 222-7131 or visit www.andalusialegionpost80.org.

DALEVILLE

JULY 26 — Families of wounded warriors and junior enlisted military personnel may register now to receive free backpacks and back-to-school supplies from the Operation Homefront Back-to-School Brigade. Registration is online at www.operationhomefront.net/event/list. Hundreds of backpacks and school supplies will be distributed – registrants will learn the details when they sign up online.

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

DOTHAN

JULY 29 — A ROK Back 2 School concert is scheduled for at 7 p.m. featuring 7eventh Time Down, whose hits include “God is on the Move” and “Just Say Jesus,” with special guest Shiloh at the Northview High School Convocation Center. Tickets are \$15 in advance, \$20 at the door, and \$30 for VIP tickets. Tickets are available online at <http://www.itickets.com/events/359688>. Proceeds go to benefit the Kyle Leonard Memorial Scholarship. For additional information call 662-251-9990 or visit www.rokproductionsinc.com.

AUG. 11-12 — A two-day World Class Leadership Training Simulcast led by leading influencers, including John Maxwell (leadership expert), Patrick Lencioni (The Table Group), Horst Schulze (Capella Hotel Group), Erin Meyer (Professor at INSEAD), Bishop T.D. Jakes (senior pastor, The Potter's House), Melinda Gates (Bill and Melinda Gates Foundation) and more. Dothan Community Church, 4390 Westgate Parkway, will hosting the live simulcast that is being broadcast from Willow Creek Community Church outside of Chicago from 8:30 a.m. to 4:30 p.m. The cost is \$89 for active military or Reserve. For more information and to register, visit www.dccgls16.com or call 334-794-9464.

Beyond Briefs

Zoo animal enrichment day

The Montgomery Zoo will host its animal enrichment day Saturday from 10 a.m. to 2 p.m. According to zoo officials, from zoo animals to pets at home, and even including people, everyone needs enrichment – a chance to smell a new scent, taste a new favor, lay a new game or figure out a puzzle. Enrichment is an effort to tap into and stimulate the basic five senses: touch, sight, smell, taste and hearing. The result is to stimulate behaviors resembling those for that species in the wild. Zoo admission: adults, 13 and older, \$15; children, 3-12, \$11; toddlers, 2 and younger, free. For more information, call 334-240-4900 or visit www.montgomeryzoo.com/announcements/enrichmenfeb.

Capital of Dreams Triathlon

Downtown Montgomery will host the Capital of Dream Triathlon Saturday. There will be two races, an intermediate (1.5k swim | 40k bike | 10k run) and a sprint (400m swim | 20k bike | 5k run), offered for adults starting at 7:30 a.m. From the swim starting on the Harriott II Riverboat on the Alabama River to the bike staging area at

the covered Union Station Train Shed to the finish line and awards adjacent to the Riverwalk Amphitheatre, organizers claim the course creates an awesome atmosphere for racing, and for family and friends to cheer participants on.

To register, visit www.team-magic.com, and for more information, send an email to races@team-magic.com.

Zelda's 116th Birthday

Montgomery's F. Scott and Zelda Fitzgerald Museum will host a free birthday celebration for Zelda's 116th birthday fête July 24 at 5 p.m. The event at the Fitzgerald Museum will feature refreshments and birthday cake, and also a couple of hours listening to digitized recordings from Zelda's record.

For more information, call 334-264-4222, email thefitzgeraldmuseum@gmail.com or visit

www.thefitzgeraldmuseum.org/events.html. The museum is located at 919 Felder Avenue.

Cool Summer 5k Series

The 3rd annual Cool Summer 5K Series is held each Wednesday now through July 29 on a running and walking course through St. Andrews State Park, Panama City Beach, Florida. St. Andrews State Park is located on the east end of Historic

ENTERPRISE

JULY 28 — The Wiregrass-Enterprise Chapter of the National Active and Retired Federal Employees will meet for its monthly lunch program at 11 a.m. at Po Folks restaurant. Kay Jones, director of the Alzheimer's Resource Center in Dothan, will be the guest speaker. Topics will include costs and services of Alzheimer's care, finding the most helpful information, and choosing a facility that offers respect and dignity, educational programs, compassionate services, family support, and advocacy for patients. All federal employees, active or retired, are invited to attend the luncheon programs scheduled every fourth Thursday at 11 a.m. at the restaurant. The programs are designed to provide information to improve the lifestyles and community involvement of retired and current federal employees. For more information, call 393-0492.

ONGOING — Beginning classes in the Taoist Tai Chi Society™ Internal Arts and Methods are currently held at the Enterprise YMCA Fitness Center and the Episcopal Church of the Epiphany Parish Hall. At the Y, classes are offered on Thursdays at 1 p.m. and Saturdays at 10 a.m. At the Episcopal Church, classes are offered Mondays at 8:30 a.m. and Thursdays at 5 p.m. An ongoing health and recovery class is also held at the church on Mondays at 10:15 a.m. People can join a class at any time. For more information, call 334-588-0512 or 334-347-4663. For more information about Taoist Tai Chi, visit <http://www.taoist.org/usa/locations/montgomery/>.

GENEVA

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

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

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

Grand Lagoon nestled around St. Andrews Bay and the pass to the Gulf of Mexico. The course will take runners by the sugar-white sand dunes, marshlands, wildlife and the main waterways of Panama City Beach. The course is paved and water stations are available. Timing is recorded by tear tags and times are posted within 24-48 hours after the race. Every participant will receive the 2016 Cool Summer 5K T-shirt and finisher medal. The Cool Summer 5K Series will help to benefit a local charity, the Friends of St. Andrews State Park.

For more details, visit <https://www.facebook.com/coolsummer5kseries/>.

Montgomery Biscuits baseball

The Montgomery Biscuits are a Double A affiliate of the Tampa Bay Rays and play in Riverwalk Stadium in downtown Montgomery. Various specials and promotions are offered throughout the season. For more information, visit <http://www.biscuitsbaseball.com>.

National horseshoes tournament

The 2016 National Horseshoe Pitchers Association World Tournament will take place July 25-Aug. 6 at Montgomery's Multiplex at Cramton Bowl featuring top horseshoe pitchers from around the world.

Admission for spectators is free.

For more information, call 334-625-2300 or visit horseshoepitching.com/.

Veterans hiring fair workshop

Montgomery will host a free hiring fair workshop for veterans, Guard and Reserve members, transitioning service members and military spouses July 26 from 8:30 a.m. to 1:30 p.m. at Teague Arena in the Garrett Coliseum Complex. The workshop for job seekers focuses on resume writing, tips for successfully navigating hiring fairs, military skill translation and interviewing.

For registration questions, send an email to elombardi@uschamber.com or call 202-657-2455.

OAT 2sdays

Montgomery's Old Alabama Town offers its OAT 2sdays special Tuesdays from 9 a.m. to 4 p.m. now through Aug. 30 where people can purchase one child's admission to Old Alabama Town and another child gets in for free. People can tour the living history museum and experience an authentic 1850s Alabama summer, and also participate in the museum's new scavenger hunt.

For more Information, visit www.landmarksfoundation.com/visit.

MEET YOUR ARMY:

Veterinarian prepares for Africa deployment

Army News Service
Staff Report

Maj. Kristina McElroy will deploy to the Horn of Africa this month to augment an Army Reserve civil affairs battalion as a veterinarian.

Although she grew up on a small farm in central Missouri raising chickens and rabbits for 4H, it was really science and medicine that fascinated her, she said. In seventh grade, she briefly thought about following in her father's footsteps to be a physician, but joked that she really didn't like being around sick people all that much.

Veterinary science was the answer. "I like problem-solving," she said. "I'm a disease detective."

In Africa, she plans to work with local veterinary providers to relay best practices from the U.S. and help provide them continuing education in animal husbandry, livestock production and related fields.

While many think of overseas veterinary engagements as deworming, vaccinating and treating the animals of local villagers, McElroy says it goes well beyond that. Veterinarians try to help local professionals establish sound public health policies as part of civil governance.

When not deployed, McElroy works as a DOD civilian, helping track such veterinary assistance, known as Global Veterinary Engagements. She also serves as the veterinary subject-matter expert to coordinate Defense Support of Civil Authorities in the U.S., known as DSCA. Her Army Reserve assignment is with the 354th Civil Affairs Brigade in



COURTESY PHOTO

Then Capt. Kristina McElroy and a K-9 named Britt in Egypt in 2005.

Riverdale, Maryland.

McElroy says she feels lucky that her duties as a reservist intertwine with her responsibilities as a civilian employee. She enjoys her job and looks forward to working closely with host-nation vets in a challenging environment.

She provided the following information in her own words.

Nicknames: Kris, Mac

Hometown: Jefferson City, Missouri

Favorite thing about hometown: It's the capital of Missouri and Central Dairy Ice Cream is the best! Local dairies produce the milk Central Dairy uses to make great flavors such as Tiger Stripe and mint chocolate chip.

Least favorite thing about hometown: Hard to find good sushi in a landlocked state.

Childhood hobbies: 4H, read-

ing and horseback riding. When I was 10, I wanted to be a teacher when I grew up.

Current hobbies: traveling, reading, gardening

What motivated you to join the Army? I was motivated to serve because I wanted to challenge myself and, this sounds cheesy, I felt called to serve. While I had considered the Veterinary Corps when I was in veterinary school, full-time active-duty service wasn't a good fit for a soon-to-be veterinarian interested in population herd health and food animal medicine. However, as a Reservist, it was a great fit! My civilian and military careers complement each other and I think make me a better employee all around.

Favorite line from favorite movie: "Laugh it up fuzzball," from "Star Wars."

If you caught me singing in

the car: I'd probably be singing some oldies like the Righteous Brothers or Beach Boys, or rocking out to Tom Petty.

Personal strength: I can eat almost anything – a helpful trait to have in the military. Have you tried those omelet MREs?

Challenges faced in military: The Army Veterinary Corps is a small, but very important part of the Army and the Department of Defense, yet many service members don't realize that we ensure their food protection, as well as take care of military working dogs. Veterinary personnel have an important role in force protection for the entire DOD. As a veterinarian who works for the Department of Defense as a civilian, as well as a Reservist, I relish the challenge of taking care of service members and beneficiaries from behind the scenes, and those opportuni-

ties to share the incredible importance of what we do to keep people healthy. After all, it isn't just the Army that marches on their stomach, but the Air Force, Marines and Navy, too – did I mention those MREs?

What do you consider your most significant achievements in the Army? Some of my most significant achievements in the Army are both professional and personal. Professionally, the privilege of serving alongside fellow Soldiers and leading them is an honored achievement. Personally, being selected as one of only 11 Reservists to attend Command and General Staff College in residence at Fort Leavenworth, Kansas, was a highlight.

What are the keys to leadership? The keys to leadership include honest communication and living the Army values, while having a confident, positive attitude and providing consistent, clear guidance. Successful leaders need to continuously develop themselves, and encourage that in their employees and subordinates, as well.

What do you consider the most important Army value? I use the Army values in both my civilian and my military life. In my opinion, there isn't just one most important Army value. Just as the Army relies of different types of Soldiers to work together as a whole, so do the Army values work together to shape the Soldier and the organization. Some days, and some situations, require me to draw upon the strength of different values, such as integrity and respect in the face of adversity, and other days require duty and selfless service.

Actor takes on role of a lifetime – serving in Army

By David Vergun
Army News Service

WASHINGTON — Spc. Cedric A. Harris, a radiology specialist at DiLorenzo Health Clinic in the Pentagon, once called Hollywood home.

In 1993, Harris graduated from Juilliard School. Actress Viola Davis and other luminaries were in his "Group 22" graduating class, he said.

For the next several years, he traveled between New York and Los Angeles, appearing in a number of TV shows, including "New York Undercover," "Chicago Hope" and "As the World Turns." He also appeared in theatrical presentations, including "Shakespeare in the Park."

Over time, Harris became discontented with acting because of the "grueling road trips" and because the lifestyle was "hard on relationships," so he made a career switch.

Harris joined a law firm based in Manhattan, where he worked in public relations for plaintiffs in several high-profile cases, including one involving Holocaust survivors and another involving employees and shareholders hurt by the Enron scandal.

Defining episode

One day, Harris went to his law firm located across the street from Madison Square Garden. When he reached the 49th floor of the building, he looked out the window and saw that the twin towers at the World Trade Center were burning.

He remembers "swimming through people" to escape. Harris said he boarded the last PATH train to leave Manhattan and headed into Hoboken, New Jersey.

For the next few weeks, Harris said, the towers continued to burn. Since his house was atop the Palisades cliffs of New Jersey, where it provided a panoramic view from the Statue of Liberty to mid-town Manhattan, he said he couldn't avoid seeing the horrific scene.

"It was traumatic," he said. "It stuck with me for a long time."

The events of 9/11 left an indelible mark on him. "I believe that life is supposed to change you. Experiences are supposed to change you. And that certainly did," he said.

Harris realized that he wanted to serve in the military in some capacity where he could help people, so he decided to join the Army.

His boss and girlfriend thought the idea of him leaving a good position in the law firm was crazy. His girlfriend wanted no part of it, so Harris said he left her and enlisted – at age 40.

Harris said he's satisfied with his job, caring for people. "What greater way to serve?" he said.

As a result of his Army career, Harris met his future wife, Myrna, while training at Tripler Army Medical Center, Hawaii. She's currently a civilian radiologist and they have a 4-year-old son, Cedric Jr.

More about Harris

Q: Where were you born and where did you grow up?

A: I was born in Laurens County Georgia, but I consider

myself a New Yorker.

Q: When you were 10, what did you want to be when you grew up?

A: An actor.

Q: Did you have any nicknames from friends or family when you were growing up and, if so, could you elaborate on how you earned them?

A: I had several nicknames. Kids at school called me "Doc." My Grandfather called me "Roller." Most people now call me "Ced."

Q: Do you have any family members who have served in the military?

A: "My father and two uncles served in Korea. As a result of the war, my dad became 100 percent disabled."

Q: How fulfilling do you find working as a radiology technician in the Army?

A: Our motto is, "One team, one purpose, conserving the fighting strength." I take this to heart. I support those who have given their all. I do my best to get Soldiers healthy enough to get back in the fight or transition to their well-deserved retirement.

Q: What do you miss the most about your hometown?

A: I miss New York City before 9/11. I know I can never have that back, nor can the country have the same peace back that we enjoyed before that dreadful day. The world is different and we must adjust and overcome.

Q: What do you not miss about your hometown?

A: Traffic and lines for everything.

Q: If you had not joined the Army, what do feel you would be doing now?

A: I'm not sure, but I am convinced it would be in noble direct service to people.

Q: What do you consider to be your greatest achievement both personally and professionally?

A: In this order: my wife, my son, graduating from Juilliard, and graduating from University of Evansville.

Q: What is your favorite movie?

A: "Being There," starring Peter Sellers and directed by Hal Ashby.

Q: What is your favorite song or artist that if you were alone, you might get caught singing along with?

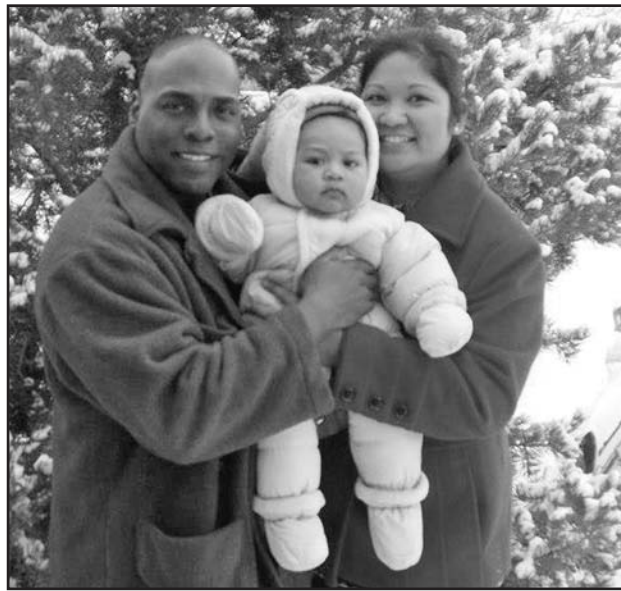
A: No songs. I listen to a lot of NPR when I drive home.

Q: What hobbies do you enjoy when you are not at work?

A: Debating, watching documentaries and fine dining.

Q: If you had one wish, what would it be?

A: To change the modern meaning of success.



COURTESY PHOTO

Spc. Cedric A. Harris, a radiology specialist at DiLorenzo Health Clinic in the Pentagon, enjoys time with wife, Myrna, and son, Cedric Jr.

Q: What superhero power do you think would be great to have and why?

A: The power to heal. People are at their best when they are mentally and physically whole. This could solve a lot of problems in the world.

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Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday.

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

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

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

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

BIBLE STUDIES

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

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

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

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

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

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

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

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

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

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

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

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

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



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Ask your buddy

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

Care for your buddy

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

Escort your buddy

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

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



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JULY 14, 2016

GOAL-ORIENTED

Fitness class helps participants reach goals through weight training

By Jeremy Henderson
Army Flier Staff Writer

Both beginner and seasoned weightlifters can improve their technique during a four-week Weightlifting Foundation Class beginning Aug. 9.

The class will include proper stretching techniques and basic nutrition for weightlifting. This time is designed to give participants personalized guidance to enhance their current routine or make them comfortable in a gym setting. The instructor will work with individuals independently and guide them around any personal limitations, Lynn Avila, Fort Rucker fitness program coordinator, said.

“Proper form and solid technique are key components to effectively strengthening muscle groups both safely and efficiently,” Avila said. “Establishing good habits when lifting can prevent injury. It is always important to remain safe.”

Classes will take place Tuesdays and Thursdays beginning 9 a.m. at the Fort Rucker Physical Fitness Center on Andrews Avenue. Cost is \$75 per person and participants must preregister for the class.

Participants will learn dynamic workouts designed to warm up and lightly stretch muscle groups before beginning a lifting



PHOTO BY JEREMY HENDERSON

Rachael Scroggin, Fort Rucker fitness specialist, performs a dumbbell chest press during a recent personal weight training session at Fortenberry-Colton PFC.

session, according to Avila.

“Properly warming up before a workout is a key component in preventing injury,” she said. “Think of a muscle like a rubber band. If you have been inactive for a while, the muscle becomes tight and difficult to stretch. As you lightly stretch the rubber band, it becomes more pliable and

less likely to tear or break.”

Instructors will work with participants independently and guide them on appropriate amounts of weight to use for their warm-ups, as well as their workouts. They will also be able to help participants safely surpass personal limitations and strengthen lifting weaknesses, she added.

“There will be a session devoted completely to programming and how to develop your own weightlifting program,” Avila said. “If their goal is to gain muscle or lose weight, they will know how to lift and train for each end-state goal. Also, we will be going over proper nutrition for weightlifting, pre- and post-workout.”

Beginners will find the class especially helpful, according to Avila. Instructors will take time during the course of the class to demonstrate the proper use of various types of weight-training equipment throughout the gym. Seasoned weightlifters may also benefit from the class.

“It is not difficult to let your weightlifting form slip or to establish bad habits in weight training,” Avila said. “This class can help refresh your knowledge, improve your form and continue pushing toward your individual goals.”

“That is the common thread of the class, really,” she added. “We want to help everyone safely and effectively reach their individual goals. Maybe you want improve basic overall body strength and build fat-burning muscle? Maybe you want to lift heavier weigh and shatter personal records? This class can help you achieve your goals.”

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

Army researchers testing Zika vaccine

By Gary Sheftick
Army News Service

WASHINGTON – Doctors at the Walter Reed Army Institute of Research who have developed a Zika vaccine that they’ve successfully tested on mice are now testing it on monkeys and hope to begin testing on humans later this year.

Their study, published June 28 in the journal “Nature,” demonstrated how mice developed immunity to the Zika virus after injection with a purified inactivated virus vaccine, called ZPIV.

The study also involved a second type of vaccine developed by research collaborators at Harvard Medical School. This DNA vaccine was tested at the Beth Israel Deaconess Medical Center, and the research involved scientists from all three organizations.

Findings indicated that single shots of either vaccine protected mice against Zika, but Col. Stephen Thomas said WRAIR researchers are focusing on ZPIV because it builds on a type of vaccine that has already been licensed.

“Walter Reed has been working on flavivirus vaccines for more than a century,” said Thomas, an infectious disease physician who is the WRAIR lead for the Zika vaccine. The flavivirus family of diseases includes West Nile virus, dengue and yellow fever – and Maj. Walter Reed’s research in the 1890s eventually helped eradicate yellow fever.

“We started to conceptualize the development of the Zika vaccine actually a couple of years ago,” Thomas said.

He explained that WRAIR researchers had spotted outbreaks of the disease that resembled dengue in Southeast Asia and French Polynesia.

This past fall, however, they realized there could be a serious need for a Zika vaccine here in America. “We very, very quickly started to conceive of animal studies,” Thomas said.

While their published research focuses on mice, WRAIR “almost in parallel” began experimenting on primates, Thomas said. They believed rhesus monkeys could have reactions to the vaccine that might more closely correspond to human reactions.

While their non-human primate research is all but complete, Thomas said the results have not yet been finalized and cannot be released. The one thing he could say is “we remain optimistic.”

The goal is to begin clinical studies with humans by the end of the calendar year, Thomas said.

But when will the vaccine be approved for distribu-



ARMY PHOTOS

The yellow fever mosquitoes (Aedes aegypti) are reared in the WRAIR insectary by the thousands for use in pre-clinical Zika vaccine experiments, and for research into new vector control products and methods.

tion? “That’s the 60-million-dollar question,” Thomas said, adding that it usually takes a number of years to license a vaccine.

“I don’t think we’re looking at the normal timeline of almost up to a decade,” he said.

“Hopefully that’s not going to be the case here, because we’re in the middle of an epidemic and an outbreak that’s taking a significant toll on the affected countries.”

Several service members were recently infected by Zika. “It’s emerging as a DOD issue,” Thomas said, adding that U.S. forces are deployed to areas in Southern Command that are “Zika-endemic.”

“Our institution’s number one mission is to preserve and ensure operational readiness,” he said about WRAIR.

About two dozen WRAIR personnel are researching the vaccine and conducting the tests, Thomas said. Another half dozen are working in Africa and Asia on bio-surveillance activities, he said.

Col. Nelson Michael is the WRAIR Zika program co-lead and he also runs the military HIV research program. “He’s the one that has the primary relationships with Harvard,” Thomas said.

Dr. Kenneth H. Eckels runs the WRAIR production facility and Thomas said: “This guy knows more about making flavivirus vaccine than anyone I know.”

The Pilot Bioproduction Facility at WRAIR is now manufacturing small doses of the ZPIV vaccine to be used in clinical studies.

Clinical research will be conducted at the WRAIR facilities in Silver Spring, Maryland, and studies will also be conducted elsewhere by the National Institutes of Health vaccine trial evaluation units, Thomas said.

The National Institute of Allergy and Infectious Diseases, or NIAID, will actually be the regulatory sponsor of the study, “not the Army,” Thomas said, “but it’s an Army vaccine, funded by the Army.”

Data, of course, will be shared with regulatory agencies such as the U.S. Food and Drug Administration. FDA must have confidence in the vaccine’s safety before it can be produced on a large scale, Thomas said.

Even then, though, someone has to be able to mass produce the vaccine at a scale where it can make a difference in world health, and that’s millions of doses, Thomas said. So WRAIR is also exploring possible collaboration with pharmaceutical companies.

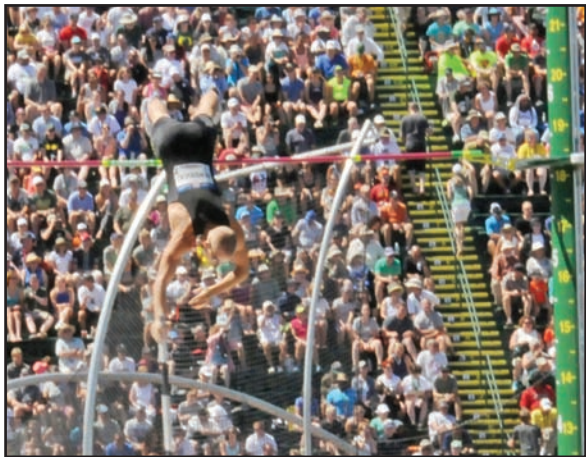


PHOTO BY DAVID VERGUN

Second Lt. Sam Kendricks competes in the preliminary round of the men’s pole vault July 2 at the U.S. Olympic Team Trials - Track & Field, in Eugene, Oregon. He placed in the prelims and secured a spot on the U.S. Olympic team during the finals July 4.

Soldier vaults to U.S. Olympic team, breaks trial record

By David Vergun
Army News Service

EUGENE, Oregon — Army 2nd Lt. Sam Kendricks won the men’s pole vault and secured a spot on the U.S. Olympic team July 4 at the U.S. Olympic Team Trials - Track & Field.

Kendricks cleared the bar at 5.91 meters – that’s 19 feet, 4 3/4 inches and an Olympic trials record.

Just behind him in second place was Air Force 1st Lt. Cale Simmons, who cleared the bar at 5.65 meters.

Kendricks said he wasn’t completely surprised by the outcome, as he knew he could do it, and “felt his best” in terms of mental and physical preparedness. Add to that, he jumped 1 centimeter higher than at the Olympic trials earlier in the year at the World Challenge in Beijing, so he said he knew he had it in him to do it already.

Conditions during the preliminary and final rounds, July 2 and 4 respectively, were hot and windy. Asked about dealing with those elements, Kendricks replied that in Oxford, Mississippi, where he lives and trains, it is even hotter and much more humid, so conditions in Eugene were actually pretty good.

As for the wind, he said it was a “favorable wind,” pushing him along. “I have been to meets where it has rained – the wind has been directly in your face or to the side and that makes it very difficult.”

He added: “I’d say that the pole vault is favored by the man who is the most hardy jumper, because he can jump in all conditions.”

Vaulting to Rio

Kendricks said he’s participated at pole vault competitions all around the world and knows how he stacks up against competitors from this country and other countries, so at the Olympics in August, he knows who he’s up against.

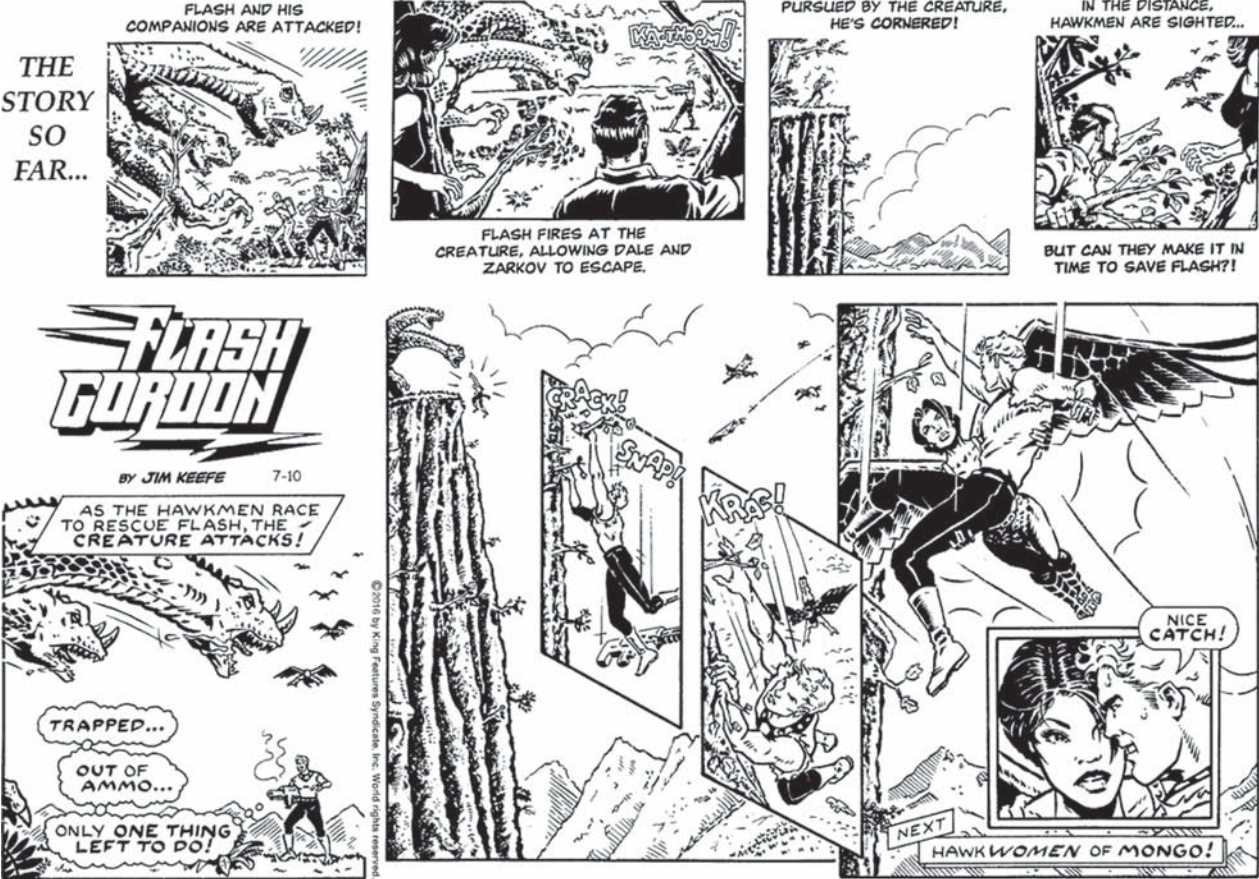
In competitions over the last 13 months, Kendricks said he has the second highest vault aggregate average among all of his top-level competitors, just behind a Frenchman. That means he’s rated as No. 2 overall in the world. That bodes well for a medal.

Asked about the stress factor of competing, he said that the more pressure there is, the better he performs. “I thrive on that.”



A researcher examines Vero cells for the Zika virus at the Walter Reed Army Institute of Research in Silver Spring, Md.

DOWN TIME



Trivia test

by Fifi Rodriguez

T R I V I A

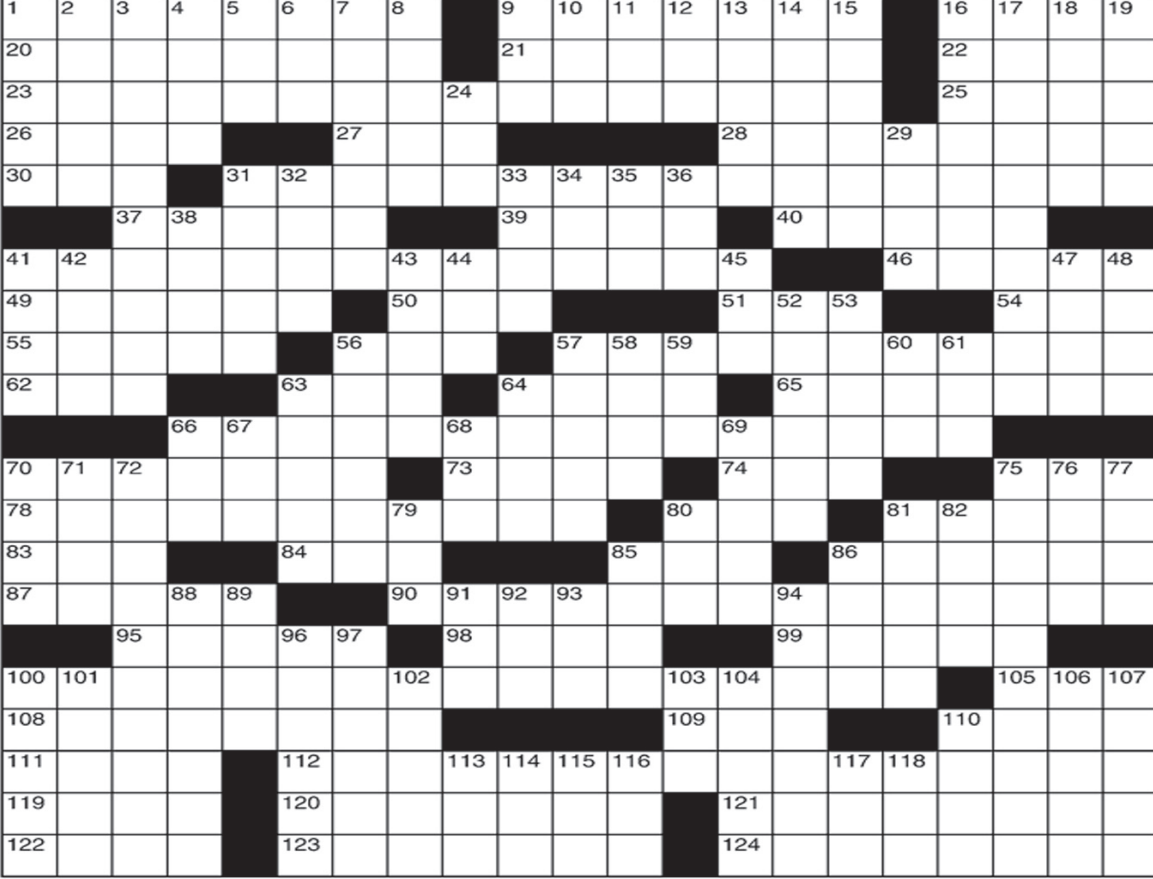
1. MONEY: What is the building depicted on the back of a \$20 bill?
2. MEASUREMENTS: How many yards are in a fathom?
3. PSYCHOLOGY: What is the fear represented by pyrophobia?
4. TELEVISION: Who voiced the role of Charlie on the original "Charlie's Angels" TV series?
5. U.S. STATES: Which three state capitals have the least number of letters in their names?
6. LANGUAGE: What are gauchos?
7. FIRSTS: Who was the first woman to receive the Distinguished Flying Cross?
8. GENERAL KNOWLEDGE: In superstitious beliefs, how many years of bad luck allegedly come from breaking a mirror?
9. MATH: What is a 20-sided shape called?
10. AWARDS: What is the award given each year to major-league baseball's most outstanding pitchers in the American and National Leagues?

See Page D3 for this week's answers.

Super Crossword

SPLITTING SIMPLE SUBSTANCES

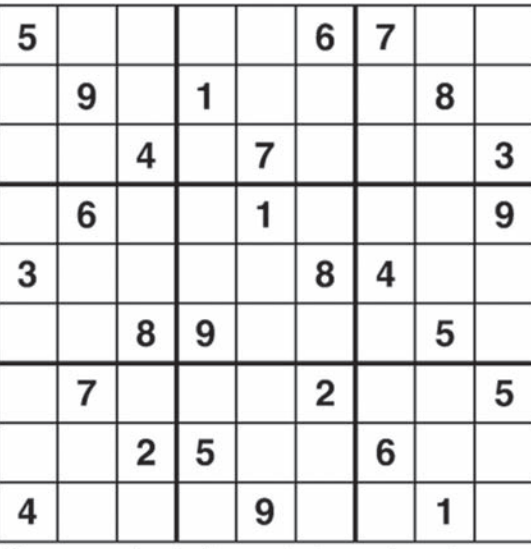
- ACROSS**
- 1 Auto-theft deterrent
 - 9 Nickname for Ireland, with "the"
 - 16 "— to say?"
 - 20 Formal written defense
 - 21 Informer
 - 22 Lend a hand
 - 23 1941 hit for Billie Holiday
 - 25 "Would — to you?"
 - 26 "Frozen" snow queen
 - 27 Athenian H
 - 28 Of volcanic activity
 - 30 Subpar grade
 - 31 Kind of shipping with smallish freight
 - 37 O'Hara's Butler
 - 39 Kind of sword
 - 40 Give rise to
 - 41 One watching unobtrusively
 - 46 See 87-Across
 - 49 Fly jets, say
 - 50 Lend a hand
 - 51 Telly initials
- DOWN**
- 54 Bear, in Tijuana
 - 55 Countries
 - 56 Home pest
 - 57 Xeroxing supply
 - 62 Common B.A. major
 - 63 Orly jet, once
 - 64 Soprano
 - 65 California's region
 - 66 Legendary king of Camelot
 - 70 Little-by-little
 - 73 Morales of movies
 - 74 High trains
 - 75 Stein quaff
 - 78 Pilot's direction detector
 - 80 Nada
 - 81 Made even
 - 83 Gp. of G.P.'s
 - 84 One-wd. definition, essentially
 - 85 2005 Best Director Lee
 - 86 Plod along
 - 87 With 46-Across, pancake pour-on
 - 90 Like a technology in development
- 5** Texting titter
6 Census stat
7 Meets the challenge of
8 Jib holders
9 Burnt residue
10 Salt Lake City collegian
11 Place: Abbr.
12 Homer's cry
13 More guileful
14 Slick offering at a spa?
15 Infer
16 County in Kentucky or Indiana
17 Reddish purple color
18 Ex-Twin Tony
19 Swiftiness
24 Pic on a pec, perhaps
29 UPS items: Abbr.
31 Pre-Easter periods
32 Kitchen extension?
33 Pay mind to
34 Tax mo.
35 Ut. neighbor
36 Golfing peg
38 Skull's place
41 Outlet event
42 Writer Bunin
43 Zulu's group
44 Plop (down)
45 Fenway stat
- 47** Functions
48 Cruise stop
52 Happen to
53 Rocky peaks
56 Wynonna Judd's sister
57 Unsold
58 Luxury hotel chain
59 Hip dwelling
60 NHLer, e.g.
61 Barley
63 Sharp pains
64 Lhasa — (dog breed)
66 Nabokov heroine
67 Classic Karel Capek play
68 — center (play area)
69 Be in power
70 Unit of fat
71 — Lama Ding Dong
72 Film version, e.g.
75 Person reading for a role, say
76 Big name in toy bricks
77 Place of bliss
79 Heart rocker
80 Wind dir.
- 81** Choo-choo
82 Furrows
85 "— in Calico" (old song)
86 Smartphone of the 2000s
88 Merciful
89 Iroquois tribe
91 Suffix with ethyl
92 95, to Nero
93 Asian ideal
94 Food
96 Western cattle farm
97 Korean city near Seoul
100 Apple tablets
101 Flaxlike fiber
102 Superman portrayer
103 WWW bookmark
104 Singer — Marie
106 People of Rwanda
107 Benefit
110 Galley mark
113 "Ho-hum"
114 401(k) kin
115 Bit of cartoon art
116 Whelp's yelp
117 Prefix with center
118 Family VIPs



See Page D3 for this week's answers.

Weekly SUDOKU

by Linda Thistle



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

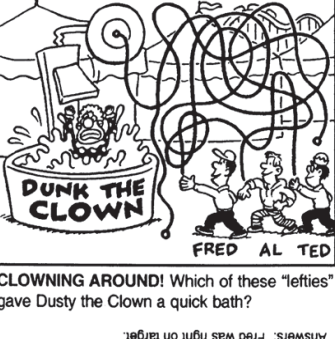
DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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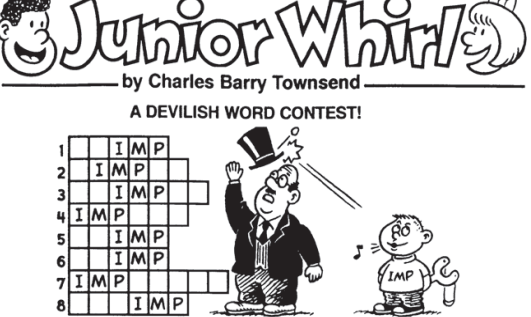
See Page D3 for this week's answers.

KID's CORNER



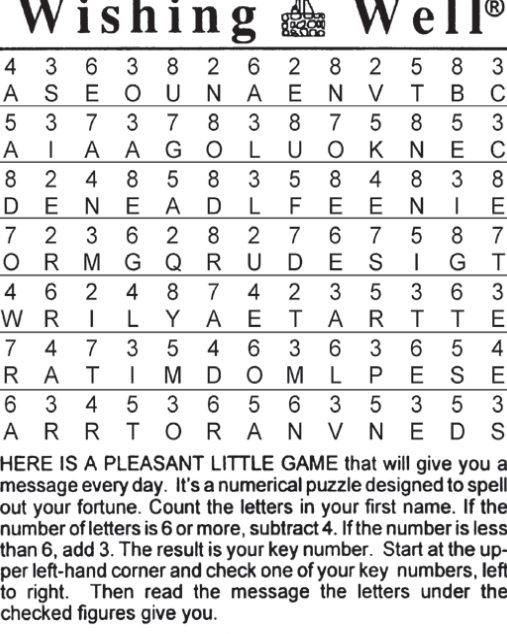
CLOWNING AROUND! Which of these "lefties" gave Dusty the Clown a quick bath?

A TRICKY QUICKIE! To the right is an incorrect equation. Can you make it correct by adding one straight line to it?



11+11+1=1,152

HOLY WORD-SQUARE, BATMAN! At the right is a word square grid. Can you find the four five-letter words that match the definitions below? All words used must read the same both across and down.



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



Find at least six differences in details between panels.

Soldier earns Paralympic Swimming Team spot

By Tim Hipps
U.S. Army Installation Management Command Public Affairs

CHARLOTTE, North Carolina — Sgt. Elizabeth Marks earned a Paralympic berth at the 2016 U.S. Paralympic Swimming Team Trials June 30-July 2, at the Mecklenburg County Aquatic Center.

Marks, 25, is a native of Prescott Valley, Arizona. She joined the Army at age 17 and is the first Soldier in the U.S. Army World Class Athlete Program to become a Paralympic swimmer.

“I’m just grateful,” Marks said. “I’m excited that I get the chance to represent the United States of America’s colors in any way that I’m allowed.”

Marks opened the three-day meet on the morning of June 30 with a victory in the women’s 100-meter breaststroke preliminaries with a time of 1 minute, 29.47 seconds. That night she went on to win the final in a personal-best time of 1:28.54 – just 0.01 seconds off the world record of 1:28.53 in her classification. Seventeen-time Paralympic medalist Jessica Long finished second in 1:34.51 – nearly six seconds behind Marks.

After migraines kept Marks awake most the night of June 30, Marks’ coach, Nathan Manley, and Jason Barber, Head of Sports Medicine and Strength & Conditioning for the Army World Class Athlete Program, medically scratched her from the 100-meter

butterfly July 1 to allow her to recover before competing in two events July 2.

When Marks returned to the pool July 2, she finished second in the 100-meter backstroke with a personal-best time of 1:21.64. Long won the race event in 1:19.56. That same day, Marks finished third in the 200-meter individual medley preliminaries with a time of 2:56.83.

“The Army has taught me resiliency and I didn’t think twice about waking up and coming and trying to give it my all that third day – came too far to not swim as much as possible,” Marks said. “But the second day, it was a smart, strategic move to medical out. I wanted to push through it, and I would’ve, but I was extremely ill.”

Marks, who has a loss of sensation in her limbs, reduced lung capacity and impaired vision while swimming, remembers little about each of her races in Charlotte.

“It was all a blur. I don’t remember – I really don’t,” said Marks, who also experiences hearing difficulties immediately after racing. “When I swim, I swim so hard that I don’t even know what my time is. I can’t see it. I don’t know if I finished first or last. I have no idea.”

On the July 4 weekend, she swam fast enough to earn a spot on Team USA. Marks officially was named to the 2016 U.S. Paralympic Team during a celebration ceremony July 3 at Romare Bearden Park in uptown Charlotte.



PHOTO BY TIM HIPPS

U.S. Army World Class Athlete Program Paralympic swimmer Sgt. Elizabeth Marks finishes third in a multi-class heat of the 200-meter individual medley with a time of 2 minutes, 56.83 seconds during preliminaries of the 2016 U.S. Paralympic Swimming Team Trials July 2 at Mecklenburg County Aquatic Center in Charlotte, N.C.

“I don’t view this as me making the team,” Marks said. “I view this as a group effort making the team. These people that I’ve been so lucky to have in my life, like all of my Invictus brothers and sisters, I feel like we made this team. Every step along the way has been unexpected and sometimes hard and sometimes beautiful, and I’m just grateful for all of it.”

Marks was determined to make Team USA to show her fellow wounded warriors that they, too, can return to living a productive life.

She sustained bilateral hip injuries in 2010 while serving as a combat medic in Afghanistan and nearly died in London in 2014 from a respiratory infection that led to a medically induced coma that lasted nearly two months.

“There’s too many people

that get stuck after they get hurt, whether it’s mentally, physically or emotionally hurt, and I think the most tragic thing that can happen is for one of our brothers or sisters to get left behind,” said Marks, who also wears an Ideo, a prosthetic for her non-sensation left leg. “I think that it’s our responsibility to continue lifting our brothers and sisters up until not one person is left behind, until the statistic of suicide is reduced, until everyone knows that there’s a family once you become ill, sick or injured – mentally or physically.”

Marks boosted her campaign for U.S. Paralympic Team selection with a sterling performance at the 2016 Invictus Games. She won four gold medals at Walt Disney World’s ESPN Wide World of Sports and gave one of them to

Invictus Games founder Prince Harry to deliver to members of the Papworth Hospital staff who saved her life after she traveled to London to compete in the inaugural Invictus Games in the fall of 2014.

“If I just had one medal I would have given it to that hospital,” Marks said. “I was meant to die in London. I went from the Royal London (Hospital) to Papworth to Landstuhl (Army Medical Center in Germany) to Brooke Army Medical Center or SAMMC (in San Antonio), and then I was finally released from the hospital on Oct. 20. I was admitted at London Royal with a fever of over 103 and that was the last thing I remember (until coming out of the coma in Germany).

“When I found out that I would have a chance to compete at Invictus again, that meant so much to me because I wanted to go and stand with my teammates that supported me – get to hug and shake the hands of all the strangers that loved and supported me without even knowing me,” Marks said.

“Of course, Prince Harry’s country, the U.K., saved my life, and saving my life meant a great deal to me. I’ve known Prince Harry since the Warrior Games in 2013, but I wanted to be able to shake his hand and thank him for all his country had done for me.”

Prince Harry delivered on his promise and presented Marks’ gold medal to staffers at Papworth Hospital at the Royal Palace in London.

Army Medicine: Zika virus can be spread through unprotected sex

By Maj. Jodi Brown
Army Public Health Center (Provisional)

ABERDEEN PROVING GROUND, Md. — Zika virus is a mosquito-borne virus that can cause severe birth defects in babies born to infected mothers.

If Zika virus is perceived to be serious only for pregnant mothers, why should men be concerned? New research from the U.S. Centers for Disease Control and Prevention has revealed that men can transmit Zika virus to their sexual partners through unprotected sex – vaginal, anal or oral.

The greatest health concern currently is for infected women who are pregnant or women who may become pregnant since a Zika infection during pregnancy can lead to birth defects, including microcephaly, a smaller than normal head of the developing child. However, infected men can also transmit the Zika virus to others during sex because the virus lives longer in sperm than in blood.

Since the start of the current 2015 Zika virus outbreak, the CDC has identified at least eight confirmed Zika virus cases occurring among women and one man who had sex

with men returning from areas with active Zika virus transmission.

A man’s risk of acquiring Zika virus is dependent on how much time he spent in Zika-infested areas and what measures were taken to prevent mosquito bites while there. Symptoms of Zika virus include fever, rash, joint pain and red eyes (conjunctivitis). Only one in five people will exhibit symptoms of Zika virus, so it is possible to have Zika virus without knowing it. If symptoms develop, they are usually mild and only last a few days to a week.

Zika and travel

Zika is currently circulating in South America, the Pacific Islands, Central America, the Caribbean, Mexico and Cape Verde. Zika virus, which originated in the forest of Africa, has since spread to Asia, Oceania, North and Central America, and the Caribbean. The CDC has issued travel health notices for areas with ongoing Zika virus transmission. If you live in, or have visited an area with known Zika virus, it is important that you take measures to protect yourself and your partner from contracting Zika

virus. Everyone who travels to or lives in Zika-infested areas should take measures to prevent mosquito bites while in a Zika area and for three weeks after returning from a Zika-infested area.

Prevention

Here are some actions one can take to prevent the spread of Zika virus.

- Wear long-sleeved shirts and pants treated with Permethrin.
- Remain in places with air conditioning or that have windows and doors with screens to keep mosquitoes outside.
- Sleep under a mosquito bed net if air conditioned or screened rooms are not available, or if you are sleeping outdoors.
- Use Environmental Protection Agency-registered insect repellents, and always follow product label instructions and re-apply as directed.

Zika virus information is constantly evolving and changing. CDC researchers conclude that Zika virus lives longer in sperm than in blood; however, it is unknown how long Zika virus remains

in a man’s sperm. For this reason, men who live in or have traveled to areas with known Zika virus transmission and have pregnant partners should either wear latex condoms every time they engage in sexual intercourse, or abstain from having sex with their partners for the duration of pregnancy. Couples should not attempt pregnancy for the first six months after the man returns from an area with active Zika virus.

The transmission timeframe ranges from eight weeks to six months and will vary based on each couple’s situation. For example, couples who include a man who has been diagnosed with Zika or had Zika symptoms should consider using condoms or not having sex for at least six months after symptoms begin.

Currently, there is no vaccine to prevent or medicine to treat Zika virus infection. It is important to protect yourself from mosquito bites while traveling to Zika-infested areas and wear latex condoms or abstain from sex while living or returning from Zika-infested areas to protect yourself and your partner.

Olympic

Continued from Page D1

Rigorous training

Kendricks made the pole vault seem effortless at Eugene, especially compared to the long-distance runners at the trials who were dealing with the heat.

Asked about the ease of effort, he said the pain factor comes into play during the many hours of arduous training. Having said that, there is pain, because if one were to look closely at the faces of pole vaulters, “you’d see scowls on our faces as we swing on our poles trying to fight the forces of gravity.”

Since pole vaulting involves running speed, as well as strength and nimbleness, the training regimen has more parts to it than some sports. In pole vaulting, he said he trains as a long sprinter, “so I can have that strength and stability on my runs, which is the most important part of being a vaulter – having a strong run.”

The other component is gymnastic strength. Kendricks said that portion of the training is similar to what a gymnastics competitor would do. Striking the right balance between speed and strength is the goal.

The early years

Kendricks said he’s been a track and field athlete throughout high school in Oxford, his hometown. He said he loves to run the relays, for instance, but pole vaulting was his strength so he settled on becoming really good at that.

Later, at the University of Mississippi, Kendricks said he joined a “really great” Army ROTC unit. “I loved the Army unit and the level of excellence that they pursued.”

So he stayed with ROTC for four years, and last year graduated as a second lieutenant.

Looking ahead

Kendricks is scheduled to attend the Basic Officer Leadership Course at Fort Lee, Virginia, in October, following his Olympic competition. He’s currently in the Army Reserve with the 655th Transportation Company in Millington, Tennessee, a 90-minute drive from his hometown of Oxford.

He added that of course he plans to continue with full-time pole vault training. He’s currently sponsored by Nike, but hopes to get a position with the Army’s World Class Athlete Program.

Super Crossword

Answers

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

Weekly SUDOKU

Answer

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

TRIVIA

Answers

1. The White House
2. Two (six feet)
3. Fear of fire
4. John Forsythe
5. Salem, Oregon; Dover, Delaware;
6. South American cowboys
7. Amelia Earhart
8. Seven
9. An icosagon
10. Cy Young award

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Innovation to keep Soldiers battle ready

Military Health System
Communications Office
Staff Report

FALLS CHURCH, Va. — Earlier this year, Maj. Leigh Lechanski, a physical therapist at the Army’s hospital at Fort Campbell, Kentucky, thought there was an upward trend in Soldier injuries for new arrivals to the post.

“We thought Soldiers were getting hurt within the first 90 to 120 days after arriving, so we considered doing differently some things, such as physical conditioning, for all new arrivals,” she said. “But we found out that it wasn’t when they arrived that had the biggest impact. It was whether they had a previous injury in the last four months.”

Lechanski made that discovery and along with her colleague, Lt. Col Zack Solomon, implemented a conditioning program that targeted and better helped those Soldiers recovering from injuries using the new Medical Readiness Assessment Tool. The MRAT received the Innovation Award at December’s Association of Military Surgeons of the United States meeting recognized as one of the brightest innovations in the Military Health System. It’s helping medical personnel get a bigger picture of Soldiers’ overall health and making sure they are mission ready.

“The MRAT is like a crystal ball that allows leaders and medical providers to predict what could make our Soldiers non-deployable and head off any issues before they happen,” said Col. David Trybula, the director of prospective clinical analytics with the Army Surgeon General office. “If MRAT cuts our non-deployable rate in half, which is our goal over the next couple of years, it will allow us to have a larger fighting force with a smaller Army.”

Trybula said the Web-based MRAT uses information already available in 12 different areas, such as past injuries, tobacco use or issues with weight. It then looks at historical information to predict and identify any issues affecting readiness. A 24-month trend tool gives medical providers a better overall picture of each individual Sol-



PHOTO BY STAFF SGT. CHANELCHERIE DEMELLO

Soldiers break down a portion of a Deployable Rapid Assembly Shelter during an exercise in Japan. A new tool is helping medical personnel make sure Soldiers are ready to deploy long before they arrive at any processing lines.

dier. It looks at physical fitness scores, provides a holistic look on what a soldier is doing and prompts doctors to ask more of the questions they should be asking. “You’ll be able to have a face-to-face conversation with that Soldier about what they’re doing for their personal health, as well as that holistic means of looking at any interventions needed,” said Trybula.

MRAT will also lead to a clearer picture of the health of an entire unit or even the Army as a whole. In MRAT, any principal can look at his or her organization and compare it to similar units across the Army, all while still protecting the Soldier’s privacy. Commanders will be able to see outlying trends, such as tobacco use or a recent deploy-

ment that would affect their Soldiers’ health. They can then ask questions and be better informed of the overall health of the unit long before those Soldiers show up for a deployment.

“If you wait until the last minute, you choose between taking a Soldier who is almost broken, or likely to break, as they go or having a hole in your formation,” said Trybula. “We want to be proactive so we don’t have those holes in the formation.”

In addition to helping determine a Soldier’s deployability status, MRAT also gives the gaining medical facility a snapshot of the last two months of that Soldier’s medical history when they move to another post or base.

Trybula said the Air Force and Navy have expressed interest in developing tools similar to MRAT, customized to meet the other services’ unique needs and requirements. “But the methodology is the same, and we’re more than open to sharing what we’ve learned.”

For Lechanski, she sees the value MRAT gives her in finding any potential problems and trends by using the surveillance aspect of the tool.

“We’ve been able to identify trends of the likelihood of previously injured Soldiers getting hurt again,” said Lechanski. “This allows us to identify what to do to prevent those injuries and what kind of reconditioning programs might be needed. It is another tool that allows us as medical professionals to coordinate, anticipate and validate our recommendations to commanders.”

Her only complaint: she wishes it was around sooner. “It’s a really great system I wished I had for the last 10 years,” said Lechanski.

SPORTS BRIEFS

Youth football, cheerleading registration

Fort Rucker Child, Youth and Schools Services Youth Sports football and cheerleading registration runs now through July 27. Age groups for football are 9-10 and 11-12. Cost for football is \$65 per child. Age groups for cheerleading are 8-9 and 10-11. Cost for cheerleading is \$40 per child. Age groups for mascots are ages 4-5 (for 8-9 year old cheerleading) and 6-7 (for 10-11 cheerleading.) Cost for mascots is \$20 per child and limited to the first two youth to sign up for each age group. Practice will begin Aug. 1. A current sports physical and a valid CYSS registration are required to participate.

A parents meeting will be held July 28 at 6 p.m. at the youth center gym. Coaches are needed. For more information, to register or to volunteer to be a coach, call 255-2257 or 255-2254.

Youth soccer registration

Fort Rucker Child, Youth and Schools Services Youth Sports soccer registration runs now through July 29. Age groups are 4-5, 6-7, 8-9, 10-11 and 12-13. Cost is \$20 per child for ages 4-5 and \$40 per child for ages 6-13. Practices will begin Aug. 8. A current sports physical and a valid CYSS registration are required to participate.

A parents meeting will be held Aug. 2 at 6 p.m. at the youth center gym. For more information and to register, call 255-2257 or 255-9638.

Deep sea fishing trip

MWR Central will host a private charter deep sea fishing July 23. The private charter will seat 18 guests and has all the same amenities as the regular season boat. The bus will depart Fort Rucker at 4 a.m. from Bldg. 5700 for Destin, Florida. Officials recommend people bring a small cooler with drinks and snacks – no glass. The trip is open to ages 6 and older. The cost is \$150 per person, plus tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people’s fish cut and cleaned at the end of the trip.

For more information or to sign up, visit outdoor recreation or call 255-4305, or MWR Central at 255-2997.

Weightlifting 101

The Fort Rucker Physical Fitness Center will host a four-week weightlifting foundation class starting Aug. 9. Each class will be held Tuesdays and Thursdays at 9 a.m. Cost is \$75 per person and people must pre-register for the class. The class is designed to give a knowledgebase of various phases of lifting properly, including dynamic warm-ups, proper lifting techniques on squats, deadlifts, pull ups, bench presses and other lifts. Class will include proper stretching techniques and basic nutrition for weightlifting. This time is designed to give attendees personalized guidance to enhance their current routines or help them become comfortable in a gym setting. The instructor will work with attendees independently and guide them around any personal limitations. For more information, call 255-2296 or 255-3794.

Volleyball coaches meeting

People interested in coaching an intramural volleyball team should attend one of the coaches meeting Aug. 9 at either 9:30 a.m. or 5:30 p.m. at the Fort Rucker Physical Fitness Center conference room – located on Andrews Avenue. All volleyball games will be played at the Fortenberry-Colton PFC.

For more information, call 255-2296.

It's that time of year again



Look for the Winners' Section in the Dothan Eagle FRIDAY, JULY 29

We THANK YOU for your votes!